

Go from the Sofa to Steps for Students in 4 Weeks

(This training plan was specially designed by Frassati Catholic Cross Country Coach Ralph Maddalena)

Week	Day 1	Day 2	Day 3
1 32 min/day	Walk for 5 minutes; jog for 1 minute. Repeat 5 times.	Walk for 5 minutes; jog for 1.5 minutes. Repeat 5 times.	Walk for 5 minutes; jog for 2 minutes. Repeat 4 times.
2 35 min/day	Walk for 4 minutes; jog for 2.5 minutes. Repeat 5 times.	Walk for 4 minutes; jog for 3 minutes. Repeat 5 times.	Walk for 4 minutes; jog 3 minutes. Repeat 5 times.
3 40 min/day	Walk for 3 minutes; jog for 3.5 minutes. Repeat 6 times.	Walk for 3 minutes; jog for 3.5 minutes. Repeat 6 times.	Walk for 3 minutes; jog for 3.5 minutes. Repeat 6 times.
4 42 min/day	Walk for 2 minutes; jog for 4 minutes. Repeat 7 times.	Walk for 2 minutes; jog for 4 minutes. Repeat 7 times.	5k DAY!

Notes:

- The program is designed to allow healthy individuals to comfortably complete (walk/jog, jog, or run) a 5k event.
- Start by January 21st and keep track of your activity by crossing off each day you complete. This will help you stay focused. Do some easy stretching both before and after you exercise.
- Pick any 3 days per week that fit your schedule, or the weather. Rest or stretch on your days off.
- *If you have no running experience*, follow the plan as is.
- *If you have a basic level of fitness*, interpret “jog” to be a comfortable pace at which you can carry-on a conversation.
- *If you are fit*, interpret “jog” to be a 75% to 80% effort – you should be breathing hard, but should not be exhausted.
- If you miss a day, restart where you left off; do not skip ahead.
- Hint: working out with someone else is a lot easier than going it alone.
- Be safe! Dress in bright clothing and be careful to not overdress - once you get out in the cold weather, you will be warmer. Be sure to drink plenty of water every day no matter what the temperature is outside.
- Be smart! If you are really out of shape, be sure to consult your physician to be sure it safe for you to exercise. If you can only walk the “jog” portions of the program, that is ok. You will still benefit. If you feel any unusual pain, stop immediately and seek help.

