

# RUBIN RUN 2024

## 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:**

