

Couch To 5K Training Plan



Congratulations!! You've decided to get off the couch and on the open road, or maybe even some trails.

Good on you for trying something new. This plan is designed with the beginner in mind. It incorporates functional fitness training days, 3 runs, an active recovery/mobility day, and healthy habit check points. By no means do you need to follow this to the letter but if you do we're confident you'll have a great race experience and be more fit because of it. If you have questions please don't hesitate to text **The Forge hotline** at **248-587-8184**.

Happy training!

Mobility

Our favorite lower body mobility series. Feel free to use any and all of it before or after your runs, and especially on the Sunday recovery sessions. Add in other mobilization exercises as you see fit. Recommended to hold each stretch for 1:00 or more per side.

- Cat/Cow
- Cobra To Pike
- Mountain Climber
With A Twist & Knee Out To The Side
- Kneeling Adductor Stretch
- Foam Roll Quads
- Jefferson Curl
- Couch Stretch
- Foam Roll Glutes
- 90/90's
With A Reach To the Sky
- Bench Pigeon Stretch
- Modified Bulgarian Lunge
- Gorilla Squats

The Lay Of The Land

Weeks 1-4:

Building time on feet phase. If running isn't part of your routine yet, choose a power walk. Just be sure to walk with purpose!

Weeks 5-8:

We've increased time on feet. Now is the time to keep that going and add run strength workouts on Thursdays.

Weeks 9-12:

Endurance is up. Hill strength is solid. Now let's add speed and power.



Pro Tip:

Be sure to warm-up and cool down well during these days. They are workouts after all.

3 Helpful Tips

1. To start jogging follow a timely pattern. Something as simple as **1:00 on 1:00 off/walking will do**. Increase your jog time but maintain your walk time as the program progresses.
2. For the hill workouts, find a hill that you can jog/run up in about **1 to 2 minutes**. Choose a hill depending on how challenging you want this to be. You do not need to do the same hill for all of your sessions but if you do, you'll learn its nuances and see your progress on it during the four sessions. Although challenging, these workouts are worth it. You do not need to sprint these hills but you should move up them in a strong, consistent manner.
3. For the 200 repeat days be sure to warm-up & cool down well. Take your time here. You are adding speed to the strength you've just worked so hard to develop. When adding speed, be sure to build into the repetition. These are not all out efforts, more like **80 to 90% speed**. You should feel light, fast and be more on your toes with your running. If you cannot get to a track, then choose a flat piece of ground to do these on.

Week 1

The goal for the first 3 weeks is to build time on feet SLOWLY. Week 4 will be a little break :)

M Class Workout	T 10:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T 10:00 Walk OR Jog Build	F Class Workout	S 20:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 2

Congrats!! You've made it to week 2. Let's see how many sessions you can hit. Be consistent!!

M Class Workout	T 15:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T 15:00 Walk OR Jog Build	F Class Workout	S 25:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 3

Hang in there. This is the hard week, where all of your sessions kind of pile up. Next week you'll get to recover.

M Class Workout	T 20:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T 20:00 Walk OR Jog Build	F Class Workout	S 30:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 4

You made it!! This is a week to reset & recover. Your time on feet comes down. Put the "extra" time into recovery.

M Class Workout	T 15:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T 15:00 Walk OR Jog Build	F Class Workout	S 20:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 5

If you've been primarily walking, try jogging a bit more in this rebuild phase. Thursday runs are now workouts for strength.

M Class Workout	T 20:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 5:00 Jog Warm-Up 2 To 3 Hills Walk Down 5:00 Walk/Jog Cool Down	F Class Workout	S 30:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Mobility



Protein snack



Bed on time

Stay Consistent Monday - Saturday!



**On Sundays
Meal & Snack Prep
For The Week**

Week 6

If it has not been obvious before, it'll be more so now. Keep eating your food & getting to bed on time. You're right in the middle of training.

M Class Workout	T 25:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 7:00 Jog Warm-Up 3 To 4 Hills Walk Down 7:00 Walk/Jog Cool Down	F Class Workout	S 35:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 7

This is your last week of hill workouts. WAHOO!! Keep getting after it. Make it worth it.

M Class Workout	T 30:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 9:00 Jog Warm-Up 4 To 5 Hills Walk Down 9:00 Walk/Jog Cool Down	F Class Workout	S 40:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 8

This is your last "down" week before you build to race day. Recover well this week before the final push!!

We've now added some "speed" training on Thursdays.

M Class Workout	T 20:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 5:00 Jog Warm-Up 4 x 200's With 3:00 Rest 5:00 Jog Cool Down	F Class Workout	S 30:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 9

Keep working on the fundamentals. Maintain your class or gym schedule, get in your food, sleep & recovery sessions.

You're almost there!!

M Class Workout	T 25:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 7:00 Jog Warm-Up 5 x 200's With 3:00 Rest 7:00 Jog Cool Down	F Class Workout	S 35:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 10

Enjoy the speed sessions but don't overdo them. They're in here to help us, not break us down too bad.

M Class Workout	T 30:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 9:00 Jog Warm-Up 6 x 200's With 3:00 Rest 9:00 Jog Cool Down	F Class Workout	S 40:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 11


This is your last BIG week before race day. Train well, but don't overdo it. As they say, "the hay is in the barn."
Get in your workouts but put a premium on your healthy routines.

M Class Workout	T 20:00 Walk OR Jog Build	W Rest Or Optional Class Workout	T Run Workout 11:00 Jog Warm-Up 6-8 x 200's With 3:00 Rest 11:00 Jog Cool Down	F Class Workout	S 30:00 Walk OR Jog Build	S 1 Hour Active Recovery Walk/ Mobility Session
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Week 12

Race Week!!

Focus on extra sleep & recovery. Eat all the healthy foods, stay away from the junk. Listen to your body. Have fun!!

M Class Workout	T 10:00 Jog & Stretch	W Rest Or Optional Class Workout	T Class Workout	F 10:00 Jog & Stretch	S Go for a walk	S Race Day! 
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Congratulations!

We knew you could do it! Your hard work and consistency paid off, and we at The Forge believe our members are capable of anything. Want to learn more about everything we offer?

Scan the QR code or visit theforgeffh.com.

