

sofa2success[©]

a lifestyle program

5K sofa2success program

Are you thinking - is this all there is? Are you living in that vicious daily cycle of demanding schedule and trying to fill everyone's needs? Do you feel out of shape? Not pleased with the way life is going? Just had a baby? Maybe you just don't know how to get started. Sofa2success can help you get that feel good energy back. Taking that first step can transform you and restore your confidence/energy to tackle today's challenges. A healthy you is the best you!

About sofa2success

sofa2success© is being developed into a complete series for women that will include the 5K training and other fitness programs, nutrition, easy to prepare healthy recipes, nutrition tips, style and beauty as well as a guide to balancing all the things that can make life very stressful. All in all – we will use the sofa2success as a lifestyle guide that you can use as a reference anytime you need it. Our website and Facebook and Twitter feeds will offer daily lifestyle tips, food news, shopping, events of all kinds to help keep you active and happy!

The supportive women at runhers are here to help you get started and back on track toward a more rewarding lifestyle. We can help train you to run or walk in a 5K (3.1 mile) event. It's easy to get going – we provide a plan, the education and the motivation, you provide just a little energy and self-motivation to get started ... and with each day your confidence and renewed spirit will grow! And completing a 5K is a great accomplishment and can continue on your journey to a healthier, happier you. The best you!

You may be asking ... why should I be thinking about taking up running or run/walking?

- **The simplicity of it!** It's so simple to start! All you need is some comfortable clothing you can move in and some decent athletic footwear, and your off and running! You can run or walk any day and time you want.
- **Everyone can Participate!** Running is the most inclusive of all activities. You don't have to have a special athletic talent to do it. You just lace up the sneakers and get moving at your own pace. Want to get faster or go longer? We can help you with all of that – safety tips, training schedules, group runs and all the support you need are all here in the runhers association. You can run or walk for fitness, to socialize or even compete in races.
- **Anytime – anywhere – any duration.** You can be just about anywhere and get a run and/or walk in. Your neighborhood, the many great parks in OKC metro area, Lake Hefner runs and you can even walk in the hot summer months. Just keep moving. Every little bit adds up! Even short 10 – 15 minute walks or runs have proven to be VERY beneficial for your spirit and your health!



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- **Affordability!** No health club membership dues. No contracts. No fancy, space-hogging equipment. All you really need is a decent pair of running shoes and some clothing appropriate for the weather conditions and you're ready to run or walk! Easy!
- **Fun Events – Worthy Causes** The beauty of running and walking is that you can run in solitude one day, with your training/social group the next and then with anywhere from 300 to 40,000 other participants on any given weekend !! Get started now!

5K (3.1 miles) Training Program (Walk or Run)

Before Starting

Before starting a 5K training program, you should make sure you are healthy enough to undertake the training. This 5K training should not be taken lightly. Consult your medical professional to ensure you are ready for this important next step!

Recommended Beginner 5K Training Program (Walk or Run)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	15 minutes easy	XT or rest	20 minutes	XT or rest	1.5 miles easy	XT or rest
2	Rest	20 minutes easy	XT or rest	20 minutes	XT or rest	20 -30 min easy	XT or rest
3	Rest	20 minutes easy	XT or rest	20 minutes	XT or rest	2.5 miles or 30 mins	XT or rest
4	Rest	20 minutes easy	XT or rest	20 minutes	XT or rest	2.5 miles or 30 mins	XT or rest
5	Rest	2 miles easy	XT or rest	20 minutes	XT or rest	30 – 40 minutes	XT or rest
6	Rest	2 miles easy	XT or rest	25 minutes	XT or rest	3 miles	XT or rest
7	Rest	2.5 miles easy	XT or rest	25 minutes	XT or rest	45 mins or 3 miles	XT or rest
8	Rest	2.5 miles easy	XT or rest	25 minutes	XT or rest	5K	Rest!

Note: XT means to cross train. This could be any other activity to help body, mind and spirit! You could do some core work, or light stretching, upper body workout, light yoga or any activity you enjoy. Mix it up, experiment and listen to your body.



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Easy Runs and Walk/Runs

This means running totally comfortable and controlled. When running alone or with your runhers training partner or group, you should be able to converse easily. You'll likely feel as if you could go faster. Don't. There is always time in the future to go faster or longer if that becomes your goal. For now, just building a 'base' level of running or run/walking fitness is what you are after. You can also do walk/runs where you may start with 1 minute of easy running with 2 – 3 minutes of brisk walking; repeating this for the duration. Experiment with the mix of walk/run minute until you feel comfortable with it.

Rest

Rest is always important. Make one day a rest day where you really are resting up from training. You need to make sure your muscles are well rested as you progress and grow through the training program. Rest and recovery doesn't always mean doing nothing, you can do some like stretching or other light physical activity. Your body will begin telling you what it needs as you develop a better relationship with it!

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