

**10
WEEK**

COUCH TO 5K PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	Brisk 5-min walk Run/walk 5 minutes Walk 5 min	Strength: Glute & Stability	20-30 min Cross-train	REST DAY	Brisk 10-min walk Run/walk 5 minutes Walk 10 min	Strength: Full Body
2	REST DAY	Brisk 5-min walk Run/walk 5 minutes Walk 5 min	Strength: Glute & Stability	20-30 min Cross-train	REST DAY	Brisk 10-min walk Run/walk 10 minutes Walk 10 min	Strength: Full Body
3	REST DAY	Brisk 5-min walk Run/walk 7 minutes Walk 5 min	Strength: Glute & Stability	30 min Cross-train Strength: Abs	REST DAY	Brisk 10-min walk Run/walk 15 minutes Walk 10 min	Strength: Full Body
4	REST DAY	Brisk 5-min walk Run/walk 10 minutes Walk 5 min Strength: Glute & Stability	Strength: Arms & Abs	Brisk 5-min walk Run/walk 10 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 10-min walk Run/walk 15 minutes Walk 10 min	Strength: Full Body
5	REST DAY	Brisk 5-min walk Run/walk 10 minutes Walk 5 min Strength: Glute & Stability	REST DAY	30-min Cross-train Strength: Abs	REST DAY	Brisk 10-min walk Run/walk 20 minutes Walk 10 min	Strength: Full Body
6	REST DAY	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	Strength: Arms & Abs	Brisk 5-min walk Run/walk 12 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 10-min walk Run/walk 25 minutes Walk 10 min	Strength: Full Body
7	REST DAY	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	Strength: Arms & Abs	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 10-min walk Run/walk 25 minutes Walk 10 min	Strength: Full Body
8	REST DAY	Brisk 5-min walk Run/walk 20 minutes Walk 5 min Strength: Glute & Stability	Strength: Arms & Abs	Brisk 5-min walk Run/walk 17 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 10-min walk Run/walk 30 minutes Walk 5 min	Strength: Full Body
9	REST DAY	Brisk 5-min walk Run/walk 20 minutes Walk 5 min Strength: Glute & Stability	Strength: Arms & Abs	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 10-min walk Run/walk 35 minutes Walk 5 min	Strength: Full Body
10	REST DAY	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	REST DAY	Brisk 5-min walk Run/walk 15 minutes Walk 5 min Strength: Glute & Stability	REST DAY	REST DAY	RACE DAY 5K

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Liying Dong



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Training and Racing Biathlons Mark Sisson,1989 *Relentless Forward Progress* Bryon Powell,2013-10-04 Ready to Run an Ultramarathon When you consider marathons do you think been there done that Like so many others do you believe that humans were born to run Do you seek a new challenge that tests your mental and physical limits If you answered yes to any of these questions then it s time to read *Relentless Forward Progress* and give ultramarathons a try Veteran ultramarathoner and coach Bryon Powell shares insider know ledge about training racing fueling hydration and much more In this guide you ll find Daily training plans for races from 50k to 100 miles A crash course in how to trail run Advice from some of the world s top ultrarunners Proven strategies for race day success Useful approaches for running uphill and downhill What to look for in ultramarathon gear Practical wisdom on speed work Cross training ideas for running fitness and recovery Tips on running barefoot Inspiration to go farther than you ve ever gone before **Running Times** ,2008-09 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **The Inner Runner** Jason R. Karp,2016-04-12 Why are so many people drawn to running Why is running the most common physical activity What is it about running that empowers so many people And how can runners harness that power to create a more meaningful life *The Inner Runner* addresses these questions and a whole lot more This book is not about how to get faster or run a marathon rather it explores how the simple act of putting one foot in front of the other helps you harness your creative powers Learn about the psychological emotional cognitive and spiritual benefits of running and introduce lifestyle changes based on the latest scientific research on running and its effects on hormones and the brain As a nationally recognized running and fitness coach with a PhD in Exercise Physiology Jason Karp brings his expertise in science based coaching to runners of all levels He believes that running gives you a chance to discover challenge and bring out the best in yourself by impacting your creativity focus imagination confidence and health Let *The Inner Runner* help you become not only a better runner but a more creative productive and imaginative person Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home **Running Times** ,2007-10 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Rowing News** ,2001-09-13

Running Your Best Ron Daws,1985 Gives practical advice on warmups stretches motivation running technique racing strategy training methods and hot cold and high altitude running conditions Running Times ,2008-09 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Forthcoming Books** Rose Army,1999 Running for Fitness Sebastian Coe,Peter Coe,1983 Subject Guide to Books in Print ,1991 **Inside Triathlon** ,2007

Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,1922 American Magazine ,1925 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 *Thoroughbred Record* ,1921 Includes a statistical issue title varies slightly 1947 *The National Underwriter* ,1922 Journal of Health, Physical Education, Recreation ,1952 **Motivation and Racing Tactics in Track and Field** W. Harold O'Connor,1970 **Track and Field Coaches Review** ,1999

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