



Lakeshore
Sports
Physical
Therapy, PC

Training Tips to Help You Go From the Couch to Running a 5K!

✓ Check off each day you successfully complete your training and bring to our Saturday training session to be entered for a prize!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 (8/23 - 8/29)	Walk 4 min Run 1 min Repeat 6 times <input type="checkbox"/>	Walk 3-5 miles <input type="checkbox"/>	Off	Walk 4 min Run 1min Repeat 6 times <input type="checkbox"/>	Off	Walk 3 min Run 2min Repeat 6 times <input type="checkbox"/>	Off
2 (8/30 - 9/5)	Walk 3 min Run 2 min Repeat 6 times <input type="checkbox"/>	Walk 3-5 miles <input type="checkbox"/>	Off	Walk 2 min Run 3 min Repeat 6 times <input type="checkbox"/>	Off	Walk 1 min Run 4 min Repeat 6 times <input type="checkbox"/>	Off
3 (9/6 - 9/12)	Walk 1 min Run 4 min Repeat 6 times <input type="checkbox"/>	Walk 4 min Run 2 min Repeat 5 times <input type="checkbox"/>	Off	Walk 1 min Run 5 min Repeat 5 times <input type="checkbox"/>	Off	Walk 2 min Run 8 min Repeat 3 times <input type="checkbox"/>	Off
4 (9/13 - 9/19)	Walk 2 min Run 8 min Repeat 3 times <input type="checkbox"/>	Walk 3 min Run 3 min Repeat 5 times <input type="checkbox"/>	Off	Walk 5 min Run 15 min Walk 5 min <input type="checkbox"/>	Off	Walk 5 min Run 20 min Walk 5min <input type="checkbox"/>	Off
5 (9/20 - 9/26)	Walk 5 min Run 30 min Walk 5 min <input type="checkbox"/>	Walk 2-3min Run 3-4min Repeat 5 times <input type="checkbox"/>	Off	Walk 5 min Run 10min Repeat 2 times <input type="checkbox"/>	Off	Optional Walk 1-2 miles <input type="checkbox"/>	Race Day!

General Training Guidelines: Be sure your shoes are in good condition (no more than 300-400 miles of running/walking in them). Walk to warm up/cool down for at least 3-5min before and after each session. Be sure to stretch after your run as part of your cool down.

What's Normal to Feel After Running and What's NOT:

Normal reactions to increasing activity: General muscle soreness, slight stiffness at the start of each run that dissipates within 10 minutes

Abnormal reactions to increasing activity: Pain that keeps you awake at night, joint soreness that lasts longer than 24 hours, pain that is present at the start of each run that increases as the run progresses, pain that changes your stride



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Training Tips to Help You Go From the Couch to Walking a 5K!

✓ Check off each day you successfully complete your training and bring to our Saturday training session to be entered for a prize!

You must be able to walk 40 minutes comfortably to start the program. Minutes of walking are an estimate and should increase or decrease based on your walking speed.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 (8/23 - 8/29)	Walk 2 miles (approximately 40 min) <input type="checkbox"/>	Walk 1 mile (approximately 20 min) <input type="checkbox"/>	Off	Walk 2 miles (approximately 40 min) <input type="checkbox"/>	Off	Walk 2 miles (approximately 40 min) <input type="checkbox"/>	Off
2 (8/30 - 9/5)	Walk 2.5 miles (approximately 45 min) <input type="checkbox"/>	Walk 1.5 miles (approximately 30 min) <input type="checkbox"/>	Off	Walk 2.5 miles (approximately 45 min) <input type="checkbox"/>	Off	Walk 2.5 miles (approximately 40 min) <input type="checkbox"/>	Off
3 (9/6 - 9/12)	Walk 2.5 miles (approximately 45 min) <input type="checkbox"/>	Walk 1.5 miles (approximately 30 min) <input type="checkbox"/>	Off	Walk 2.5 miles (approximately 45 min) <input type="checkbox"/>	Off	Walk 2.5 miles (approximately 40 min) <input type="checkbox"/>	Off
4 (9/13 - 9/19)	Walk 2.75 miles (approximately 55 min) <input type="checkbox"/>	Walk 2 miles (approximately 40 min) <input type="checkbox"/>	Off	Walk 2.75 miles (approximately 55 min) <input type="checkbox"/>	Off	Walk 2.75 miles (approximately 55 min) <input type="checkbox"/>	Off
5 (9/20 - 9/26)	Walk 3 miles (approximately 60 min) <input type="checkbox"/>	Walk 2 miles (approximately 40 min) <input type="checkbox"/>	Off	Walk 3 miles (approximately 60 min) <input type="checkbox"/>	Off	Optional Walk 1-2 miles <input type="checkbox"/>	Race Day!

General Training Guidelines: Be sure your shoes are supportive and in good condition (no more than 300-400 miles of walking in them). Walk more slowly to warm up/cool down for at least 3-5 min before and after each session. Be sure to stretch after your walk as part of your cool down.

Normal reactions to increasing activity: General muscle soreness, slight stiffness at the start of each walk that dissipates within 10 minutes.

Abnormal reactions to increasing activity: Pain that keeps you awake at night, joint soreness that lasts longer than 24 hours, pain that is present at the start of each walk that increases as the walk progresses, pain that changes your stride