



NOW & GEN

# Health Challenge

YOUR 8-WEEK TRAINING PLAN TO RUNNING A 5K

WEEK ONE

- DAY 1 Cardio
- DAY 2 Strength
- DAY 3 Cardio
- DAY 4 Recovery
- DAY 5 Strength
- DAY 6 Cardio
- DAY 7 Recovery & Reward

WEEK TWO

- DAY 1 Cardio
- DAY 2 Strength
- DAY 3 Cardio
- DAY 4 Recovery
- DAY 5 Strength
- DAY 6 Cardio
- DAY 7 Recovery & Reward

WEEK THREE

- DAY 1 Cardio
- DAY 2 Strength
- DAY 3 Cardio
- DAY 4 Recovery
- DAY 5 Strength
- DAY 6 Cardio
- DAY 7 Recovery & Reward

## CARDIO

Rather than running one steady pace, this routine relies on a lot of interval training, or short bursts of high-intensity exercise. Research shows this is a great way to up your endurance, speed and overall health—and I find that mixing things up keeps me from getting bored on my runs. You'll notice the acronym "RPE" in the training plan. This stands for "rate of perceived exertion," which is a fancy exercise term for estimating how hard you feel your body is working during your runs on a scale of 1 to 10. So, for example, a warm up at 4 RPE would be a brisk walk or a slow jog, and running hard at a 9 or 10 would feel most difficult. However, the best workout is the one you'll actually do, so don't force this if you hate running! You can still participate in the N&G Challenge by simply swapping in the cardio exercise or class you do enjoy on each of the cardio days.

## STRENGTH

Strong back and abdominal muscles are key to helping you keep good form through your runs so you're less likely to get injured. These muscles are also essential to helping us do everyday things—like lifting a squirmy 20-pound toddler or schlepping grocery bags in from the car. Aim to complete two core strengthening training workouts each week, such as yoga or Pilates. I'll also be posting some of my favorite core strengthening moves over the next several weeks if you need more ideas!

## RECOVERY

You do not have to workout everyday! Recovery days are an important part of training, giving your body time to rest and repair and keeping you from developing injuries. It's also easy to burn out if you do too much too quickly, so I find that giving yourself permission to take a day off is crucial to sticking with it physically and mentally. On these days, I like to sleep in guilt-free or find ways to help aid in my body's recovery with things like cryotherapy, a sports massage, or a sweat session in an infrared sauna to soothe sore muscles.

## REWARD

Remember to give yourself props on your progress—no matter how little it seems. Once a week, buy yourself flowers, soak in a hot bath, try a new face mask, treat yourself to a manicure or pedicure, download new workout music or pick up new pair of sneakers—whatever feels indulgent—to celebrate all your hard work.

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YOUR 8-WEEK TRAINING PLAN TO RUNNING A 5K

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY








SATURDAY

SUNDAY








WEEK ONE

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>44 minutes</b> 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE *Walk on recovery & warmup/cool down		<b>30 minutes</b> Core Strength or Yoga	<b>34 minutes</b> 5 minute warm up @ 4 RPE Repeat 6x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 3 min @ 6 RPE 5 min cool down @ 4 RPE *Walk on recovery & warmup/cool down	








WEEK TWO

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>20 minutes</b> <b>Stair climber</b> (or your stairs at home!)		<b>30 minutes</b> Core Strength or Yoga	<b>44 minutes</b> 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE *Walk on recovery & warmup/cool down	

WEEK THREE

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>50 minutes</b> <b>2 min Hill Repeats</b> 10 minute warm up @ 4 RPE Repeat 6 x <i>hard</i> 2 min hill/incline <i>easy</i> 3 minute recovery 10 minute cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>39 minutes</b> 10 minute warm up @ 4 RPE Repeat 6x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 5 min @ 4 RPE *Walk on recovery & warmup/cool down	

WEEK FOUR

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>54 minutes</b> 15 minute warm up @ 4 RPE Repeat 1x <i>hard</i> 3 min @ 8 RPE <i>easy</i> 3 min @ 5 RPE Repeat 1x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 2 min @ 6 RPE Repeat 1x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE Repeat 1x <i>hard</i> 3 min @ 8 RPE <i>easy</i> 3 min @ 5 RPE Repeat 1x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 2 min @ 5 RPE Repeat 1x <i>hard</i> 1 min @ 10 RPE <i>easy</i> 1 min @ 6 RPE 15 min cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>50 minutes</b> 15 min warm up @ 5 RPE Repeat 5x <i>hard</i> 1 min @ 8 RPE <i>easy</i> 1 min @ 6 RPE 10 min cool down @ 4 RPE	








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## WEEK FIVE

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>32 minutes</b> 8 min warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 8 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>50 minutes</b> <b>2 min Hill Repeats</b> 10 minute warm up @ 4 RPE Repeat 6 x <i>hard</i> 2 min hill/incline <i>easy</i> 3 minute recovery 10 minute cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>1 hour</b> 20 minute warm up @ 7 RPE Repeat 8x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 3 min cool down @ 4 RPE 13 min cool down @ 6 RPE	



## WEEK SIX

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>32 minutes</b> 8 min warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 8 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>1 hour</b> .5 mile warm up @ 4 RPE Active 1 mile @ 7 RPE Recovery .25 miles @ 5 RPE Active .5 miles @ 7 RPE Recovery .25 miles @ 5 RPE Active .25 miles @ 7 RPE Recovery .15 miles @ 5 RPE Active .15 miles @ 7 RPE Recovery .25 miles @ 5 RPE Repeat 4 x <i>hard</i> .12 miles @ 9 RPE <i>easy</i> .12 miles @ 6 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>1hr 10 min</b> Run as long as you can without walking	

## WEEK SEVEN

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>40 minutes</b> 10 min warm up @ 4 RPE Repeat 10x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 10 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>59 minutes</b> 20 min warm up @ 4 RPE Repeat 2x <i>hard</i> 10 min @ 8 RPE <i>easy</i> 2 min @ 5 RPE 15 min cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>44 minutes</b> 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE	

## WEEK EIGHT

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>RECOVERY</b>	 <b>RECOVERY</b>	 <b>RACE DAY</b>
<b>40 minutes</b>	<b>30 minutes</b> Core Strength or Yoga	<b>30 minutes</b> Easy 30 min + 4x 30 sec hard strides after run				

# PROGRESS

## WEEK ONE

CARDIO WORKOUTS \_\_\_\_\_ STRENGTH WORKOUTS \_\_\_\_\_

NOTES \_\_\_\_\_  
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## WEEK TWO

CARDIO WORKOUTS \_\_\_\_\_ STRENGTH WORKOUTS \_\_\_\_\_

NOTES \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

## WEEK THREE

CARDIO WORKOUTS \_\_\_\_\_ STRENGTH WORKOUTS \_\_\_\_\_

NOTES \_\_\_\_\_  
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## WEEK FOUR

CARDIO WORKOUTS \_\_\_\_\_ STRENGTH WORKOUTS \_\_\_\_\_

NOTES \_\_\_\_\_  
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