



## Couch to 5K *A Safe Approach* By Mark Lorenzoni

8 Week Program for those looking to SAFELY run their first Run for Autism 5K.

*This starter program is designed for novices or out of shape former exercisers, who are looking to safely and comfortably make running a lifelong activity.*

### **TIPS (PLEASE READ):**

**Start slow.** Every run should start out at a gentle pace for the first 20% of the run (ex. 5 minutes of a 25 minute run). This will allow your cold muscle “fibers” to warm up naturally. Do this instead of pre-run stretching. Your pace should be “conversational” so that you can comfortably talk while moving.

### **Walk/Run for the first six weeks (details below).**

**Create a routine and write it down.** Set aside specific days of the week and time of day to do your exercise. Bonus points for finding a training partner.

#### **Week 1**

*Walk 2 minutes, Run 30 seconds*

Monday – 8 Minutes

Wednesday – 10 minutes

Thursday – 6 minutes

Saturday – 12 minutes

#### **Week 2**

*Walk 90 seconds, Run 30 seconds*

Monday – 10 Minutes

Wednesday – 10 minutes

Thursday – 8 minutes

Saturday – 15 minutes

#### **Week 3**

*Walk 1 minute, Run 1 minute*

Monday – 12 Minutes

Wednesday – 12 minutes

Thursday – 10 minutes

Saturday – 18 minutes

#### **Week 4**

*Walk 1 minute, Run 90 seconds*

Monday – 15 Minutes

Wednesday – 15 minutes

Thursday – 12 minutes

Saturday – 22 minutes

#### **Week 5**

*Walk 1 minute, Run 2 minutes*

Monday – 18 Minutes

Wednesday – 18 minutes

Thursday – 12 minutes

Saturday – 25 minutes

#### **Week 6**

*Walk 30 seconds, Run 2 minutes*

Monday – 18 Minutes

Wednesday – 18 minutes

Thursday – 15 minutes

Saturday – 28 minutes

#### **Week 7**

*All Running*

Monday – 22 Minutes

Wednesday – 22 minutes

Thursday – 15 minutes

Saturday – 32 minutes

#### **Week 8**

Monday – 26 Minutes

Wednesday – 26 minutes

Thursday – 18 minutes

Saturday – 36 minutes

