

Couch To 5K TOOLKIT



TRAINING TIPS

Warm up. Always stretch and do a five-minute walk before starting a run.

Check your shoes. Do your calves or shins hurt when you run? Running on hard surfaces without enough foot and ankle support can cause shin splints. Check out [what makes the perfect pair of running shoes](#).

Take a break! Rest days are critical. Having one between each run reduces your chance of injury and allows your muscles to repair.

So, you're thinking of signing up for the virtual [Earth Day 5K](#), but you've spent the last several months hibernating and bundled up on the couch. Don't worry! This helpful toolkit will ease you back into an active lifestyle and prepare you for the race.

BEGINNER 5K TRAINING PLAN:

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 10 mins Walk 1 min Repeat	Rest	Run 12 min Walk 1 min Repeat	Rest	Rest	Run 13 mins Walk 1 min Repeat
2	Rest	Run 15 mins Walk 1 min Repeat	Rest	Run 17 mins Walk 1 min Run 7 mins	Rest	Rest	Run 19 mins Walk 1 min Run 7 mins
3	Rest	Run 20 mins Walk 1 min Run 7 mins	Rest	Run 24 mins	Rest	Rest	Run 26 mins
4	Rest	Run 28 mins	Rest	Run 30 mins	Rest	Rest	Run 20 mins

YOUR DIGITAL COACH: *Free apps*

C25K® 5K Trainer is perfect for first-time runners.

APPLE

ANDROID

Map My Run helps improve your performance and pushes you the extra mile.

APPLE

ANDROID

REGISTER TODAY

Feeling motivated?

Check out other [upcoming races](#) in Frederick County.

Now that you have a training plan in place, it's time to put the race on your calendar! Registration for the Earth Day 5k is open until April 16.