



SCAR'S COUCH TO 5K PLAN

WEEKS 1-4

The Strategy

WEEK	MON	TUE	WED	THU	FRI	SAT
<u>1</u>	run 30 seconds/ walk 1.5 minutes for 20 minutes	CROSS TRAINING	run 30 seconds/ walk 1.5 minutes for 20 minutes	CROSS TRAINING	run 30 seconds/ walk 1.5 minutes for 20 minutes	CROSS TRAINING
<u>2</u>	run 1 minute/ walk 1.5 minutes for 20 minutes	CROSS TRAINING	run 1 minute/ walk 1.5 minutes for 20 minutes	CROSS TRAINING	run 1 minute/ walk 1.5 minutes for 20 minutes	CROSS TRAINING
<u>3</u>	run 1.5 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 1.5 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 1.5 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING
<u>4</u>	run 2 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 2 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 2 minutes/ walk 2 minutes for 20 minutes	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.
- Stretch before every workout.
- 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**