



SCAR’S COUCH TO 5K PLAN

WEEKS 5–8

The Strategy

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

- 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 STARING
THIS OR ANY NEW EXERCISE
PROGRAM**