



**I Said it's....  
a Great Day  
For a Walk**

Use this guide to help you prepare for your next 5k experience. If this will be your first 5k experience, don't sweat it. Remember your stay consistent in your training. It does not matter if you roll, walk, or run across that finish line, the feeling of accomplishment you will get will be amazing.

Check the Be Well website for any upcoming races and join our team.

Share your stories with us on social media or send us an email.

Follow us on [Twitter](#) (@BeWellUTK) and [Facebook](#) (@UTKBeWell) or email [bewell@utk.edu](mailto:bewell@utk.edu) for more information about our program.



# Be Well Summer Activity Plan

Couch to 5k



# Couch to 5K

First things first: You might simply be wondering, “How far is a 5K?” A 5K is five kilometers or 3.1 miles—and completing a race of this distance is well within your reach.

With little or no running background whatsoever, a Couch to 5K program will transform you from couch potato to regular runner—one that can even exceed 3.1 miles—in just two months. Patience and consistency are the key.

Each week will have three workout sessions scheduled. Each session should take around 30 minutes to complete. Be sure to build in rest days between run/walk days to allow your body to recover. You can adjust the program to met your own pace.

**Remember, there is no time like the present! Get started today to achieve your goals.**



**MOVE MORE**

## Week 9

*“It’s harder to stay on top than it is to make the climb. Continue to seek new goals.”*

*- Coach Pat Summitt*

### **Nutrition Tip**

#### **What to Eat the Night Before**

Eat a nutritious meal composed of whole grains like whole wheat pasta or brown rice; grilled or steamed vegetables or a salad (lettuce, tomatoes, carrots, and light dressing); and a small amount of protein such as grilled chicken, fish, or lean red meat. Stick with what's familiar.



**EAT SMARTER**



Push through it!

The little bit of discomfort you will feel from training will be nothing compared to the joy and sense of accomplishment that you’ll feel when you finish your race.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 30 minutes	Brisk 5 minute warm-up, then: Jog 30 minutes	Brisk 5 minute warm-up, then: Jog 30 minutes Final workout - congratulations!

# Week 8

*"Attitude is a choice. Think positive thoughts daily. Believe in yourself."*  
-Coach Pat Summitt

## Nutrition Tip

### Complex Carbohydrates

Increase consumption of complex carbohydrates. Carbs will give your muscles and brain the fuel they need to get through the race. Most people tend to load up on familiar sources like pasta and rice. Consider complex carb sources like tabbouleh, oatmeal, and other whole grains.



EAT SMARTER



Track your progress!

Any app that tracks and logs your running and allows you to follow and add friends will be a fantastic tool for motivation.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 28 minutes	Brisk 5 minute warm-up, then: Jog 28 minutes	Brisk 5 minute warm-up, then: Jog 28 minutes

# Week 1

*"Attitude is a choice. What you think you can do, whether positive or negative, confident or scared, will most likely happen."*  
- Coach Pat Summitt

## Nutrition Tip

### Drink Lots of Water

Being even slightly dehydrated can leave you feeling sluggish, so make sure you're getting plenty of fluids. There's no need to worry about exact measurements, but it's a good idea to keep a water bottle with you during the day so you can drink frequently. During long training runs, you should drink water every 15-20 minutes, or more often if needed.



EAT SMARTER



Each week will have three workouts. Complete one workout per day and allow for a rest day in between workouts. Overall, there should be three workout sessions per week. End each workout session with a 5 minute cool down walk.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up. Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk 5 minute warm-up. Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk 5 minute warm-up. Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes

# Week 2

*"Success is a project that's always under construction."*

*-Coach Pat Summitt*

## Nutrition Tip

### Keep a Food Journal

Although there is evidence-based diet advice available, individuals will also find that eating certain foods at certain times of the day helps with run the best. Keeping a food and training journal for a week can help you identify the types and timings of meals and snacks.



**EAT SMARTER**



Register for a race!

Putting the money down for a race and writing a date on the calendar is one of the best ways to get motivated.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up. Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	Brisk 5 minute warm-up. Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	Brisk 5 minute warm-up. Alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes

# Week 7

*"When you choose to be a competitor you choose to be a survivor. When you choose to compete, you make the conscious decision to find out what your real limits are, not just what you think they are."*

*-Coach Pat Summitt*

## Nutrition Tip

### Vegetables are Not Just a Side Dish

Eat whole foods that are as close to their natural state as possible. If you focus on food quality, the quantity question will sort itself out (even the biggest appetites can stomach only so much in one sitting). Combine a high-quality diet with consistent, progressive training, and you'll achieve both weight and performance goals.



**EAT SMARTER**



Be sure to shake up your routine with plenty of strength training and cardio cross-training, such as hiking, cycling, or swimming. Variety is the spice of life. Right?

However, Don't forget your rest days!

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 25 minutes	Brisk 5 minute warm-up, then: Jog 25 minutes	Brisk 5 minute warm-up, then: Jog 25 minutes

# Week 6

*"The willingness to experiment with change may be the most essential ingredient to success at anything."*

*-Coach Pat Summitt*

## Nutrition Tip

### Your Diet and Your Physical Activity are Linked

Treat your diet like it's a part of the training plan. "You have to train a certain way and eat a certain way to get the body to burn fat and lean up," says Krista Austin, sports nutritionist for several U.S. Olympic teams . That means no more self-sabotage by eating high carbs (like waffles with syrup) at every meal or starting all your runs on empty.



**EAT SMARTER**



Whether you're training for a marathon or are just trying to run for 30 consecutive minutes for the first time, setting and sticking to a schedule is crucial. This guide will serve as a great start.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 5 minutes, Walk 3 minutes Jog 8 minutes, Walk 3 minutes Jog 5 minutes	Brisk 5 minute warm-up, then: Jog 10 minutes Walk 3 minutes Jog 10 minutes	Brisk 5 minute warm-up, then: Jog 25 minutes with no walking

# Week 3

*"It is what it is. But, it will be what you make it."*

*-Coach Pat Summitt*

## Nutrition Tip

### Avoid Alcohol

Apart from the obvious hangover, alcohol also dehydrates they body and prevents it from breaking down energy stores into usable energy. This results in dehydration and low blood sugar, making us unable to sweat enough to regulate our body temperature and feel weak. The end result is an exhausting, un-enjoyable run!



**EAT SMARTER**



Invest in good gear!

At the absolute minimum, you should be investing in a good pair of shoes. Having the proper footwear will help prevent injuries.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up. Do 2 repetitions of the following: Jog 90 seconds, Walk 90 seconds Jog 3 minutes, Walk 3 minutes	Brisk 5 minute warm-up. Do 2 repetitions of the following: Jog 90 seconds, Walk 90 seconds Jog 3 minutes, Walk 3 minutes	Brisk 5 minute warm-up. Do 2 repetitions of the following: Jog 90 seconds, Walk 90 seconds Jog 3 minutes, Walk 3 minutes

# Week 4

*"Discipline helps you finish a job, and finishing is what separates excellent work from average work."*

*-Coach Pat Summitt*

## Nutrition Tip

### Eat Wholesome Meals

MyPlate recommendations for a wholesome meal:

- 1/2 of the plate should be fruits and vegetables
- Make half of your grains whole grains such as whole wheat bread and pasts, brown rice, oatmeal, popcorn
- Try switching to low-fat and fat-free milk/yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat, and added sugars

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.



**EAT SMARTER**

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 3 minutes, Walk 90 seconds Jog 5 minutes, Walk 2.5 minutes Jog 3 minutes, Walk 90 seconds Jog 5 minutes	Brisk 5 minute warm-up, then: Jog 3 minutes, Walk 90 seconds Jog 5 minutes, Walk 2.5 minutes Jog 3 minutes, Walk 90 seconds Jog 5 minutes	Brisk 5 minute warm-up, then: Jog 3 minutes, Walk 90 seconds Jog 5 minutes, Walk 2.5 minutes Jog 3 minutes, Walk 90 seconds Jog 5 minutes

# Week 5

*"You can't always be the most talented person in the room. But you can be the most competitive"*

*-Coach Pat Summitt*

## Nutrition Fact

### Pre-training Nutrition

As a generalization, about one to two hours before your run you should aim for one to two cups of water plus 25 to 50 grams of carbs. Great choices are banana, porridge, bagel, wholegrain toast or an energy bar.



**EAT SMARTER**



Find a buddy!

Running with a friend, spouse, partner or running club will keep you accountable. Just make sure that you find a buddy who is around the same level as you (or willing to scale down a bit) so you don't get discouraged in the beginning.

WORKOUT 1	WORKOUT 2	WORKOUT 3
Brisk 5 minute warm-up, then: Jog 5 minutes, Walk 3 minutes Jog 8 minutes, Walk 3 minutes Jog 5 minutes	Brisk 5 minute warm-up, then: Jog 10 minutes Walk 3 minutes Jog 10 minutes	Brisk 5 minute warm-up, then: Jog 25 minutes with no walking