Cool Running Couch-to-5K Running Plan

<http://www.coolrunning.com/engine/2/2_3/181.shtml>

|  |  |  |  |
| --- | --- | --- | --- |
| Wk | Workout 1 | Workout 2 | Workout 3 |
| 1 | Brisk 5-minute warmup walkAlternate:* 60 sec jogging
* 90 sec walking

Total of 20 minutes | Brisk 5-minute warmup walkAlternate:* 60 sec jogging
* 90 sec walking

Total of 20 minutes | Brisk 5-minute warmup walkAlternate:* 60 sec jogging
* 90 sec walking

Total of 20 minutes |
| 2 | Brisk 5-minute warmup walkAlternate:* 90 sec jogging
* 2 min walking

Total of 20 minutes | Brisk 5-minute warmup walkAlternate:* 90 sec jogging
* 2 min walking

Total of 20 minutes | Brisk 5-minute warmup walkAlternate:* 90 sec jogging
* 2 min walking

Total of 20 minutes |
| 3 | Brisk 5-minute warmup walkTwo reps of the following:* Jog 90 sec
* Walk 90 sec
* Jog 3 min
* Walk 3 min
 | Brisk 5-minute warmup walkTwo reps of the following:* Jog 90 sec
* Walk 90 sec
* Jog 3 min
* Walk 3 min
 | Brisk 5-minute warmup walkTwo reps of the following:* Jog 90 sec
* Walk 90 sec
* Jog 3 min
* Walk 3 min
 |
| 4 | Brisk 5-minute warmup walk* Jog 3 min
* Walk 90 sec
* Jog 5 min
* Walk 2 ½ min
* Jog 3 min
* Walk 90 sec
* Jog 5 min
 | Brisk 5-minute warmup walk* Jog 3 min
* Walk 90 sec
* Jog 5 min
* Walk 2 ½ min
* Jog 3 min
* Walk 90 sec
* Jog 5 min
 | Brisk 5-minute warmup walk* Jog 3 min
* Walk 90 sec
* Jog 5 min
* Walk 2 ½ min
* Jog 3 min
* Walk 90 sec
* Jog 5 min
 |
| 5 | Brisk 5-minute warmup walk* Jog 5 min
* Walk 3 min
* Jog 5 min
* Walk 3 min
* Jog 5 min
 | Brisk 5-minute warmup walk* Jog 8 min
* Walk 5 min
* Jog 8 min
 | Brisk 5-minute warmup walk* Jog 20 min with no walking
 |
| 6 | Brisk 5-minute warmup walk* Jog 5 min
* Walk 3 min
* Jog 8 min
* Walk 3 min
* Jog 5 min
 | Brisk 5-minute warmup walk* Jog 10 min
* Walk 3 min
* Jog 10 min
 | Brisk 5-minute warmup walk* Jog 22 min with no walking
 |
| 7 | Brisk 5-minute warmup walk* Jog 25 min
 | Brisk 5-minute warmup walk* Jog 25 min
 | Brisk 5-minute warmup walk* Jog 25 min
 |
| 8 | Brisk 5-minute warmup walk* Jog 28 min
 | Brisk 5-minute warmup walk* Jog 28 min
 | Brisk 5-minute warmup walk* Jog 28 min
 |
| 9 | Brisk 5-minute warmup walk* Jog 30 min
 | Brisk 5-minute warmup walk* Jog 30 min
 | Brisk 5-minute warmup walk* Jog 30 min
 |

Resources for Runners

**Websites**

*Active.com* – Find races of all sorts in your area

*Competitor.com* – Nutrition information, training plans, and more

*CompleteRunning.com* – Links to blogs about running

*CoolRunning.com –* Tips, training plans, and race information

*Jog.fm* – Popular workout music, plus they will match tempo to your running pace

*RunHundred.com* – Sign up to get playlists every month

*Runner.com* – Inspiration, tips, gear, and more

*RunnersWorld.com* – Online home of the running magazine

**Mobile Apps**

*Couch-to-5k* – Audio cues that tell you when to run and walk *(iOS)*

 *\* There are a variety of Couch to 5K apps out there that do essentially the same thing. Pick one and run!*

*Endomondo* – For social media folks; see your friends; courses, compete against their times *(iOS, Android)*

*iSmoothRun* – Race against yourself, track cadence and statistics as well as nutrition *(iOS)*

*MapMyRun* – Tracks nutritional information as well as your running routes *(iOS, Android)*

*Nike+* – Track your performance in variety of weather, play a “power song” when you need it *(iOS, Android)*

*RunKeeper* – GPS tracking, pace statistics, shareable on Facebook *(iOS, Android)*

*Runtastic* – Tracks courses; has Story Running tracks that guide you through a narrative *(iOS, Android)
Zombies, Run!* – You are the star of your own zombie movie! *(iOS, Android)*

**Hays Area Running Groups**

*Hays Area Road Runners –* <http://www.haysarearoadrunners.com>, on Facebook as well

*Hays Track Club* (competitive runners) – http://www.haystrackclub.com

**Books**

*This is just a short list to get you started!*

|  |  |  |
| --- | --- | --- |
| Power, Speed, Endurance | Brian Mackenzie | 613.7 Mackenzie |
| Running on Air | Budd Coates | 796.42 Coates |
| Chi Running | Danny Dreyer | 796.42 Dreyer |
| Perfect Mile | Neal Bascomb | 796.420922 Bascomb |
| Born to Run | Christopher McDougall | 796.4209721 McDougall |
| Eat and Run | Scott Jurek | 92 Jurek |
| What I Talk About When I Talk About Running | Haruki Murakami | 92 Murakami |
| Running on Empty | Marshall Ulrich | 92 Ulrich |
| Unbroken | Laura Hillenbrand | 92 Zamperini |
| Once a Runner | John L. Parker | F Parker |



* Start at the Hays Public Library
* Turn right on 8th Street
* Turn right on Elm Street
* Continue on Hall Street
* Turn right on 27th Street
* Turn right on Main Street
* Finish at the Hays Public Library