

APRIL 2025 WEEK 6

SCAR

SPRING INTO HEALTH AND WELLNESS



SCAR'S COUCH TO 5K PLAN WEEKS 5-8

WEEK	MON	TUE	WED	THU	FRI	SAT
<u>5</u>	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING
<u>6</u>	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING
<u>7</u>	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING
<u>8</u>	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING

The Strategy

- Start by committing yourself and sign up for SCAR's Superhero Run for Scholarships!
- Follow the calendar. Cross off or put a sticker on each day that you complete.
- Cross Training days are to build strength and can be a combo of weight training, body weight, barre or Pilates. Start with 15 minutes and work your way up to 30.
- Sundays are Active Rest days. Take some time to stretch, do yoga, take a leisurely stroll, play with the kids or do some yard work. The point is to move, but keep it at a low intensity.
- Fuel yourself everyday! Prioritize a balance of protein, carbohydrates and healthy fat.

****NOTICE****

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY NEW EXERCISE PROGRAM

MORE
ARTICLES ON
WELLNESS:

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COUCH to 5K

Commit today and change your health!

Make the choice to change your health. Sign up for the SCAR 5K: Super Hero Run for Scholarships on our website scarnj.com

Great! Now you're signed up, just stay consistent.

All you have to do is follow the calendar and you'll be more than ready come race day. As an added bonus we are giving you insight on strength training, nutrition and more.

Remember, everybody has a different starting point. If you have never run before, or have been sedentary for a while you might need to just walk fast for the run intervals.

Fueling Your Run: Essential Nutrition Tips for Runners

Listen to your body for maximum results

Whether you're training for a marathon or just enjoying a morning jog, proper nutrition is key to maximizing endurance, performance, and recovery. The right balance of nutrients can make all the difference in how you feel during and after your run. Every runner is different, so experiment with what works best for you. Tune into how different foods affect your energy and recovery, and adjust accordingly.

Proper nutrition transforms running from exhausting to exhilarating—so fuel up wisely, lace up your shoes, and hit the road with confidence!

*****REMEMBER TO CONSULT YOUR PHYSICIAN
BEFORE BEGINNING THIS OR ANY NEW NUTRITION
PLAN*****



Carbohydrates: The Runner's Power Source

Carbs are your body's primary fuel. Before a run, opt for complex carbohydrates like whole grains, oats, and sweet potatoes for sustained energy. For longer runs, quick-digesting carbs like bananas, dates or energy gels can help maintain stamina.

Protein: Repair & Recovery

Running puts stress on muscles, so protein is essential for recovery. Lean meats, eggs, beans, and Greek yogurt help repair muscle tissue. Aim to include protein in meals after your run to aid in recovery.

Hydration: Stay Ahead of Dehydration

Dehydration can lead to fatigue, cramps, and decreased performance. Drink water throughout the day and consider electrolyte-rich drinks for longer runs. A simple guideline: about 16–20 oz of water two hours before a run and sips during and after.

Healthy Fats: Sustained Energy

Don't shy away from healthy fats—they help maintain endurance and support overall health. Nuts, avocados, and olive oil provide steady energy, especially useful for longer runs.

Micronutrients: Small but Mighty

Iron supports oxygen transport, calcium strengthens bones, and magnesium helps prevent cramps. Incorporate leafy greens, dairy, nuts, and seeds to keep these nutrients in check.

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Simple Bites

High Protein Tortilla Egg Bake

This is a perfect post run or workout meal. You can use whatever veggies or shredded cheese you have on hand. This is great served with avocado!

Makes 2

**Nutrition content will vary depending on ingredients used, but this will give you approximately 40 grams of protein, 30 grams of carbs and 30 grams of fat. It's a great balanced way to refuel after a workout! Be sure to adjust ingredients to suit your personal preferences, food allergies and sensitivities.*



- **2 large tortillas**
 - **4-6 large eggs**
 - **2/3 cup cottage cheese**
 - **1 large bell pepper or tomato finely chopped**
 - **2 Handfuls of spinach, finely chopped**
 - **2/3 cup cheese, grated, (cheddar, mozzarella, feta etc...)**
 - **Salt and pepper to taste**
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- Preheat oven to 425 F and place each tortilla in it's own pie dish or any small baking dish where the edges curl up and form a cup.
 - Crack half the eggs, add half the cottage cheese and sprinkle with salt and pepper. Whisk with a fork. Do this directly in one of the tortillas.
 - Top evenly with half the bell pepper or tomato, half the spinach and sprinkle with half the cheese. Repeat with the second tortilla and the rest of the ingredients.
 - Bake for 18 minutes or until the middle is set and edges are golden brown.
 - Remove from the oven, cut with serrated knife or pizza cutter and enjoy.



When you are fueling for fitness, quick and balanced options are the key to success!