

GOT2RUN...

for EDUCATION

10 WEEK COUCH TO 8K (4.97) TRAINING PROGRAM

The training program below is being provided as a suggestion only without endorsement other than to say that it has been adapted from similar training programs created by Nike and other organizations to enable someone who has never run (jogged) before to be able to complete their first event. This does not mean that you will be definitely be able to complete the event without walking some of it, but hopefully you will be well on your way toward that goal. Plan on "graduating" from each week's training steps before you move on to the steps in the following week. If you miss a day, it is better to save that day's workout and do them in order rather than skipping it and moving to the next one. The steps below do not take into account where you are starting from and anyone starting from scratch will need to let their body be their guide. Don't push too hard as you won't make your goal of being able to complete the event if you get injured training for it!!

WEEK ONE

Mon: Rest
Tue: Jog 30 sec., walk 1:30. Do 10 times, total 20 min.
Wed: Rest
Thu: Jog 30 sec., walk 1:30. Do 10 times, total 20 min.
Fri: Rest
Sat: Rest
Sun: Jog 1 min, walk 1 min. Do 10 times, total 20 min.

WEEK TWO

Mon: Rest
Tue: Jog 1 min, walk 1 min. Do 10 times, total 20 min.
Wed: Rest
Thu: Jog 2 min, walk 4 min. Do 5 times, total 30 min.
Fri: Rest
Sat: Rest
Sun: Jog 2 min, walk 4 min. Do 5 times, total 30 min.

WEEK THREE

Mon: Rest
Tue: Jog 3 min, walk 3 min. Do 4 times, total 24 min.
Wed: Rest
Thu: Jog 3 min, walk 3 min. Do 4 times, total 24 min.
Fri: Rest
Sat: Rest
Sun: Jog 5 min, walk 3 min. Do 3 times, total 24 min.

WEEK FOUR

Mon: Rest
Tue: Jog 7 min, walk 2 min. Do 3 times, total 27 min.
Wed: Rest
Thu: Jog 8 min, walk 2 min. Do 3 times, total 30 min.
Fri: Rest
Sat: Rest
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

WEEK FIVE

Mon: Rest
Tue: Jog 8 min, walk 2 min. Do 3 times, total 30 min.
Wed: Rest
Thu: Jog 10 min, walk 2 min. Do 2 times, then jog for 5 min, total 29 min.
Fri: Rest
Sat: Rest
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

WEEK SIX

Mon: Rest
Tue: Jog 9 min, walk 1 min. Do 3 times, total 30 min.
Wed: Rest
Thu: Jog 12 min, walk 2 min. Do 2 times, then jog for 5 min, total 33 min.
Fri: Rest
Sat: Rest
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

WEEK SEVEN

Mon: Rest
Tue: Jog 15 min, walk 1 min. Do 2 times, total 32 min.
Wed: Rest
Thu: Jog 18 min, walk 2 min. Do 2 times, total 40 min.
Fri: Rest
Sat: Rest
Sun: Jog 12 min, walk 1 min. Do 3 times, total 39 min.

WEEK EIGHT

Mon: Rest
Tue: Jog 20 min, walk 1 min. Do 2 times, total 42 min.
Wed: Rest
Thu: Jog 15 min, walk 2 min. Do 2 times, then jog for 10 min, total 44 min.
Fri: Rest
Sat: Rest
Sun: Jog 12 min, walk 1 min. Do 3 times, total 42 min.

WEEK NINE

Mon: Rest
Tue: Jog 22 min, walk 1 min. Do 2 times, total 46 min.
Wed: Rest
Thu: Jog 17 min, walk 2 min. Do 2 times, then jog for 10 min, total 48 min.
Fri: Rest
Sat: Rest
Sun: Jog 14 min, walk 1 min. Do 3 times, total 45 min.

WEEK TEN

Mon: Rest
Tue: Rest
Wed: Jog 30 min easy
Thu: Rest
Fri: Rest
Sat: **Got2Run 8K (4.97)!!!!**

Since this will be your first race, you will probably not be set in your pace - the one that you have been training at for 10 weeks. It is extremely easy to get caught up in the excitement of the event and go out faster than your pace. Start slowly, and increase your pace depending on how you feel. Don't wait until you are exhausted before taking some one-minute walk breaks. Depending on the pace you set, on race day you may well find that you can run (jog) at least 35 minutes before you need a break. Whatever you do, enjoy the day and celebrate your incredible accomplishment!!