

10-Week Program to take you from the couch to a 5K!



Lansdowne 5K Harvest Run Training

Proper Running Form

- Hold your head high, centered between your shoulders, and your back straight.
- Focus your gaze approximately 30-40 yards in front of you.
- Relax your jaw and neck.
- Keep your shoulders relaxed and parallel to the ground.
- When you run, your arms acts as a counterbalance and a pendulum. Keep your hands reasonably high and swing back and forth for a good cadence.



Brought to you by:



1500 Lansdowne Avenue
Darby, PA 19023
610.237.4000
www.mercyhealth.org



Register online for the Lansdowne 5K Harvest Run at www.LansdownesFuture.org/5K. Early registers get a 5K t-shirt

- ### Getting Started
- If you haven't had a recent physical, get medical clearance from your doctor before you start running. At your doctor's visit, share your running plan and goals with your doctor and have him/her assess your plan and any potential health issues.
 - Getting the right running shoes for your foot type is crucial for comfort and injury prevention. Visit a specialty running store to get expert advice on buying the right running shoes.
 - Before you start your workouts, make sure you warm up properly by walking for five to 10 minutes. You should always end your workout with a cool-down.
 - Exercise with a partner in safe areas.
 - Drink plenty of fluids to stay hydrated.

Start no later than
August 25, 2019

LEDC COUCH TO 5K PLAN

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog	Relax!	5 min walk 2 min jog	Relax!	5 min walk 2 min jog	Relax!	Relax!
2	5 min walk 3 min jog	Relax!	5 min walk 4 min jog	Relax!	5 min walk 5 min jog	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog	Relax!	5 min walk 8 min jog	Relax!	5 min walk 9 min jog	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	RACE DAY! Nov. 3, 2019