

The Defiance Running Club

There are many Couch to 5K programs available, but the one below is a recognized nationwide program with proven success. Follow the program and we guarantee you will be running your first 5K within 10-12 weeks. Everyone will progress at a different level, and if any of our trainees begin to struggle at all, then we recommend staying at the walk/run level achieved until you are comfortable to move forward to the next walk/run level.

WEEK	RUN-WALK TRAINING SESSION	RUN TIME	SESSIONS PER WEEK
1	Walk 1 min, run 1 min. 7 sets	7 minutes	3
2	Walk 1 min, run 1 min. 10 sets	10 minutes	3
3	Walk 1 min, run 2 min. 7 sets	14 minutes	3
4	Walk 1 min, run 3 min. 6 sets	18 minutes	3
5	Walk 1 min, run 4 min. 5 sets	20 minutes	3
6	Walk 1 min, run 5 min. 4 sets	20 minutes	3 or 4
7	Walk 1 min, run 6 min. 4 sets	24 minutes	3 or 4
8	Walk 1 min, run 8 min. 3 sets	24 minutes	3 or 4
9	Walk 1 min, run 10 min. 2 sets	20 minutes	3 or 4
10	Walk 1 min, run 10 min. 3 sets	30 minutes	3 or 4
11	Run 5 k or repeat week 10	30 minutes	3

Our club provides this format at our club runs, beginning Monday, May 25, but if you are unable to attend, this program is easy to complete on your own. To enhance your couch to 5K experience, it is very important that you complete a 5 minute stretch period after the run. By doing so, you will minimize your chance of injury. Below, are the basic stretches recommended. We also recommend a calf stretch, which is not shown. The calf is often quick to tighten, especially with new runners. Our executive members will gladly demonstrate a calf stretch at any of the club runs.

