

COUCH TO 5K

TYPE
ONE
RUN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	strength workout lower body	walk 20 min	rest & stretch	run 5 min easy 5 min moderate	strength workout upper body	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	rest & stretch
2	strength workout lower body	walk 30 min	rest & stretch	run 5 min slow 5 min moderate 5 min quick	strength workout upper body	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	cross train bike or hike
3	strength workout lower body	walk 30 min	rest & stretch	run 20 min (increase effort every 5 min)	strength workout upper body	walk 5 min run 20 min (alternate 2 min run & 1 min walk) walk 5 min	cross train bike or hike
4	strength workout upper body	walk 30 min	rest & stretch	walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min	strength workout lower body	walk 5 min run 20 min (alternate 2 min run & 1 min walk) walk 5 min	cross train bike or hike
5	strength workout upper body	walk 30 min	rest & stretch	run 20 min (increase effort every 5 min)	strength workout lower body	walk 5 min run 35 min (alternate 1 min run & 1 min walk) walk 5 min	cross train bike or hike
6	strength workout upper body	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	strength workout lower body	RACE DAY	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

WEEK 1

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>strength workout lower body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 body weight squats2. 12 step back lunges each leg3. 30 mountain climbers4. 15 hip bridge lifts laying on back <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 narrow squats2. 15 leg ab raises3. 24 curtsy lunges4. 10 burpees	
T	<p>walk 20 min</p>	
W	<p>rest & stretch</p>	
T	<p>run 10 min</p> <p>run 5 min easy run 5 min moderate</p>	
F	<p>strength workout upper body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 20 open to close plank t-rotation2. 10 inchworm walk out3. 15 pushups (can be done on knees)4. 45 second leg jax in high plank hold <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 20 bird-dogs on knees2. 16 commandos3. 15 tricep dips4. 45 second high plank hold	
S	<p>run 20 min</p> <p>walk 5 min run 10 min (alternate 1 min run with 1 min walk) walk 5 min</p>	
S	<p>rest & stretch</p>	

WEEK 2

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>strength workout lower body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 jump squats2. 24 walking lunges3. 20 double pulse squats4. 20 bridge one leg hip lifts (10 each side) <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 16 narrow to sumo jump squats2. 20 ab flutter kicks3. 20 jump switch lunges4. 12 burpees	
T	<p>walk 30 min</p>	
W	<p>rest & stretch</p>	
T	<p>run 15 min</p> <p>run 5 min slow run 5 min moderate run 5 min quick</p>	
F	<p>strength workout upper body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 1 tricep pushup & 4 leg jax (8 reps)2. 20 high plank shoulder taps3. 8 inchworm walk outs with 4 mountain climbers at bottom4. 15 pushups (left, middle, side) <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 20 bird dogs in plank2. 45 second plank (alternate tapping each foot out and in)3. 20 commandos4. 15 tricep dips	
S	<p>run 20 min</p> <p>walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min</p>	
S	<p>cross train bike or hike</p>	

WEEK 3

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>strength workout lower body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 traveling jump squats2. 20 skaters3. 40 flutter kicks on back4. 20 sumo squat & knee to elbow twist <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 20 step ups (10 each side, alternating legs)2. 20 curtsy lunges with double pulse3. 15 burpees4. 20 crab walks (10 to each side)	
T	<p>walk 30 min</p>	
W	<p>rest & stretch</p>	
T	<p>run 20 min</p> <p>increase effort every 5 min</p>	
F	<p>strength workout upper body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 tricep pushups2. 10 shoulder taps & 10 mountain climbers (x2)3. 1 inchworm walk outs & 1 t-rotation (x8)4. 45 second forearm plank (twist hips side to side) <p>break 1 minute</p> <p>circuit 2 repeat 2-3 times</p> <ol style="list-style-type: none">1. 15 inverted pushups2. 24 dolphin leg lifts (12 each leg)3. 10 supermans4. 20 leg raise with hip lift	
S	<p>run 30 min</p> <p>walk 5 min run 20 min (alternate 2 min run & 1 min walk) walk 5 min</p>	
S	<p>cross train bike or hike</p>	

WEEK 4

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>strength workout upper body</p> <p>dumbbells required warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat each for 50 sec, rest for 10 sec (repeat 3 times)</p> <ol style="list-style-type: none"> 1. kettle bell or dumbbell swings 2. plank dumbbell row 3. chest press with dumbbells <p>circuit 2 repeat moves back to back for 4 minutes straight no rest</p> <ol style="list-style-type: none"> 1. 10 drop pushups 2. 16 t-rotations <p>circuit 3 repeat each for 1 minute (repeat 2 times)</p> <ol style="list-style-type: none"> 1. tricep dips legs extended 2. in & outs 3. cross mountain climbers 	
T	walk 30 min	
W	rest & stretch	
T	<p>run 30 min</p> <p>walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min</p>	
F	<p>strength workout lower body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat each for 50 sec, rest for 10 sec (repeat 3 times)</p> <ol style="list-style-type: none"> 1. left back lunge, middle squat, right back lunge 2. wall sit hold 3. 20 bicycle crunches <p>circuit 2 repeat moves back to back for 4 minutes straight no rest</p> <ol style="list-style-type: none"> 1. 20 lunge side to side (10 each side) 2. 15 double pulse squats <p>circuit 3 repeat each for 1 minute (repeat 2 times)</p> <ol style="list-style-type: none"> 1. table top right leg extensions 2. table top left leg extensions 3. table top right leg hydrant 4. table top left leg hydrant 	
S	<p>run 30 min</p> <p>walk 5 min run 20 min (alternate 2 min run & 1 min walk) walk 5 min</p>	
S	cross train bike or hike	

WEEK 5

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>strength workout upper body</p> <p>weights optional warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat each for 50 sec, rest for 10 sec (repeat 3 times) 1. bear hold 2. hollow body rocks 3. sphinx plank crunches</p> <p>circuit 2 repeat each for 50 sec, rest for 10 sec (repeat 3 times) 1. pushup with hand release 2. tuck plank step up</p> <p>burn out circuit 3 repeat 2 times 1. 15 right side plank weave 2. 15 left side plank weave 3. 8 of 1 push-up & 1 set of bird dog 4. 45 second reverse plank hold</p>	
T	walk 30 min	
W	rest & stretch	
T	run 20 min increase effort every 5 min	
F	<p>strength workout lower body</p> <p>dumbbells required warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat each for 50 sec, rest for 10 sec (repeat 3 times) 1. rotation squat jump 2. reverse lunge hop</p> <p>circuit 2 repeat each for 50 sec, rest for 10 sec (repeat 3 times) 1. 1 arm burpee 2. quad hinge</p> <p>burn out circuit 3 repeat 3 times 1. 15 dumbbell deadlifts 2. 10 box jump 3. 45 second wall sit with weight on lap 4. 20 single leg hop overs</p>	
S	run 45 min walk 5 min run 35 min (alternate 1 min run & 1 min walk) walk 5 min	
S	cross train bike or hike	

WEEK 6

TYPE
ONE
RUN

DAY	EXERCISE	NOTES
M	<p>dumbbells required warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat 3 times 1. 10 reps plank dumbbell pushes 2. 15 squat press 3. 20 lateral bear crawls</p> <p>strength workout upper body</p> <p>circuit 2 repeat 3 times 1. 15 dumbbell pull overs 2. 10 leg raises & 20 flutter kicks 3. 10 lateral walking pushups</p> <p>circuit 3 repeat for 8 minutes total 1. 15 tricep pushup 2. 20 commandos 3. 15 arnold shoulder presses on knees 4. 10 lateral raises</p>	
T	<p>run 2.5 miles</p> <p>run 0.5 miles moderate run 1.5 miles hard walk 0.5 miles</p>	
W	<p>rest & stretch</p>	
T	<p>run 30 min</p> <p>walk 5 min run 20 min (alternate 1 min run & 1 min walk) walk 5 min</p>	
F	<p>dumbbells required warm up 5-10 minutes of light cardio</p> <p>circuit 1 repeat each for 20 sec, rest for 10 sec (repeat 4 times) 1. jump squat forward, shuffle back 2. high knees 3. right leg front lunge, side lunge, back lunge</p> <p>strength workout lower body</p> <p>circuit 2 repeat each for 20 sec, rest for 10 sec (repeat 4 times) 1. burpee tuck jump 2. squat hold reverse tap outs 3. right leg Bulgarian split lunge 4. left leg bulgarian split lung</p> <p>circuit 3 repeat for 8 minutes total 1. 12 box jumps 2. 16 side weighted step ups 3. 5 second shuffle & burpee pushup</p>	
S	RACE DAY	
S	<p>rest & stretch</p>	