



“Couch” to 5K

8 Week Training Plan

Cantrell Wellness Center

4th Annual Cantrell Center 5K and Fun Run



Frequently Asked Questions



DID YOU KNOW?

A pound of fat = 3500 Calories

Running 1 mile burns 100 Calories (more or less depending on your weight)

Q: Can I do something on the other 3-4 days of the week?

A: If your body is not sore or weak and you do not feel like your getting sick, then feel free to do something on the days of the week that you aren't run/walking. I do suggest that you take at least one day to rest each week.

Q: What are the benefits of cross-training for runners?

A: It helps balance your muscle groups. Cross-training helps strengthen your non-running muscles and rest your running muscles.

Q: What is cross-training?

A: Cross-training is any sport or exercise that supplements your main sport...in this case run/walk. Examples would be swimming, riding your bike or even doing the elliptical.

Q: What exactly is Cardio?

A: Cardio is short for cardiovascular exercise. This would include any exercise that benefits the heart.

Q: What if I feel tempted to skip ahead in my program?

A: Hold yourself BACK! Don't try to do more, even if you feel you can. This will prevent burnout.

Q: What if I find the program too strenuous?

A: Just switch it out. Don't feel pressured to continue faster than you are able. Repeat weeks if needed and move ahead only when you feel you're ready.

Q: How fast do I walk?

A: A walk in these running programs is a brisk walk, not running, not speed-walking, but a brisk walk.

Q: How fast do I run?

A: This is very important. Many beginning runners run much too fast. I want you to run at a pace at which you should be able to speak in one full sentence.