

# COUCH TO 5K



A complete guide to starting your running journey from scratch

**TRAINING PLAN  
+ CALENDAR**

**BONUS WEEKLY  
TRAINING JOURNAL  
+ 20 TIPS AND TRICKS  
FOR RACE DAY**

**FREE  
DOWNLOAD**





hello, my name is

**Jace Morgan**

and this is

**All About Me**

I am a husband, father, and coach, but I am also a professional athlete. I'm on a journey to discover my true potential and

make a positive impact in the world by sharing my story and my journey. Running has had a profound impact on my life. It helped me overcome so many challenges, find clarity, and build strength both physically and mentally. I am so excited for you to start your journey and discover running for yourself. I have created these resources with the goal of making running and a healthy lifestyle attainable and easy to access for everyone.



Rikki



Bre

My Girls

## Fun Facts:

- I started running to escape depression. Running saved my life.
- I eat candy every single day.
- My favorite running weather is during a summer thunderstorm.
- Running isn't easy for me... But it's worth it.

## What's Included

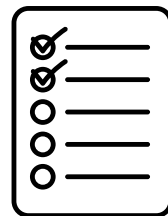
In The Plan



**Complete Training Calendar**  
*The training calendar includes everything you need to take the guesswork out of distances and workouts, week by week.*



**Weekly + Monthly Goals**  
*Conquer your goals both in and out of your workouts. The training plan includes areas to write and organize all of your goals.*



**Planner + Checklist**  
*The weekly planner and checklist has everything you'll need to keep your thoughts and your progress on track. All you have to do is follow along and put in the work.*

# GETTING STARTED

## COUCH TO 5K 5k Training Plan (8 weeks)

### Week 1:

- Day 1: 20-minute walk.
- Day 2: Walk 2 minutes, jog 30 seconds (repeat 6x).
- Day 3: Rest or cross-train (e.g., yoga, cycling).
- Day 4: Walk 2 minutes, jog 30 seconds (repeat 8x).
- Day 5: Rest.
- Day 6: Walk 20 minutes briskly.
- Day 7: Rest.

**Week 1 Progression:** The goal of the first week is to get moving. DO NOT go out and start running. It is imperative to follow the plan as prescribed to reduce the risk of injury. Week 2-4 are the start of the build up and will help increase your endurance.

### Weeks 2-4:

- Week 2: Walk 90 Seconds, jog 30 seconds (repeat 8x).
- Week 3: Walk 1 minute, jog 1 minute (repeat 6x).
- Week 4: Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x).

**Week 2-4 Progression:** The goal of these weeks is to build your endurance and give your body time to adapt to the new workload.

### Weeks 5-8:

- Week 5: Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x).
- Week 6: Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes.
- Week 7: Walk for 3 minutes, jog for 20 minutes, walk for 3 minutes.
- Week 8: Walk for 2 minutes, jog for 30 minutes, walk for 2 minutes.

**Week 5-8 Progression:** The goal of these weeks is to both build your endurance and your confidence. Remember back to where you started each time you go out for a run. After you finish week 8 you are ready to go for that 5k. Do a proper warmup and remember to start out slow when you run that first 5k. Better to start slow and finish strong! Good Luck.

# TRAINING

# CALENDAR

## COUCH TO 5K

### 5k Training Plan (8 weeks)

Week 1	Walk 20 min.	Walk 2 minutes, jog 30 seconds (repeat 6x)	<b>Rest</b> or cross-train (e.g., yoga, cycling, Walking)	Walk 2 minutes, jog 30 seconds (repeat 8x)	<b>Rest</b>	Walk 20 minutes briskly	<b>Rest</b>
Week 2	Walk 90 Seconds, jog 30 seconds (repeat 8x)	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk 90 Seconds, jog 30 seconds (repeat 8x)	Walk 90 Seconds, jog 30 seconds (repeat 8x)	<b>Rest</b>	Walk 30 minutes briskly	Walk 90 Seconds, jog 30 seconds (repeat 8x)
Week 3	Walk 1 minute, jog 1 minute (repeat 6x)	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk 1 minute, jog 1 minute (repeat 6x)	Walk 1 minute, jog 1 minute (repeat 6x)	<b>Rest</b>	Walk 40 minutes briskly	Walk 1 minute, jog 1 minute (repeat 6x)
Week 4	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)	<b>Rest</b>	Walk 45 minutes briskly	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)

# TRAINING

# CALENDAR

## COUCH TO 5K

### 5k Training Plan (8 weeks)

Week 5	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x)	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x)	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x)	<b>Rest</b>	Walk 45 minutes briskly	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x)
Week 6	Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes.	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes.	Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes.	<b>Rest</b>	Walk 45 minutes briskly	Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes.
Week 7	Walk for 3 minutes, jog for 20 minutes, walk for 3 minutes.	<b>Rest</b> (recovery e.g., yogo, stretching, massage) st	Walk for 3 minutes, jog for 20 minutes, walk for 3 minutes.	Walk for 3 minutes, jog for 20 minutes, walk for 3 minutes.	<b>Rest</b>	Walk 45 minutes briskly	Walk for 3 minutes, jog for 20 minutes, walk for 3 minutes.
week 8	Walk for 2 minutes, jog for 30 minutes, walk for 2 minutes.	<b>Rest</b> (recovery e.g., yogo, stretching, massage)	Walk for 2 minutes, jog for 30 minutes, walk for 2 minutes.	Walk for 2 minutes, jog for 30 minutes, walk for 2 minutes.	<b>Rest</b>	Rest	Walk 2 minutes <b>5k</b>

# TRAINING JOURNAL

## WEEK 1

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 2

Things that I am grateful for during this journey:

My Goals for the week are:

Running Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 3

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 4

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 5

Things that I am grateful for during this journey:

My Goals for the week are:

Running Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 6

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myslef for this week are:

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# TRAINING JOURNAL

## WEEK 7

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# TRAINING JOURNAL

## WEEK 8

Things that I am grateful for during this journey:

My Goals for the week are:

Runing Reflections:

The hardest thing I overcame this week was:

3 Things I am proud of myself for this week are:

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# COUCH TO 5K

## Most Common Questions

### **What should I eat before the race?**

Stick with a familiar meal, usually 2-3 hours before the race. Focus on carbs with a little protein, like oatmeal with banana or toast with peanut butter.

### **How do I deal with pre-race nerves?**

Focus on what you can control: gear, pacing, and nutrition. Deep breathing and positive self-talk also help.

### **What pace should I run?**

Stick to your long-run training pace or a comfortable effort where you can still talk. Save energy for the last few miles.

### **Should I carry my own water?**

It depends on personal preference. If you trained with a hydration belt or bottle, bring it. Otherwise, use the aid stations.

### **What do I do if I feel like quitting during the race?**

Break the distance into smaller milestones and focus on reaching the next mile. Use mantras like, "One step at a time."

### **What if I have to use the bathroom?**

There are porta-potties along the course. If you need to stop, take a quick break and get back into your rhythm.

### **How should I warm up?**

For longer races like a half marathon, your first mile can serve as a warm-up. Stretch lightly and do dynamic movements before starting.

### **What if I get a cramp?**

Slow down, breathe deeply, and gently massage the cramp. Staying hydrated can also prevent cramps.

### **Can I listen to music?**

Check the race rules. If it's allowed, use one earbud or keep the volume low to stay aware of your surroundings.

### **What should I do after the race?**

Walk around to cool down, drink water or a recovery drink, and eat something with carbs and protein within 30 minutes to aid recovery.

# COUCH TO 5K

## Race Day Tips & Tricks

### **Start Slow and Steady**

Resist the urge to go out too fast. Stick to your training pace during the first few miles—your body will thank you later.

### **Practice Your Nutrition**

Use the same gels, chews, or hydration strategies you practiced during training. Don't try anything new on race day.

### **Lay Out Your Gear the Night Before**

Set out your clothes, shoes, bib, and anything else you'll need. It eliminates morning stress.

### **Arrive Early**

Give yourself plenty of time to park, find the start line, use the bathroom, and soak in the atmosphere. It helps calm nerves.

### **Dress for the Weather**

Wear moisture-wicking layers and dress as if it's 10-15°F warmer than the actual temperature (you'll warm up once you start running).

### **Break the Race into Segments**

Mentally divide the race into smaller chunks—e.g., focus on getting through the first 5K, then the halfway mark, and so on.

### **Run Your Own Race**

Don't get caught up in the pace of others. Stick to what you trained for and trust your plan.

### **Smile and Enjoy It**

High-five spectators, take in the scenery, and embrace the experience. A positive mindset makes a big difference.

### **Hydrate Early and Often**

Don't wait until you're thirsty to drink. Take small sips of water or electrolyte drinks at the aid stations.

### **Visualize the Finish Line**

Picture yourself crossing the line strong and smiling. Use this visualization to push through tough moments during the race.

# CONGRATS

# YOU DID IT!

I am so proud of you

## Keep Going...

Thank you for trusting me and embarking on this Couch to 5k journey. Completing this program is no small feat, and I'm beyond proud of you for taking that first step, sticking with it, and pushing yourself through every challenge along the way. You've just proven to yourself that you're capable of so much more than you imagined, and that's an incredible achievement.

Now that you've conquered the 5k, why stop here? If you're ready for your next adventure, I invite you to join me in my next program, Conquering Your First 10k. Or, if you have other running or fitness goals you'd like to tackle, let's work together through one-on-one coaching. I'd love to help you continue this journey and explore just how far you can go.

If this program has inspired you or helped you in any way, please share your story with others. Tell your friends, post about your journey, and help spread the word about these free resources so more people can take that first step toward their goals, just like you did.

As you move forward, remember this: you are stronger than you know, and every step you take is proof of your growth. Keep challenging yourself, keep believing in your potential, and keep striving for more. You've already come so far—imagine where you could be next.

I'm so proud of you. Now, let's keep the momentum alive and start on your next goal!

Proud of you.

Jace

