



## COUCH TO 5K TRAINING PLAN

*presented by* **Fredericton Stride Running**



Thank you for participating in the official training plans for the Fredericton Marathon race weekend. We are glad you are joining us for our journey to race day! The below plan has been carefully designed by Fredericton Stride Run Club Coaches for beginner athletes.

If you would like a personal training plan or personal coaching, Fredericton Stride Run Club coaches (Stephen, Donna and Nick) are offering customized plans for a small fee. Plans will be customized to YOU and include: 1-on-1 virtual meetings with your coach, specific workouts, fuelling and strength tips. Please contact [Stephen Andersen](#) with any interest.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 27 – March 5	REST	1:00 running, 2:00 walking (x7)	REST	1:00 running, 2:00 walking (x7)	REST	1:00 running, 2:00 walking (x7)	REST
March 5 - 12	1:00 running, 1:00 walking (X10)	REST	1:00 running, 1:00 walking (X10)	REST	1:00 running, 1:00 walking (X10)	REST	1:00 running, 1:00 walking (X10)
March 13 - 19	REST	2:00 running, 1:00 walking (x7)	REST	2:00 running, 1:00 walking (x7)	REST	2:00 running, 1:00 walking (x7)	REST
March 20 - 26	3:00 running, 1:00 walking (x5)	REST	3:00 running, 1:00 walking (x5)	REST	3:00 running, 1:00 walking (x5)	REST	3:00 running, 1:00 walking (x5)

March 27 – April 2	REST	4:00 running, 1:00 walking (x4)	REST	4:00 running, 1:00 walking (x4)	REST	4:00 running, 1:00 walking (x4)	REST
April 3 - 9	5:00 running, 1:00 walking (x3) + 2:00 running	REST	5:00 running, 1:00 walking (x3) + 2:00 running	REST	5:00 running, 1:00 walking (x3) + 2:00 running	REST	5:00 running, 1:00 walking (x3) + 2:00 running
April 10 - 16	REST	6:00 running, 1:00 walking (x3)	REST	6:00 running, 1:00 walking (x3)	REST	6:00 running, 1:00 walking (x3)	REST
April 17 - 23	7:00 running, 1:00 walking (x3)	REST	7:00 running, 1:00 walking (x3)	REST	8:00 running, 1:00 walking (x3)	REST	8:00 running, 1:00 walking (x3)
April 24 - 30	REST	9:00 running, 1:00 walking (x3)	REST	9:00 running, 1:00 walking (x3)	REST	9:00 running, 1:00 walking (x3)	REST
May 1 - 7	10:00 running, 1:00 walking (x3)	REST	10:00 running, 1:00 walking (x3)	REST	10:00 running, 1:00 walking (x3)	REST	10:00 running, 1:00 walking (x3) + 3:00 running
May 8 - 14	REST	10:00 running, 1:00 walking (x3) + 3:00 running	REST	10:00 running, 1:00 walking (x3) + 3:00 running	REST	REST	RACE DAY!

NOTE: The running minutes should not be as fast as you can go! But something you can sustain for the whole workout describe above!

Stride Workout (EVERY WEDNESDAY!)

Join us every Wednesday at 5:30PM at Queen's Square in Fredericton (meet near the pickleball courts) for a FREE group workout run by coaches Stephen, Donna, and Nick. We will be helping athletes of all abilities prepare for the Fredericton Marathon, Half, 10K and 5K.

Can't make the workout? Follow us on Instagram or like us on Facebook to see the workout for each Wednesday leading up to race day.