

# COUCH TO 5K FOR KIDS

TYPE  
ONE  
RUN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 20 min	rest & stretch	run 5 min easy 5 min moderate	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	rest & stretch
2	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 20 min	rest & stretch	run 5 min slow 5 min moderate 5 min quick	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
3	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 30 min	rest & stretch	run 20 min (increase effort every 5 min)	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
4	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 30 min	rest & stretch	run 5 min slow 5 min moderate 5 min quick	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
5	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 30 min	rest & stretch	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
6	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	run 0.5 mi walk 0.5 mi run 0.5 mi walk 0.5 mi	rest & stretch	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 30 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
7	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	run 0.5 mi walk 0.5 mi run 0.5 mi walk 0.5 mi	rest & stretch	run 20 min (increase effort every 5 min)	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	walk 5 min run 30 min (alternate 1 min run & 1 min walk) walk 5 min	bike or hike
8	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	run 0.5 mi moderate 1.5 mi hard 0.5 mi walk	rest & stretch	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	build strength stretch, jumping jacks/ jump rope, pushups/squats/ planks	<b>RACE DAY</b>	rest & stretch

## about your trainers



### cliff scherb

Cliff is a thought leader in the area of type 1 diabetes, exercise insulin management, training performance, and weight loss. Cliff is the founder and principal coach of TristarAthletes.com and GlucoseAdvisors.com. Cliff consults via the web, balancing busy athletes blood sugars with his decision support system and creating training plans towards greater fitness and control.



### lauren bongiorno

Former division 1 college athlete turned yogi, Lauren Bongiorno is a Diabetic Health Coach, Yoga Instructor, published author, and wellness speaker. With the commitment to a holistic approach to health, Lauren educates, supports, and guides type 1 diabetics all around the globe in taking control of their diabetes by developing healthful habits and mindsets for the mind, body, and soul. Visit her at [laurenbongiorno.com](http://laurenbongiorno.com)