

WEEK 5

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 STARING THIS OR ANY NEW EXERCISE PROGRAM

MORE ARTICLES ON WELLNESS:

Zone 2 Training - 2
Food Prep Recipe - 3

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.

Run Slow, to Run Fast

Unlocking the Power of Zone 2 Training for Runners

Zone 2 training might sound technical, but it's one of the most effective and accessible methods for improving your running performance. By keeping your heart rate in this moderate-intensity zone—roughly 60-70% of your maximum heart rate—you tap into a plethora of benefits that go beyond just running faster. (To find your approximate maximum heart rate subtract your age from 220)

Incorporating Zone 2 training into your routine is as simple as using a heart rate monitor or practicing conversational running—if you can talk without gasping, you're likely in Zone 2. Embrace the slower pace, and watch as it transforms your endurance, speed, and enjoyment of the sport.

*****REMEMBER TO CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY NEW EXERCISE ROUTINE*****



Benefits of Zone 2 Training

- **Builds Aerobic Endurance:** At Zone 2 intensity, your body becomes more efficient at using oxygen and burning fat for energy. This helps you build a strong aerobic base, which is the foundation for endurance and stamina in long-distance running.
- **Boosts Recovery:** Zone 2 runs are typically slower and less taxing on your body. They allow you to recover while still logging valuable miles, making them a great complement to high-intensity workouts.
- **Increases Fat Utilization:** Training in this zone teaches your body to rely more on fat as a fuel source, which is especially useful for marathoners and ultrarunners. It helps conserve glycogen stores and delays fatigue during long efforts.
- **Reduces Overtraining:** Zone 2 training minimizes the risk of burnout and injury. It encourages consistency and sustainable progress, which are key for long-term success.
- **Enhances Overall Fitness:** While it might feel "easy," Zone 2 training strengthens your cardiovascular system, improves blood flow, and supports overall health, making it beneficial for runners of all levels.

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Run slow, to run fast is an easy way to increase your speed and reduce the chance of injury.

Simple Bites

Granola Bars or Bites

These bars make fueling for a run easy and make a great pre or post run snack. They are versatile to suit any palette, easy to make and of course, delicious! These can also be rolled into balls instead of bars.

Makes 10 servings

**Nutrition content will vary depending on ingredients used, but these bars boast 31 grams of carbs and 6 grams of protein to give you all the energy you need. Be sure to adjust ingredients to suit your personal preferences, food allergies and sensitivities.*



- **1 cup Medjool dates, pitted**
- **1/2 cup chunky peanut, nut or seed butter**
- **1/4 cup chopped nuts or seeds**
- **1/2 tsp ground cinnamon**
- **1/4 tsp sea salt**
- **1 1/2 cups quick rolled oats**
- **1 tsp vanilla extract**
- **1/4 cup honey or maple syrup**
- **2 Tbsp chocolate chips (dark, milk or white)**
- **2 Tbsp chopped raisins, dried cranberries, or any dried fruit**

- In a food processor, process dates (make sure all of them are pitted!) until they form a big ball of "dough"
- In a mixing bowl, combine Medjool date "dough" and the rest of the ingredients. (it's going to be sticky!)
- Spread granola bar batter into a lined baking dish and freeze for 1-2 hours.
- Remove from freezer. Cut bars into the size and shape you want. These will keep in the fridge in an airtight container for up to one month!



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