

**Run For Little Hearts 10K/5K
8 week Beginner Training Program**

Week 1

Tips:

1. Talk is cheap! Run/jog at a pace where you can't easily carry on a conversation. 3-5 word sentences is a good indicator that you are working hard enough (but still able to gossip!).
2. Hydrate! Drink at least 8oz of water after waking up and 30 min before your workout.
3. Invest! A great pair of running shoes makes a huge difference! Try a specialty running store where they can assess your gait and properly fit your feet. A quality pair of running shoes will lower the risk of injury.

Workouts:

Monday

Wednesday

Friday

- Warm up with a 5 min brisk walk (3.0-3.5 mph on treadmill) or outdoors to the beat of "Stayin Alive" ...who doesn't love that song?!
- Intervals - Run 2 min/Walk 1 min (repeat 6 times)
- 5 min cool down (walk or run at a slower pace)

Tuesday

- 10 push-ups (On your knees is ok, but remember to keep back flat and tush out of the air.)
- 20 crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)
- 30 squats (Legs shoulder width apart, tush back like you are sitting in chair, don't drop past knees.)
- 1 minute of jumping jacks (Don't like jumping jacks? Jump rope or jog in place!)

Repeat all of the above 2 times

Thursday and ***Sunday*** are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 5 min brisk walk
- 10 min jog
- 5 min cool down (walk or run at a slower pace)

Plus:

- 10 Supermans (Lie on stomach with arms stretched out in front and legs straight back. Lift the arms/legs off of the floor at the same time, hold for 10 seconds and release. Keep neck down or at a neutral position.)
- 30 Bridges (Lie on your back, arms and palms flat on the floor. Knees up, shoulder width apart and feet flat on the floor. Lift your hips and glutes up and off the floor until only the shoulder blades are touching the floor. Hold for 10 seconds and release.)
- 20 Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 2

Tips:

1. Buddy up! The hardest part about running is getting out the door. Make the journey more pleasurable and keep yourself accountable by inviting a friend to join you!
2. Nutrition! Eat a protein rich snack within an hour after your workout to refuel your body properly. Try a protein shake or download the [Snack Smart Solutions app](#) for snack ideas!
3. Rest! Sleep will help your body recover from exercise and reduce internal stress loads. Aim for 7 hours of sleep 4-6 nights each week.

Workouts:

Monday

Wednesday

Friday

- Warm up with a 5 min brisk walk
- Intervals - Run 3 min/Walk 2 min (repeat 5 times)
- 5 min cool down (walk or run at a slower pace)

Tuesday

- 12 Push-ups
- 25 Crunches
- 35 Squats
- 1 minute of jumping jacks (or jump rope or jog in place)

Repeat all of the above 2 times

Thursday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 5 min brisk walk
- 12 min jog
- 5 min cool down (walk or run at a slower pace)

Plus:

- 12 Supermans (Lie on stomach with arms stretched out in front and legs straight back. Lift the arms/legs off of the floor at the same time, hold for 10 seconds and release. Keep neck down or at a neutral position.)
- 35 Bridges (Lie on your back, arms and palms flat on the floor. Knees shoulder width apart and feet flat on the floor. Lift your hips and glutes up and off the floor until only the shoulder blades are touching the floor. Hold for 10 seconds and release.)
- 25 Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 3

Tips:

1. Get fueled! Each meal should have protein, good fats and fiber to help sustain your energy all day long. Good fats include raw nuts, raw seeds, avocados, extra virgin olive oil, walnut oils and coconut oils.
2. Avoid sugar crashes! For a 3pm energy boost, try green tea with pistachios.
3. Stay flexible! Save a minute or two before bedtime to slowly stretch those tired muscles!

Workouts:

Monday

Wednesday

Friday

- Warm up with a 5 min brisk walk
- Intervals - Run 5 min/Walk 1 min (repeat 5 times)
- 3 min cool down

Tuesday

- 15 Push-ups
- 20 Crunches
- 40 Squats
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 3 times

Thursday and **Sunday** are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 5 min brisk walk
- 15 min jog
- 5 min cool down (walk or run at a slower pace)

Plus:

- 12 Supermans (Lie on stomach with arms stretched out in front and legs straight back. Lift the arms/legs off of the floor at the same time, hold for 10 seconds and release. Keep neck down or at a neutral position.)
- 35 Bridges (Lie on your back, arms and palms flat on the floor. Knees shoulder width apart and feet flat on the floor. Lift your hips and glutes up and off the floor until only the shoulder blades are touching the floor. Hold for 10 seconds and release.)
- 25 Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 4

Tips:

1. Pump up the jams! Put together a fun, 45 minute music playlist to get you to the finish line!
2. Pamper yourself! Treat yourself to a massage or soak in a warm mineral bath to ease sore muscles. Add a few drops of lavender to help boost the relaxation of the bath.
3. Look good, feel good! Bright colors or new running gear will help jazz up your run!

Workouts:

Monday

Wednesday

Friday

- Warm up with a 5 min brisk walk
- Intervals - Run 8 min/Walk 1 min (repeat 4 times)
- 3 min cool down

Tuesday

- 20 Push-ups
- 20 Crunches
- 20 Squats
- 20 Walking Lunges (10 on each leg)
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 3 times

Thursday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 5 min brisk walk
- 20 min jog
- 5 min cool down (walk or run at a slower pace)

Plus:

- 12 Supermans (Lie on stomach with arms stretched out in front and legs straight back. Lift the arms/legs off of the floor at the same time, hold for 10 seconds and release. Keep neck down or at a neutral position.)
- 35 Bridges (Lie on your back, arms and palms flat on the floor. Knees shoulder width apart and feet flat on the floor. Lift your hips and glutes up and off the floor until only the shoulder blades are touching the floor. Hold for 10 seconds and release.)
- 25 Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)
- 20 Push-ups

Repeat above three exercises 2 times

Week 5

Tips:

1. Early bird gets the worm! Set your alarm and get your workout out of the way!
2. Eat the rainbow! You can never get enough fresh, colorful fruits and vegetables!
3. Switch it up! Cross-training is a great way to do get your cardio fix! Try something different, like swimming, riding a stationary bike or using the elliptical. Aim for a minimum of 30 min.

Workouts:

Monday

- Warm up with a 3 min brisk walk
- Intervals - Run 10 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Wednesday

- Warm up with a 3 min brisk walk
- Intervals - Run 9 min/Walk 1 min (repeat 4 times)
- 3 min cool down

Friday

- Warm up with a 3 min brisk walk
- Intervals - Run 10 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Tuesday, Thursday and Sunday are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 3 min brisk walk
- 20 min jog
- 3 min cool down (walk or run at a slower pace)

Plus:

- 12 Supermans (Lie on stomach with arms stretched out in front and legs straight back. Lift the arms/legs off of the floor at the same time, hold for 10 seconds and release. Keep neck down or at a neutral position.)
- 35 Bridges (Lie on your back, arms and palms flat on the floor. Knees shoulder width apart and feet flat on the floor. Lift your hips and glutes up and off the floor until only the shoulder blades are touching the floor. Hold for 10 seconds and release.)
- 25 Crunches (Point fingers to the sky, keep the chin up and lift until shoulders are off the floor.)
- 20 Push-ups

Repeat above three exercises 3 times

Week 6

Tips:

1. Go sugar free! Many sports drinks are filled sugar. To add electrolytes to your water, try Nuun tablets or buy Smart Water, which has the added electrolytes without the added dyes or flavorings.
2. Do not compare yourself to others. Run within yourself and for yourself first.
3. Don't sweat the small stuff! It's ok if your run intervals need a longer walk time - just be sure to keep your jogging minutes the same. If you feel like you need an extra break, feel free to cross train or do the strength exercises instead of the run.

Workouts:

Monday

- Warm up with a 3 min brisk walk
- Intervals - Run 10 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Tuesday

- 20 Push-ups
- 20 Crunches
- 20 Squats
- 20 Walking lunges (10 on each leg)
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 4 times

Wednesday

- Warm up with a 3 min brisk walk
- Intervals - Run 15 min/Walk 1 min (repeat 2 times)
- 3 min cool down

Thursday and ***Sunday*** are rest days! Try some Yoga or light stretching!

Friday

- Warm up with a 3 min brisk walk
- Intervals - Run 10 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Saturday

- Warm up with a 2 min brisk walk
- Long run - 23 minutes
- 3 min cool down

Week 7

Tips:

1. Timing is key. It's a good rule of thumb to eat about 200 to 400 calories of mostly complex carbs and a little protein about 1.5 hours prior to your run. This will give your body time to digest the food and provide your body with the needed energy for your activity.
2. Dress for success! Cotton socks will only lead to blisters; invest in socks designed for running. Dress as if it is 10 degrees warmer than the temperature on the thermometer. Don't forget the sunscreen!
3. Be safe! Wear reflective running gear. Be aware of cyclists approaching you from behind and keep to the right. Run facing traffic. Never assume a car sees you. Always carry an I.D.

Workouts:

Monday

- Warm up with a 3 min brisk walk
- Intervals - Run 12 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Wednesday

- Warm up with a 3 min brisk walk
- Intervals - Run 15 min/Walk 1 min (repeat 2 times)
- 3 min cool down

Friday

- Warm up with a 3 min brisk walk
- Intervals - Run 12 min/Walk 1 min (repeat 3 times)
- 3 min cool down

Tuesday

- 20 Push-ups
- 20 Crunches
- 20 Squats
- 20 Walking lunges (10 on each leg)
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 4 times

Thursday and ***Sunday*** are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 2 min brisk walk
- Long run - 25 minutes
- 3 min cool down

Week 8

Tip:

1. Race week! Treat your body well with enough sleep, plenty of water and nutritious foods!
2. Relax! Try not to schedule anything hectic this week.
3. Stick with what works! Race day is **not** the day to try new shoes, eat new foods, or wear brand new clothing!

Workouts:

Monday

- Warm up with a 3 min brisk walk
- Intervals - Run 15 min/Walk 1 min (repeat 2 times)
- 3 min cool down

Wednesday

- Warm up with a 3 min brisk walk
- Long run - 27 minutes
- 3 min cool down

Friday

- 20 Push-ups
- 20 Crunches
- 20 Squats
- 20 Walking lunges (10 on each leg)
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 5 times

Tuesday, Thursday & Saturday are rest days!

Sunday is **RACE DAY!** Great Job! You made it this far! Have fun and enjoy the experience!

CHD Babies has teamed up with **Healthy Jasmine** and **Snack Smart Solutions** to bring you this **Run for Little Hearts 8 week Beginner Training Program!** We hope you enjoy it!

