

WEEK 8

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:

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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.

Committing to Running: A Beginner's Guide

Starting a running journey can be both exciting and daunting. Many beginners struggle with consistency, but with the right mindset and approach, running can become a lifelong habit.

Commitment to running is a journey, not a race. With patience and persistence, you'll build a habit that benefits both body and mind.

Here's how to commit to running and make it an integral part of your routine.

*****Remember to consult your physician before starting any new exercise or nutrition routine*****



- **Set Realistic Goals**

Beginners often start with ambitious targets that can lead to burnout or frustration. Instead, set small, achievable goals. Whether it's running for 10 minutes without stopping or completing a 5K in three months.

- **Build a Routine**

Consistency is key. Pick specific days and times to run each week and treat these sessions as non-negotiable appointments. Choose what works best for you and stick with it.

- **Start Slow and Progress Gradually**

Avoid the common mistake of running too fast or far too soon. Begin with a mix of walking and running, gradually increasing your run time each week.

- **Find Your Motivation**

Identify what drives you—whether it's weight loss, stress relief, or a personal challenge. Joining a running group, tracking progress with an app, or signing up for a race can add extra motivation.

- **Invest in the Right Gear**

Comfortable running shoes suited to your foot type are essential. Proper attire, like moisture-wicking shirts and shorts, enhances the experience, making runs more enjoyable.

- **Listen to Your Body**

Running should be challenging but not painful. If you experience discomfort, rest or adjust your approach. Hydration, stretching, and proper nutrition support recovery and performance.

- **Make It Fun**

Running doesn't have to feel like a chore. Try new routes, listen to music or podcasts, or run with a friend. Enjoying the process makes commitment easier.

- **Track Progress and Celebrate Wins**

Keep a log of your runs, distances, and improvements. Acknowledging small achievements fosters a positive mindset and keeps you motivated.

Simple Bites

Healthy Peanut Butter “Twix” Bars

Candy Bars can be part of healthy diet and these boast healthy fats and fiber. Feel free to indulge in these on a daily basis!

Makes 16

**Nutrition content will vary depending on ingredients used, but these are full of healthy fats and fiber. Be sure to adjust ingredients to suit your personal preferences, food allergies and sensitivities.*



Cookie Layer

- 1 ½ Cups blanched almond flour
- 1 TBS Coconut Oil Melted
- 3 TBS Honey or Maple
- pinch of sea salt
- 1 TBS Vanilla Extract

Date Caramel Layer

- 12 large Dates (Softened)
- 1 TBS Coconut Oil Melted
- 1 tsp vanilla extract

Peanut Butter Layer

- ½ Cup Creamy Natural Peanut Butter
- 2 TBS Honey or Maple

Chocolate Layer

- ¾ Cup Chocolate Chips
- 1 tsp coconut oil
- flaky sea salt

Preheat oven to 350.

Line an 8x8 baking dish with parchment paper.

Combine all cookie layer ingredients well. Press into parchment lined baking dish evenly.

Bake for 15 minutes until golden brown. Let cool completely.

Combine all date caramel ingredients in a food processor or high powered blender and blend until smooth. You might need to add a TBS or two of water to get a caramel like consistency. Spread evenly over cookie layer.

Warm up peanut butter and honey together and spread evenly over caramel layer.

Melt the chocolate chips and coconut oil together and pour evenly over bars. Top with flaky sea salt if desired. Freeze until set and cut into 16 bars. Keep refrigerated.