

# YOUR COUCH-TO-5K TRAINING PLAN

| WEEK          | MONDAY                                      | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                    | SUNDAY                                       |
|---------------|---|---|--|--|--|---|--|
| <b>WEEK 1</b> | 20-min walk                                 | Off   | 5-min walk;<br>3-min jog 2x<br>(walk 1 min<br>between sets);<br>5-min walk | Off  | 25-min<br>brisk walk   | Off   | 20-min brisk<br>walk (jog<br>when able)      |
| <b>WEEK 2</b> | Off   | 5-min walk;<br>2-min jog 3x<br>(walk 1 min<br>between<br>sets);<br>5-min walk | Off  | 25-min<br>brisk walk   | Off  | 30-min walk<br>(jog when<br>able)           | 10-min walk;<br>4-min jog;<br>5-min walk     |
| <b>WEEK 3</b> | Off   | 30-min brisk<br>walk  | Off  | 5-min walk;<br>3-min jog 3x<br>(walk 1 min<br>between sets);<br>5-min walk | Off  | 25-min<br>brisk walk<br>(jog when<br>able)  | 10-min walk;<br>5-min jog;<br>5-min walk     |
| <b>WEEK 4</b> | Off   | 30-min<br>brisk walk  | Off  | 4-min walk;<br>4-min jog 3x<br>(walk 1 min<br>between sets);<br>5-min walk | Off  | 30-min brisk<br>walk (jog<br>when able)     | Off  |
| <b>WEEK 5</b> | 10-min walk;<br>6-min jog;<br>5-min walk    | Off   | 3-min walk;<br>4-min jog 4x<br>(walk 1 min<br>between sets);<br>5-min walk | Off  | 30-min<br>brisk walk<br>(jog when<br>able)                                 | Off   | 10-min walk;<br>7-min jog;<br>5-min walk     |
| <b>WEEK 6</b> | Off   | 30-min brisk<br>walk (jog<br>when able)                                       | Off  | 3-min walk;<br>4-min jog 3x<br>(walk 1 min<br>between sets);<br>5-min walk | Off  | 35- to<br>40-min walk<br>(jog when<br>able) | Off  |
| <b>WEEK 7</b> | 10-min<br>walk;<br>8-min jog;<br>5-min walk | Off   | 30-min<br>brisk walk<br>(jog when<br>able)                                 | Off  | 3-min walk;<br>6-min jog 3x<br>(walk 1 min<br>between sets);<br>5-min walk | Off   | 10-min<br>walk;<br>10-min jog;<br>5-min walk |
| <b>WEEK 8</b> | Off   | 10-min<br>walk;<br>12-min jog;<br>5-min walk                                  | Off  | 10-min<br>walk;<br>5-min jog;<br>10-min walk                               | Off or 10-<br>to 20-min<br>brisk walk                                      | <b>YOUR<br/>5K!</b>                         | Off<br>(but keep<br>celebrating!)            |

## stay motivated by setting a new goal each week

### THIS WEEK, FOCUS ON:

**Staying hydrated.** “Studies show that more than half of all athletes tested start in a dehydrated state,” says Marie Spano, RD, an Atlanta-based sports dietitian. This can make your heart work harder and, ultimately, hamper your workouts. If you’re well hydrated, you should have to urinate every few hours, producing a sufficient quantity each time.

**Try: DrinkMaple Pure Maple Water.** This slightly sweet, refreshing water is tapped directly from maple trees and is a low-calorie treat when plain water just doesn’t cut it.



**Eating anti-inflammatory foods.** “Foods like cherries and raspberries contain plant-based compounds that help decrease inflammation and muscle soreness,” Spano says. Heuisler is also a big fan of these foods. In fact, he hasn’t taken Advil or anything like it in years for aches and pains. Instead, he adds dark cherries and blueberries—plus a teaspoon each of freshly shaved turmeric and ginger, both of which are anti-inflammatory—to his smoothies every day.

**Try: Orgain Organic Superfoods.** Blend a scoop of this USDA Organic medley of 50 fruits and veggies into smoothies to get the benefits of wheat grass, quinoa sprouts, broccoli, ginger, tart cherry and more.



**Cutting (or skipping) cocktails.** Alcohol can dehydrate you and interfere with muscle growth and repair, Spano says. It can also mess up your sleep, which can make it tough to exercise the next day.

**Try: Health-Ade Kombucha California Grape.** Pop a bottle of bubbly—bubbly tea, that is. This low-sugar kombucha is non-alcoholic, but special enough that you won’t feel left out at parties.



**Logging no less than seven hours of sleep each night.** “Sleep is the best time to allow your muscles to recover,” says Heuisler, who shoots for eight hours a night.

**Try: NeuroScience Kavince Ultra PM.** There are a lot of sleep supplements out there, and what works for one person might not work for you. If you have trouble falling asleep or staying asleep, this three-ingredient formulation—containing GABA, 5-HTP and melatonin—just might do the sheep-counting trick for you.



**Noshing at least two colors at every meal.** Fruits and veggies aren’t good only for your waistline; they can also protect against free radicals produced by your body and the environment. “Although free radicals are essential for health and muscle functioning, they can damage cell structures when left to run amok,” Spano says. Studies show that exercise increases production of free radicals, which is why active people need to make sure they’re getting enough produce. Along with eating at least two colors at meals, make sure fruits and veggies occupy at least half your plate.

**Try: Tommy’s Superfoods Seasoned Brussels Sprouts.** Whip up an easy, tasty side dish with this heat-and-eat blend of garlicky green onions, Brussels sprouts, red bell peppers and mushrooms.



**Powering up with protein.** “Protein helps repair and rebuild muscle tissue,” Spano says. After a rough workout, aim for at least 20 grams of high-quality protein. Choose a protein supplement, or if your next meal is around the corner, add more protein to it.

**Try: Genceutic Naturals Plant Head Protein.** While whey protein has long been the go-to protein source for athletes, plant proteins are in the race today. This soy-free, dairy-free blend contains a protein matrix made from peas, whole-grain brown rice, algae, hemp and cranberry.



**Consuming enough carbohydrates.** As your workouts get longer, carbs will give your body the fuel it needs, Spano says. Check [choosemyplate.gov](https://www.choosemyplate.gov) for your daily requirements, but as an example, people on a 2,000-calorie diet should be eating six ounces of whole grains daily. One ounce is about a slice of bread, half a cup of rice or one cup of ready-to-eat cereal.

**Try: Nature’s Path Qi’a Gluten-Free Oatmeal Creamy Coconut.** Enjoy 160 calories of USDA Organic goodness, thanks to rolled oats, dried coconut, buckwheat groats, inulin fiber and chia. The best part: Each filling serving contains only 1 gram of sugars.



**Calming your jitters.** No doubt you’re starting to feel race-day butterflies, which is why Spano recommends practicing mindful meditation to alleviate anxiety. When you’re feeling anxious, do several rounds of breathing, inhaling through your nose and exhaling slowly through your mouth. At the same time, visualize yourself successfully completing the race.

**Try: Source Naturals Serene Science L-Theanine.** L-theanine is the amino acid found in green tea that helps you relax. It’s a good choice for those times when you want to calm jitters without getting tired. 

