



Couch to 5K Training Plan

The Hyderabad Runners Couch to 5K program was created to offer a structured plan for beginners, to help you achieve your first 5K. If you want our help in training you in this program, head to our Couch to 5K webpage for more details.

HAL HIGDON'S NOVICE TRAINING PLAN

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	W:10 MIN R:1MIN;W:2MIN) x 4 w:10MIN	45mins Walk	W:10 MIN R:1MIN;W:2MIN) x 4 w:10MIN	45mins Walk	60mins Walk	W:10 MIN R:1MIN;W:2MIN) x 4 w:10MIN	Rest
2	W:10 MIN R:2 MIN;W:2 MIN) x 3 w:10MIN	45mins Walk	W:10 MIN R:2 MIN;W:2 MIN) x 3 w:10MIN	45mins Walk	60mins Walk	W:10 MIN R:2 MIN;W:2 MIN) x 3 w:10MIN	Rest
3	W:10 MIN R:4 MIN;W:2 MIN) x 4 w:10MIN	45mins Walk	W:10 MIN R:4 MIN;W:2 MIN) x 4 w:10MIN	45mins Walk	60mins Walk	W:10 MIN R:4 MIN;W:1 MIN) x 5 w:10MIN	Rest
4	W:10 MIN R:4 MIN;W:1 MIN) x 6 w:10MIN	45mins Walk	W:10 MIN R:4 MIN;W:1 MIN) x 6 w:10MIN	45mins Walk	60mins Walk	W:10 MIN R:5 MIN;W:1 MIN) x 5 w:10MIN	Rest
5	W:10 MIN R:1.5miles (2k approx) W:10MIN	45mins Walk	W:10 MIN R:1.5 Mile (2km approx) W:5 min R:0.5 mile (800mts) W:10MIN	45mins Walk	60mins Walk	W:10 MIN R:2miles (3km Approx) W:10MIN	Rest
6	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	60mins Walk	W:10 MIN R:2.5 miles (4km) W:10MIN	Rest
7	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	60mins Walk	W:10 MIN R:3 miles (5km approx) W:10MIN	Rest
8	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	W:10 MIN R:2miles (3km Approx) W:10MIN	45mins Walk	Rest	W:10 MIN R:3.1 miles (5km) W:10MIN	Rest

Please note 10mins warm up (brisk walk) & 10mins cool down (jog/walk) is mandatory with all the workouts.

Begin all your workout sessions with these two simple moves.

1. **BUTT Kicks** – *Primarily a Hamstring drill, but kick drills improve leg turnover and heel recovery (20mx3)*
2. **High Knees** – *The aim of high knees is to increase leg turnover and improve knee lift, this strengthens calves and hip flexors and emphasizes proper running posture.*

BODY WEIGHT STRENGTH EXERCISES (perform 2 times a week)

For overall fitness one should exercise the major muscle groups in the back, chest, shoulders, arms, torso and legs, for the enhancement of running and prevention of injury strength training is must.

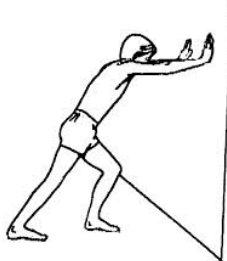
1. Lunges
2. Lateral leg raise.
3. Squats
4. Planks (regular, side planks)
5. Bridge for lower back
6. Box step up
7. Bird dog
8. Calm shell

All the above-mentioned exercises are to be performed 3 sets of 12 reps in each set.

Flexibility and Form (stretching) – *It relaxes and muscles – After a workout (run or strength training) and cool down, static stretching is recommended.*

KEY STRETCHES

- Standing Calf stretch



- Quadriceps/Hip flexor



- Lying Hamstring pull



- Glutes



- ITB stretch



- Spinal Rotation



- Lower Back- pull knee to chest

