

CHaD HERO Couch to 5K

10 WEEK BEGINNER TRAINING PLAN



Hey There!

Are you ready to be a HERO? Then you are in the right place. This beginner training plan for the CHaD Hero 5K will guide you through 10 weeks of training designed to help you go from zero to a 5K-running HERO.

Over the course of the plan, you'll walk-run your way to a continuous 30 min of running. To keep you running strong and prevent injury, you'll incorporate bodyweight strength and key prehab work into each week, strengthening feet, ankles, hips, and glutes.

Your training and fundraising are making a huge difference! Thanks for being a CHaD HERO! I'll be cheering for you!

-Sarah

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WEEK 1

20 min
Walk/Run
4x Walk 4 min,
Run 1 min

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

20 min
Walk/Run
4x Walk 4 min,
Run 1 min

Perform the calf and
foot strength routine
in the following
video:
[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

20 min
Walk/Run
4x Walk 4 min,
Run 1 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

20 Min
Walk/Run
4x Walk 3 min,
Run 2 min

WEEK 2

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

20 Min
Walk/Run
4x Walk 3 min,
Run 2 min

Perform the calf and
foot strength routine
in the following
video:
[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

20 Min
Walk/Run
4x Walk 3 min,
Run 2 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

20 min
Walk/Run
4x Walk 2 min,
Run 3 min

REST

WEEK 3

20 min
Walk/Run
4x Walk 2 min,
Run 3 min

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

20 min
Walk/Run
4x Walk 2 min,
Run 3 min

Perform the calf and
foot strength routine
in the following
video:
[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

25 min
Walk/Run
5 x Walk 2 min,
Run 3 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

20 Min
Walk/Run
4x Walk 3 min,
Run 2 min

WEEK 4

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

25 min
Walk/Run
5 x Walk 2 min,
Run 3 min

Perform the calf and
foot strength routine
in the following
video:
[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

30 Min
Walk/Run
6 x Walk 2 min,
Run 3 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

30 Min
Walk/Run
6 x Walk 2 min,
Run 3 min

REST

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WEEK 5

30 Min
Walk/Run
6 x Walk 2 min,
Run 3 min

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

25 min
Walk/Run
5 x Walk 1 min,
Run 4 min

Perform the calf and
foot strength routine
in the following
video:

[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

25 min
Walk/Run
5 x Walk 1 min,
Run 4 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

25 min
Walk/Run
5 x Walk 1 min,
Run 4 min

WEEK 6

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

30 Min
Walk/Run
6 x Walk 1 min,
Run 4 min

Perform the calf and
foot strength routine
in the following
video:

[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

30 Min
Walk/Run
6 x Walk 1 min,
Run 4 min

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

30 Min
Walk/Run
6 x Walk 1 min,
Run 4 min

REST

WEEK 7

30 min
Walk/Run
5x 5 min run, 1
min walk

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

30 min
Walk/Run
5x 5 min run, 1
min walk

Perform the calf and
foot strength routine
in the following
video:

[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

30 min
Walk/Run
5x 5 min run, 1
min walk

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

30 min
Walk/Run
5x 5 min run, 1
min walk

WEEK 8

Perform Mobility
Routine

USE THIS LINK:
<https://youtu.be/Zc0UxHVBqg>

32 min
Walk/Run
4 x 6 min run, 2
min walk

Perform the calf and
foot strength routine
in the following
video:

[https://youtu.be/TPvi309sJo4?
si=KutPuONJ6N9K8v
hP](https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8vhP)

32 min
Walk/Run
4 x 6 min run, 2
min walk

Total Body
bodyweight strength
session:

[30 min easy effort
cross training: bike,
hike, walk, elliptical,
row, swim etc.](#)

30 min
Walk/Run
3 x 8 min run, 2
min walk

REST

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WEEK 9

Perform Mobility Routine

USE THIS LINK:
https://youtu.be/Zc0_UxHVBgg

30 min Walk/Run
3 x 8 min run, 2 min walk

Perform the calf and foot strength routine in the following video:

<https://youtu.be/TPvi309sJo4?si=KutPuONJ6N9K8yhP>

22 min Walk/Run
2 x 10 min run, 1 min walk

Total Body bodyweight strength session:

30 min easy effort cross training: bike, hike, walk, elliptical, row, swim etc.

20 min Continuous Running

REST

WEEK 10

20 min Continuous Running

Perform Mobility Routine
USE THIS LINK:
https://youtu.be/Zc0_UxHVBgg

25 min Continuous Running

REST

25 min Continuous Running

REST

RACE DAY

Notes

PRE-RUN

Before every run complete the moves in the Dynamic Warm Up Video to prime your body for movement and prevent injury.

<https://youtu.be/aZO-9shq7hQ?si=E7x1AOarpqv7sKhW>

POST-RUN

After every run complete the moves in the Dynamic Cool Down Video to stretch and relax the body.

<https://youtu.be/YpblsoWEkZQ?si=8ug2y7tcrYSf-tM7>

PRE-HAB

Each week perform both the moves in the Foot + Ankle Strength Video and the Mobility Routine to help prehab and prevent injury.

EQUIPMENT

Many of the moves in the videos can be modified to be body-weight only, but it is helpful if you have: a looped exercise band, a kettlebell or a set of dumbbells.

**"When you cross the finish line, no
matter how slow or fast, it will change
your life forever."**

-DICK BEARDSLEY-