

# Couch to 5k - Beginner

Warm-Up - complete before each workout	
Cardio	5min Walk
Glute Raises	10-20 repetitions
Frankensteins	10-20 repetitions
Bent Knee Side Hip Swing	10 each side
Alternating Side Lunge	10 each side
Chest Stretch	20-30 second hold
Calf Stretch	20-20 second hold

Cool-Down - complete after each workout OR complete Progressive Flexibility Workout	
Cardio	5min Walk
Hip Flexor Stretch	20-60 second hold
Quads Stretch	20-60 second hold
Hamstrings Stretch	20-60 second hold
Calf Stretch	20-60 second hold
Lateral Spine	20-60 second hold
Core Rotation	20-60 second hold

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout	Speed interval	Strength and Stretch	Hill Interval	Strength and Stretch	Long Run	Stretch and Rest	Stretch and Rest
Week 1	20 minutes total: 2 min walk, 1 min jog	Workout A	20 mins: 1 min hill, 2 min flat	Workout B	Complete 1.5 miles (running, walking, or both!)	Stretch and Rest	Stretch and Rest
Week 2	25 minutes total: 1 min walk, 1 min jog	Workout A	25 mins: 1 min hill, 1 min flat	Workout B	Complete 2 miles (running, walking, or both!)	Stretch and Rest	Stretch and Rest
Week 3	30 minutes total: 1 min walk, 2 min jog	Workout A	30 mins: 2 min hill, 1 min flat	Workout B	Complete 2.5 miles (running, walking, or both!)	Stretch and Rest	Stretch and Rest
Week 4	35 minutes total: 1 min walk, 3 min jog	Workout A	35 mins: 3 min hill, 1 min flat	Workout B	Complete 3.1 miles (running, walking, or both!)	Stretch and Rest	Stretch and Rest

Workout A - Day 2
Squats
Lunges
Step-ups
Single Leg Deadlifts
Stretch - Day 2
Hip flexors
Quads
Hamstrings
Calves
Lateral spine

Workout B - Day 4
Pushups
Pullups/Rows
Crunches
Planks
Stretch - Day 4
Chest
Adductors
Piriformis
Cobra
Core rotation

Stretch - Day 6	Stretch - Day 7
Hip flexors	Hip flexors
Quads	Quads
Hamstrings	Hamstrings
Calves	Calves
Lateral spine	Lateral spine
Chest	Chest
Adductors	Adductors
Piriformis	Piriformis
Cobra	Cobra
Core rotation	Core rotation

For more information regarding this workout, please contact Kelcie Heron, Personal Trainer and Group Fitness Instructor, at heronkm@gmail.com, AND copy fitness@uab.edu.

Exercise Descriptions	
Exercise	Link
Glute Raises	<a href="https://www.coachmag.co.uk/glute-exercises/2333/glute-bridge-how-to-do-it-benefits-and-">https://www.coachmag.co.uk/glute-exercises/2333/glute-bridge-how-to-do-it-benefits-and-</a>
Adductors Stretch	<a href="https://exrx.net/Stretches/HipAdductors/LyingAdductorMagnus#:~:text=Lie%20supine%20on%20floor%20or,back%20of%20thighs%20behind%20knees.&amp;text=Pull%20knee%20to">https://exrx.net/Stretches/HipAdductors/LyingAdductorMagnus#:~:text=Lie%20supine%20on%20floor%20or,back%20of%20thighs%20behind%20knees.&amp;text=Pull%20knee%20to</a>
Alternating Side Lunge	<a href="https://exrx.net/Aerobic/Exercises/SideLunge">https://exrx.net/Aerobic/Exercises/SideLunge</a>

Bent Knee Side Hip Swing	<a href="https://youtu.be/7Ji1UG57NgQ">https://youtu.be/7Ji1UG57NgQ</a>
Calf Stretch	<a href="https://exrx.net/Stretches/Gastrocnemius/Wall">https://exrx.net/Stretches/Gastrocnemius/Wall</a>
Calf Stretch	<a href="https://exrx.net/Stretches/Gastrocnemius/Wall">https://exrx.net/Stretches/Gastrocnemius/Wall</a>
Chest Stretch	<a href="https://exrx.net/Stretches/ChestGeneral/StraightArm">https://exrx.net/Stretches/ChestGeneral/StraightArm</a>
Chest Stretch	<a href="https://exrx.net/Stretches/ChestGeneral/StraightArm">https://exrx.net/Stretches/ChestGeneral/StraightArm</a>
Cobra Stretch	<a href="https://www.youtube.com/watch?v=JDcdhTuycOI">https://www.youtube.com/watch?v=JDcdhTuycOI</a>
Core Rotation	<a href="https://myrehabconnection.com/simple-trunk-rotation-exercise-progression/">https://myrehabconnection.com/simple-trunk-rotation-exercise-progression/</a>
Crunches	<a href="https://exrx.net/WeightExercises/RectusAbdominis/BWCrunch">https://exrx.net/WeightExercises/RectusAbdominis/BWCrunch</a>
Frankensteins	<a href="https://www.youtube.com/watch?v=m7muRa-r0LE">https://www.youtube.com/watch?v=m7muRa-r0LE</a>
Hamstring Stretch	<a href="https://exrx.net/Stretches/Hamstrings/Standing">https://exrx.net/Stretches/Hamstrings/Standing</a>
Hip Flexor Stretch (Kneeling)	<a href="https://exrx.net/Stretches/HipFlexors/KneelingHipFlexor">https://exrx.net/Stretches/HipFlexors/KneelingHipFlexor</a>
Hip Flexor Stretch (Standing)	<a href="https://exrx.net/Stretches/HipFlexors/Standing">https://exrx.net/Stretches/HipFlexors/Standing</a>
Lateral Spine	<a href="https://www.youtube.com/watch?v=BlKdX4TUtOg">https://www.youtube.com/watch?v=BlKdX4TUtOg</a>
Lunges	<a href="https://exrx.net/WeightExercises/Quadriceps/BWLunge">https://exrx.net/WeightExercises/Quadriceps/BWLunge</a>
Piriformis Stretch	<a href="https://exrx.net/Stretches/HipExternalRotators/SeatedPiriformis">https://exrx.net/Stretches/HipExternalRotators/SeatedPiriformis</a>
Planks	<a href="https://exrx.net/WeightExercises/RectusAbdominis/BWFrontPlank">https://exrx.net/WeightExercises/RectusAbdominis/BWFrontPlank</a>
Pullups	<a href="https://exrx.net/WeightExercises/LatissimusDorsi/BWPullup">https://exrx.net/WeightExercises/LatissimusDorsi/BWPullup</a>
Pushups	<a href="https://exrx.net/WeightExercises/PectoralSternal/BWPushup">https://exrx.net/WeightExercises/PectoralSternal/BWPushup</a>
Quads Stretch	<a href="https://exrx.net/Stretches/Quadriceps/Standing#:~:text=Grasp%20top%20ankle%20or%20forefoot,or%20forefoot%20to%20rear%20end.&amp;text=Straighten%20hip%20by%20movin">https://exrx.net/Stretches/Quadriceps/Standing#:~:text=Grasp%20top%20ankle%20or%20forefoot,or%20forefoot%20to%20rear%20end.&amp;text=Straighten%20hip%20by%20movin</a>
Rows	<a href="https://www.youtube.com/watch?v=rloXYB8M3vU">https://www.youtube.com/watch?v=rloXYB8M3vU</a>
Single Leg Deadlifts	<a href="https://exrx.net/WeightExercises/GluteusMaximus/DBSingleLegStiffLegDeadlift">https://exrx.net/WeightExercises/GluteusMaximus/DBSingleLegStiffLegDeadlift</a>
Squats	<a href="https://exrx.net/WeightExercises/Quadriceps/BWSquat">https://exrx.net/WeightExercises/Quadriceps/BWSquat</a>
Step-ups	<a href="https://exrx.net/WeightExercises/GluteusMaximus/BWStepUp">https://exrx.net/WeightExercises/GluteusMaximus/BWStepUp</a>