

RUBIN RUN 2023

COUCH TO 5K TRAINING PLAN:

4 WEEK PLAN FOR TRAINEES

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	REST OR CROSS TRAINING	2 MIN WALKING/ 1 MIN RUNNING x10	REST OR CROSS TRAINING	2 MIN WALKING/ 1 MIN RUNNING x10	REST OR CROSS TRAINING	REST OR CROSS TRAINING	12 MINUTE LONG RUN
WEEK 2	REST OR CROSS TRAINING	1 MIN WALKING/ 1 MIN RUNNING x15	REST DAY	1 MIN WALKING/ 1 MIN RUNNING x15	REST OR CROSS TRAINING	REST OR CROSS TRAINING	12 MINUTE LONG RUN
WEEK 3	REST OR CROSS TRAINING	30 SECS WALKING/ 90 SECS RUNNING x15	REST OR CROSS TRAINING	30 SECS WALKING/ 90 SECS RUNNING x15	REST OR CROSS TRAINING	REST OR CROSS TRAINING	26 MINUTE LONG RUN
WEEK 4	REST OR CROSS TRAINING	1 MIN WALKING/ 2 MIN RUNNING x10	REST OR CROSS TRAINING	1 MIN WALKING/ 2 MIN RUNNING x10	REST OR CROSS TRAINING	REST	RUBIN RUN 5K!

DON'T FORGET OUR KEY TIPS FROM YOUR FAVORITE KAPLEN JCC TRAINERS!

- Warming up is key! Butt Kicks and High Kicks are dynamic stretches that will fire up the muscles you need for running.
- Cross Train! It's important to incorporate strength training into your routine.
- Break your shoes in during training so you don't have to worry about them during the race.
- Get at least 7 hours of sleep the night before!
- Diet is key during the days leading up to the race! Simple carbs (oatmeal, whole grains, sweet potatoes) for lunch or dinner the day before race day are key!



SIGN UP AND MAKE A DIFFERENCE HERE:

