

MALIBU

VTRL

5K • HALF MARATHON • 50 MILE CHALLENGE

***CELEBRATE EVERY WIN
NO MATTER HOW SMALL***

COUCH TO 5K

2020 OFFICIAL TRAINING PLAN

#RUNMALIBUVTRL

PRESENTED BY **RUSNAK**



COUCH TO 5K TRAINING PLAN

This program is designed to be a general training plan for you to go from not really running at all, to running 5k! That is no small feat, especially for those of us that do not run.

We begin with some short walks, then add Fartlek training (run/walk combo), as well as tempo runs, and finally you'll get a mix of recovery and yoga. While we want you to succeed and cross that finish line with a huge

smile, we also want you to do it injury free!

We realise your schedule and/or training level may not accommodate training everyday. Feel free to switch workouts, change days and do what you can. If you do 70% of what is listed below you'll be in great shape to finish the race!

Good luck, have fun, and always reach out with questions if you have them.

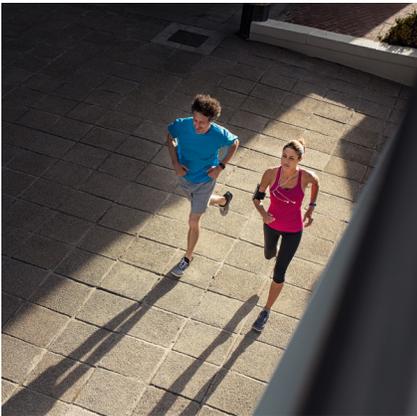
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	15 min Walk	Rest day or X training	15-20 min Walk	Rest day	30 min Walk	Recovery/ Yoga	30-45 min Walk
Week 2	15-20 min Fartlek		20-30 min Walk		1-3 mile Fartlek		15-30 min Run/jog
Week 3	20-30 min Fartlek		15-20 min Walk		1-3 mile Tempo run		20-40 min Run/jog
Week 4	30-45 min Fartlek		20-30 min Walk		1-3 mile Tempo run		30-45 min Run/jog
Week 5	20-30 min Fartlek		15-20 min Walk		2-4 mile Tempo run		4-5 miles Fartlek
Week 6	30-45 min Fartlek		20-30 min Walk		3-4 mile Tempo run		2-4 mile Tempo run
Week 7	20-30 min Fartlek		15-20 min w Walk		1-3 mile Tempo run		1-3 miles Tempo run
Week 8	15-20 min Fartlek		20-30 min Walk		10-15 min Walk/jog		Race Day!

THE WORKOUTS



TRACK WORKOUT

A very basic track workout to add to your training is as follows: 1 mile warm up, 100 meter sprint, 100 meter jog for 2 miles (8 times around a track) and 1/2 to 1 mile cool down. The idea here is to make your final two sprints as fast or faster than the average of your first two sprints. You can also do the same workout with 200 meter sprints.



FARTLEK RUN

This is the way I trained for my first marathon & it definitely helped me realize I was going to make it to the finish. It was as simple as running for 3 minutes and walking for 1 minute. My friends wound up running the entire race that way while I ran the first 14 miles, then did a 5 minute run and a 1 minute walk for the rest of the marathon. Feel free to run/walk/run/walk your way to the finish. There is actually science that proves you'll make it there just as fast as if you try to run the whole course.



HILL RUN

Find some hills or stairs and get yourself a good climbing workout. In trail running we rarely assign distance. Our workouts are all based on time. So get outside and go for 30 minutes or 45 or 60. Enjoy the outdoors and go off the beaten trail. There is nothing like training on trails, it will help you conquer the climbs during your half marathon, because there are some climbs!



TEMPO RUN

This will be one of your toughest workouts. The idea is to take the first mile to warm up, then choose a pace that you can maintain the entire run. For instance, if you're looking to run an 8 minute mile, take 9-10 minutes on the first mile, then do your best to keep that 8 minute pace the entire run.

READY TO RUN VIRTUAL?

MALIBU

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RUN FOR FREE WHEN YOU REFER YOUR FRIENDS



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EARN \$20 BACK



REFER **10** FRIENDS

EARN AN ADDITIONAL
\$20 BACK



REFER **15** FRIENDS

EARN AN ADDITIONAL
\$20 BACK



REFER **20** FRIENDS

RUN IN A NEW PAIR
OF NEW BALANCE

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