



Couch-to-10K Training Guide

Funds raised from the Plaza 10K benefit Saint Luke's Home Care & Hospice.

Run on your own, with a friend, or form a team. Start this simple couch-to-10K guide 12 weeks before the Plaza 10K to be ready to join the fun. Consult your doctor before starting any exercise program.

Week 1

Day 1 - Run 1 min, Walk 2 min, x8
Day 2 - Run 1 min, Walk 2 min, x6
Day 3 - Run 1 min, Walk 2 min, x10

Week 2

Day 1 - Run 2 min, Walk 2 min, x7
Day 2 - Run 2 min, Walk 2 min, x6
Day 3 - Run 2 min, Walk 2 min, x8

Week 3

Day 1 - Run 3 min, Walk 2 min, x6
Day 2 - Run 3 min, Walk 2 min, x5
Day 3 - Run 3 min, Walk 2 min, x7

Week 4

Day 1 - Run 5 min, Walk 3 min, x4
Day 2 - Run 5 min, Walk 2 min, x3
Day 3 - Run 5 min, Walk 3 min, x5

Week 5

Day 1 - Run 3 min, Walk 2 min, x6
Day 2 - Run 3 min, Walk 2 min, x5
Day 3 - Run 5 min, Walk 3 min, x4

Week 6

Day 1 - Run 8 min, Walk 3 min, x3
Day 2 - Run 7 min, Walk 2 min, x3
Day 3 - Run 8 min, Walk 3 min, x3

Week 7

Day 1 - Run 9 min, Walk 3 min, x3
Day 2 - Run 8 min, Walk 2 min, x3
Day 3 - Run 10 min, Walk 3 min, x3

Week 8

Day 1 - Run 15 min, Walk 5 min, x2
Day 2 - Run 15 min, Walk 5 min, Run 10 min
Day 3 - Run 20 min, Walk 5 min, Run 15 min

Week 9

Day 1 - Run 10 min, Walk 3 min, Run 16 min
Day 2 - Run 15 min, Walk 5 min, Run 10 min
Day 3 - Run 15 min, Walk 5 min, x2

Week 10

Day 1 - Run 20 min, Walk 2 min, Run 20 min
Day 2 - Run 25 min
Day 3 - Run 40 min

Week 11

Day 1 - Run 45 min
Day 2 - Run 25 min
Day 3 - Run 50 min

Week 12

Day 1 - Run 40 min
Day 2 - Run 30 min
Event Day - Run 10K

Running Tips:

- Start and finish each workout with a 5-minute walk
- Avoid running on consecutive days
- Cross train on non-running days (swimming, cycling, etc.)

Source: MyRunningTips.com

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Plaza10K.com

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10K Nutrition Guide

Nutrition for the Plaza 10K made easy

As you set out on your 10K training program, one of the driving factors might be weight loss. Good nutrition helps your body get sufficient fuel to work stronger and longer.

A healthy diet should consist of a good balance of energy-rich carbohydrates; protein for repair and re-growth of muscles and tissues; fats for energy and protection; and fiber, vitamins, and minerals to support your immune system and health.

As you increase the time you spend running and your distance, you will need to find the right fuel to satisfy your hunger. It's important to avoid "empty" calories such as chips, sweets, and cakes. Eating snacks high in sugar can lead to an artificial high with a subsequent slump in energy.

What to Eat

- As part of your 10K nutrition plan, eat three well-balanced meals a day—breakfast, lunch, and dinner. These are the foundations of your day and should contain a balance of carbohydrates, fats, and proteins, such as:
 - Fruit and vegetables
 - Beans, lentils, rice, pasta, and potatoes
 - Fish, eggs, and lean meat
- Your diet should also contain dairy products or their substitutes to ensure you get enough calcium.
- Keep hydrated. Even on days you are not running, you still need to drink plenty of fluids because your muscles keep working after you have finished exercising and you should never allow your body to get into a state of dehydration. An effective means of checking your levels of hydration is to check your urine—it should be a light yellow. The darker the color, the more water you need.
- Keep a supply of healthy snacks on hand. When you run, your body keeps working long after you stop, so you are burning calories and are hungrier than usual. Rather than succumb to the chocolates and cakes around the office, keep a supply of fresh and dried fruit, nuts, seeds, cereal bars, or yogurt within easy reach. These snacks will stabilize the sugar levels in your blood and keep your hunger pangs at bay.
- Your 10K nutrition plan should still focus on eating the healthiest options—whole bread and pasta, steamed vegetables instead of fried, low-fat options for spreads and yogurts, and chicken and fish instead of red meat.

When preparing for a 10K, plan around your workouts: eat a light meal or snack about two hours before you run and re-fuel within 30 minutes of finishing your run. You might not feel like eating after a run, particularly if you have completed a tough session, but it is important to get some fuel into your system.

A Runner's Best Friends

- Almonds
- Apples
- Avocados
- Bananas
- Cereal bars
- Crisp breads
- Dark chocolate
- Honey on bread
- Pears
- Raisins
- Toast and peanut butter
- Yogurt

Source: runningforbeginners.com/couch-to-10k/10k-nutrition