

This training plan was originally designed for leading up to the Pie Run (held the 2nd Saturday of every November – ftlogpieron.com), hence the Couch to Pie K name! Adjust to your desired goal 5K, but remember to steadily add miles and running, stretching & strengthening as you go to avoid injury! You can find all our races at igotoffthecouch.com

Once you've reached the goal of completing a 5K, you can work on getting faster by concentrating on the drills below and finding hills (contact fortheLoveofgo@gmail.com for suggested locations for hill repeats).

Slowdown Sunday – Slow it down and go longer, if you can! Go for a longer distance than you do during the week but take it slower. How much further can you go?

Mark It / Drill It Monday – Whatever distance you are at, time yourself and write it on your calendar. Then, grab your drill sheet, find a straight away (like a track, or a parking lot), and do the 4 exercises, down and back 2 times for each exercise. Then, if you have time, repeat all 4 exercises again and do down and back 2 times again for each exercise.

Tabata Tuesday – Whatever distance you are at, go as hard as you can for 20 seconds, then step it back a notch for 10 seconds, repeat until you have completed your distance. Or go for a Totally Pace Out Tuesday and complete your distance at a steady pace (works best if you can do laps so you can pace each lap)

Wonderful Wednesday – Get out your Alphabet Sheet, pick a Wonderful Word from our list (or think of your own) and do the exercises and reps – repeat three times.

Thankful Thursday – Whatever distance you are at, just go do it and as you go think of three things you are thankful for. Post those or write them down on your calendar

Fun Friday - Get out your Alphabet Sheet, pick a Funny Word from our list (or think of your own) and do the exercises and reps – repeat three times.

Super Star Saturday – go big! Do something from the week, go walk/jog/run in a race, go for a good hike, combine a Wonderful Word with a Funny Word and do the exercises and reps – repeat three times.

Distance Calendar – You decide the speed, you can mix around walking, jogging, and running, as you get stronger or feel your ability increasing. You might never get to the point you can run. THAT IS OKAY! Just get off the couch and walk! Do this on Tuesdays/Thursdays/Sundays (or adjust for your schedule so you are adding in the drills above on off days).

Month of July – Work up to a mile, a week at a time.

One Week – Jog a mile/walk the rest of 3

Two weeks - Walk 1.5 miles

One Week - Jog a mile and a half/walk the rest of 3

Two weeks - Walk 2.0 miles

One Week – Jog two miles/walk the rest of 3

Two weeks - Walk 2.5 miles

One Week – Jog two miles/walk the rest of 3

One Week - Walk 3 miles

One Week – Jog two and a half/ walk the rest of 3

One Week - Jog half a mile/walk the rest of 3

One Week – Jog 3 miles

For the Love of Go: Alphabet Sheet and Drill Sheet

- A – 10 [Rainbows](#)
- B – 20 [crunches](#)
- C – 15 [squats](#)
- D – 15 [pushups](#)
- E – 10 [Stutter Steps](#)
- F – 10 [burpees](#)
- G – 20 [arm circles](#)
- H – 20 [squats](#)
- I – 10 [Speed Skate](#)
- J – 15 [crunches](#)
- K – 10 [pushups](#)
- L – 20 [mountain climbers](#)
- M – 5 [burpees](#)
- N – 15 [burpees](#)
- O – 10 [jumping jacks](#)
- P – 30 second [plank](#)
- Q – 5 [crunches](#)
- R – 20 [pushups](#)
- S – 20 second [plank](#)
- T – 30 [butt kicks](#)
- U – 25 [arm circles](#)
- V – 20 [high knees](#)
- W – 20 [Stutter Steps](#)
- X – 20 [butt kicks](#)
- Y – 10 [Russian Twists](#)
- Z – 15 [pushups](#)

Drills

[Run/Shuffle/Backpedal](#)

[High Knees](#)

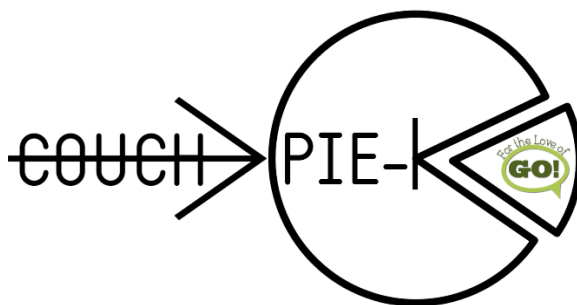
[Bounding](#)

[Butt Kicks](#)

Tabata: 20 seconds high intensity/10 seconds recovery

Wonderful Words: Together, Creative, Awesome, Champion, Warrior, Capable, Finisher, Athlete, Promise, Commitment

Fun Words: Ninja, Chicken, Unicorn, Elephant, Watermelon, Superhero, Bigfoot, Crazy, Purple



fortheLoveofgo.com/calendar