



Couch to the Hi-Point Hustle 5K



March 26– May 6

Please stretch before and after each session.

Warm up with 5-minute brisk walk each session. Cool down with 5-minute walk.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) March 26-31	-jog 1 min. /2min. walk. -repeat 5x.	Rest	-jog 1 min. /2min. walk. -repeat 6x.	Yoga or stretching (Yoga with Adriene on YouTube is good)	-jog 1- min./1 min. walk. -repeat 10x.	Rest or 20- minute brisk walk	Rest
2) April 2-8	jog 1-min./1 min. walk. -repeat 10x.	Rest	jog 2-min./2 min. walk. -repeat 5x.	Yoga or stretching	jog 2- min./2 min. walk. -repeat 6x.	-Rest or 20- minute brisk walk	Rest
3) April 9-15	jog 4-min./2 min. walk. -repeat 4x. Cool down- 5 min. walk.	Yoga or stretching	jog 4-min./2 min. walk. -repeat 5x. Cool down-5 min. walk.	Rest	jog 4 min./2 min. walk. -repeat 5x. Cool down-5 min. walk.	Rest or 20- minute brisk walk	Rest
4) April 16-22	jog 7-min./2 min. walk. -repeat 3x.	Rest	jog 7-min./2 min. walk. -repeat 3x.	Yoga or stretching	jog 7- min./2 min. walk. -repeat 3x.	Rest or 25- minute brisk walk	Rest
5) April 23-29	jog 10- min./2 min. walk. -repeat 3x.	Rest	jog 10-min./2 min. walk. -repeat 3x.	Yoga or stretching	jog 10- min./2 min. walk. -repeat 3x.	Rest or 30- minute brisk walk	Rest
6) April 30- May 6	Easy jog -8- 10 min./2-3 min. walk. -repeat 2x.	rest	Easy 15-minute continuous jogging	Brisk 20 – 30- minute walk	Yoga or stretching	RACE DAY	You did it!! You are officially off the Couch!!



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Couch to 5K Plan

Work towards a goal! The Couch to 5K is offered in partnership with the Hi-Point Hustle 5K. Sign up today and race to the top of Ohio for a good cause. All the proceeds will directly benefit the Juvenile Diabetes Research Foundation (JDRF). Register for the Hi-Point Hustle 5K at www.ohiohipoint.com/hustle.

- Week 1-Set your goal and figure out a good training routine.
- Week 2-Improving stamina and building strength by gradually increasing jogging.
- Week 3-You might start feeling tired. Make sure you are eating well, getting enough sleep, and stretching.
- Week 5-Flexibility is a key part of feeling you can jog well. Consider a sports massage or purchasing a foam roller.
- Week 5-Plan on what you are wearing for your race and what you are eating the day of the race. You want enough fuel to keep you going but not weigh you down.
- Week 6-Less is more! Focus on feeling fresh for the Hi-Point Hustle 5K. Hang out with positive people and share with them how far you have come.

