



The FIT Potato COM

Personal Training | Running Coach | Bootcamp

5k Beginner's Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	10min walk →walk 1min →run 1min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 1min 5x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 1min +10x 10min walk	*Cross-Train or Stretch
Week 2	5min walk →walk 1min →run 2min 5x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 1min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 2min 10x +10min walk	*Cross-Train or Stretch
Week 3	10min walk →walk 1min →run 2min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 3min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 2min 10x +10min walk	*Cross-Train or Stretch
Week 4	10min walk →walk 1min →run 4min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1mi →run 3min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 4min 10x +10min walk	*Cross-Train or Stretch
Week 5	10min walk →walk 1min →run 5min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 4min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 5min 10x +10min walk	*Cross-Train or Stretch
Week 6	10min walk →walk 1min →run 6min 10x +10min walk	*Cross-Train or Stretch	10min walk 10X →walk 1min →run 5min +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk - →walk 1min →run 6min 10x +10min walk	*Cross-Train or Stretch
Week 7	10min walk →walk 1min →run 7min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 6min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	10min walk →walk 1min →run 7min 10+10min walk	*Cross-Train or Stretch
Week 8	10min walk →walk 8min →run 1min 10x +10min walk	*Cross-Train or Stretch	10min walk →walk 1min →run 1min 10x +10min walk	*Cross-Train or Stretch	Day off or just Stretch	Rest or Stretch Day	YAY! You did it! Race Day

Cross Training Ideas:

1. Join The FIT Potato Running Classes
2. Swim, Hike, Dance, bike or any other fitness activity
2. Elliptical/Bike Workouts below

Elliptical/Bike Suggested Workouts:

Workout 1

45min –1hr consistent pace (90% effort).

Put on music and go.

Cool down 5min.

Workout 2

Bike or elliptical (30sec fast/30sec easy) for 30min (fast is all out effort and high resistance)

Plus 60 Crunches, 60 Count Plank, 60 Flutter Kicks, 30 regular/
Knee Push ups 2-3 sets

Workout 3

Bike or elliptical (15min easy/ 15min fast) High Resistance, all out effort

30 regular/ Knee push ups, 30 squats (hold 15sec at end),
60 lunges (alternate legs), plank 60count, 60 count Bike abs
60 Donkey kick each Leg, 60 crunches

2-3 sets

Workout 4

Bike or elliptical - Easy 5min to warm up followed by
1 song easy/ 1 song fast – for 45-1hr (same Resistance)

REMINDER: Don't Forget to Stretch and foam Roll

FOUR SIMPLE STEPS TO GOOD FORM

1) POSTURE



- Stand tall
- Point toes forward
- Reach to the sky to reset your posture
- Run with your head up and keep your gaze directed ahead of you

2) MIDFOOT



- March in place prior to your run to reinforce the proper midfoot strike
- Heel striking and overstriding cause braking
- Landing on forefoot can strain calf & achilles

3) CADENCE



- Aim for a cadence of 180.
- To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- Run light, and avoid pounding

4) LEAN



- Lean from ankles without bending at waist
- Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- Use gravity to your advantage instead of excessive muscle force

COMMON RUNNING FORM



Overstriding, heel-striking, & bad posture

cause braking and torque, which equates to inefficient running & leads to many common injuries.

VS

GOOD RUNNING FORM

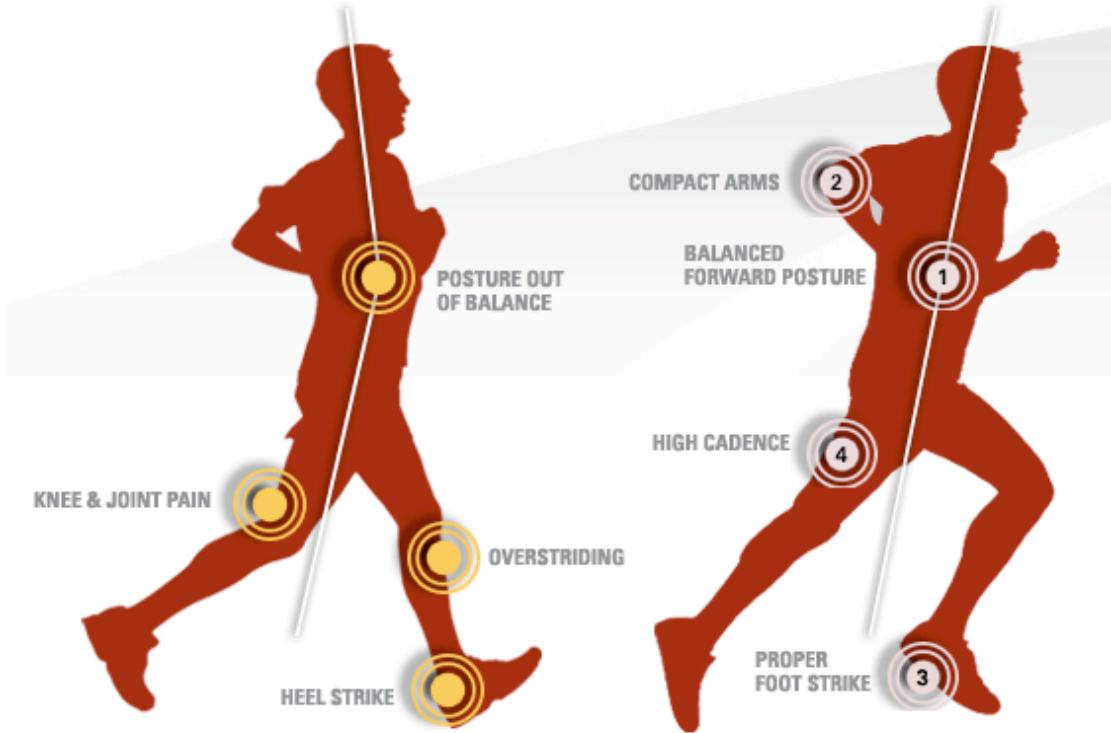


Quick strides, mid foot strike, & good posture

prevent stress that causes strain & injury, while also making running more enjoyable & efficient.

FAMILIAR RUNNING FORM

GOOD RUNNING FORM



**1
Knee
Pulls**



**2
Knee
Sideways**



**3
Knee
Upwards**



Pre-Run

Stretches & Exercises

**4
Gate
Opener**



**7
Running
Action**



**6
Standing
Knee &
Toe
Touches**



**5
Side Leg
Stretch**



Post Run Stretches

