

Welcome UMass Community! This is an 8 week training program that begins during the week of August 24 and will prepare you for our Virtual Homecoming Revolution 5K which you may participate in anytime you would like during the week of Homecoming celebrations; October 18-24.

This 5K training program allows you to vary the pace of each training session. Before beginning this or any training program you should check with your doctor to ensure that you are in good physical health. Please be sure you have read [the disclaimer](#) below carefully before beginning the training.

Notes:

- You should be able to walk or roll comfortably for 1 hour before starting to walk, jog, or roll faster.
- The training for each week should not be done on consecutive days. Choose Monday, Wednesday, Friday, or Tuesday, Thursday, Saturday for your training days. If you miss a day just complete it the next day and then skip a day before your next training session.
- If you are someone who exercises regularly it is ok to continuing other forms of exercise while training for a 5k as long as you are staying adequately hydrated and are fueling your body and your workouts with nutritious foods. Here is a resource to help you with your training.
 - <https://www.nytimes.com/guides/well/healthy-eating-for-runners>

Week 1

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then alternate between 60 seconds of jogging or moderate rolling and 90 seconds of walking or gentle rolling for 20 minutes. Complete your cool-down.

Rest and Recover on the days in between your 5K training days focusing on a little movement, stretching and mobility.

Day 2 – Complete your 5-minute warm-up then alternate between 60 seconds of jogging or moderate rolling and 90 seconds of walking or gentle rolling for 20 minutes. Complete your cool-down.

If you have other forms of exercise that you enjoy and are accustomed to doing you may add them in between your 5K training days (ie., strength training, swimming, biking, yoga etc.).

Day 3 – Complete your 5-minute warm-up then alternate between 60 seconds of jogging or moderate rolling and 90 seconds of walking or gentle rolling for 20 minutes. Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumnumass and share a photo of yourself and a buddy in your favorite UMass gear on your socials. Use #CouchTo5K #ThePowerOfPartnership

Week 2

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then alternate between 90 seconds of jogging or rolling followed by 2 minutes of walking or gentle rolling for a total of 20 minutes. Complete your cool-down.

Make some time to be still. Try 5-10 minutes of mindfulness or breathwork to help you recover.

Day 2 – Complete your 5-minute warm-up then alternate between 90 seconds of jogging or rolling followed by 2 minutes of walking or gentle rolling for a total of 20 minutes. Complete your cool-down.

Try a healthy recipe for 1 meal today.

Day 3 – Complete your 5-minute warm-up then alternate between 90 seconds of jogging or rolling followed by 2 minutes of walking or gentle rolling for a total of 20 minutes. Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumnumass and share 3 things you are grateful for on your socials. Use #CouchTo5K #Gratitude

Week 3

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then complete 2 rounds of the following: jog or roll for 90 seconds, followed by 90 seconds of walking or gentle rolling. Then complete 2 rounds of the following: jog or roll for 3 minutes, followed by 3 minutes of walking or gentle rolling. Complete your cool-down.

Day 2 - Complete your 5-minute warm-up then complete 2 rounds of the following: jog or roll for 90 seconds, followed by 90 seconds of walking or gentle rolling. Then complete 2 rounds of the following: jog or roll for 3 minutes, followed by 3 minutes of walking or gentle rolling. Complete your cool-down.

Day 3 - Complete your 5-minute warm-up then complete 2 rounds of the following: jog or roll for 90 seconds, followed by 90 seconds of walking or gentle rolling. Then complete 2 rounds of the following: jog or roll for 3 minutes, followed by 3 minutes of walking or gentle rolling. Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumnumass Share your favorite thing about nature on your socials. Use #CouchTo5K #Nature

Week 4

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up, jog or roll for 3 minutes, followed by 90 seconds of walking or gentle rolling; jog or roll for 5 minutes, followed by 2.5 minutes of walking or gentle rolling; jog for 3 minutes, followed by 90 seconds of walking or gentle rolling. Complete your cool-down.

Check out UMass Meditates, a program that delivers 20 minute contemplation/mindfulness sessions to our UMass community.

Day 2 - Complete your 5-minute warm-up, jog or roll for 3 minutes, followed by 90 seconds of walking or gentle rolling; jog or roll for 5 minutes, followed by 2.5 minutes of walking or gentle rolling; jog for 3 minutes, followed by 90 seconds of walking or gentle rolling. Complete your cool-down.

Find a quiet place to sit and focus your attention on your breath for 5-10 minutes. When you get distracted by thoughts, just keep bringing your attention back to your breath.

Day 3 - Complete your 5-minute warm-up, jog or roll for 3 minutes, followed by 90 seconds of walking or gentle rolling; jog or roll for 5 minutes, followed by 2.5 minutes of walking or gentle rolling; jog for 3 minutes, followed by 90 seconds of walking or gentle rolling. Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umassscampusrec, @umassathletics, @alumniuamass Share an experience you've had with mindfulness, meditation or stillness on your socials. Use #CouchTo5K #Mindfulness

Week 5

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then jog or roll for 5 minutes; walk or gentle roll for 3 minutes; jog or roll for 5 minutes; walk or gentle roll for 3 minutes; jog or roll for 5 minutes. Complete your cool-down.

Have you remembered to play this week? Get together with your Cru and teach each other a new game.

Day 2 – Complete your 5-minute warm-up the jog or roll $\frac{3}{4}$ of a mile (8 minutes); walk or gentle roll $\frac{1}{2}$ mile (~5 minutes); jog or roll $\frac{3}{4}$ of a mile (~8 minutes). Complete your cool down.

Find another creative way to play this week. Start by deciding what fun means for you.

Day 3 – Complete your 5-minute warm-up then jog or roll 2 miles (maintain a moderate pace if possible). Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumniuamass Share something that made you laugh this week on your socials. Use #CouchTo5K #Laughter

Week 6

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then jog or roll for 5 minutes; walk or gentle roll for 3 minutes; jog or roll for 8 minutes; walk or gentle roll for 3 minutes; jog or roll for 5 minutes. Complete your cool-down.

Start prioritizing your sleep. Improve your sleep hygiene by starting and sticking to a sleep schedule.

Day 2 – Complete your 5-minute warm-up then jog or roll 1 mile (10 minutes); walk or gentle roll ¼ mile (~3 minutes); jog or roll 1 mile (~10 minutes). Complete your cool-down.

Spend some time outside in the sunlight every morning.

Day 3 – Complete your 5-minute warm-up then jog or roll 2 ¼ miles (~22 minutes). Complete your cool-down.

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumniuamass Share your favorite sleep hack on your socials. Use #CouchTo5K #Sleep

Week 7

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then jog or roll 2.5 miles (~25 minutes). Complete your cool-down.

Find creative ways to add more movement into your days.

Day 2 - Complete your 5-minute warm-up then jog or roll 2.5 miles (~25 minutes). Complete your cool-down.

Get active in your community in a safe way.

Day 3 - Complete your 5-minute warm-up then jog or roll 2.5 miles (~25 minutes). Complete your cool-down.

Tag us! @umasscampusrec, @umassathletics, @alumnumass Share how you moved this week on your socials and use #CouchTo5K #Movement

Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Week 8

Warm-up: Complete a 5-minute brisk walk or roll before each training session.

Day 1 – Complete your 5-minute warm-up then jog or roll 2.75 miles (~28 minutes). Complete your cool-down.

Embrace creativity. Allow yourself to create something.

Day 2 - Complete your 5-minute warm-up then jog or roll 2.75 miles (~28 minutes). Complete your cool-down.

Read a book, write some poetry, draw, paint, dance...

Day 3 – Only complete this day of training if you have 1-2 days before your 5K. If you are completing your 5K on this day or the next day then skip this training session. Complete your 5-minute warm-up then jog or roll 3 miles (~30 minutes). Complete your cool-down.

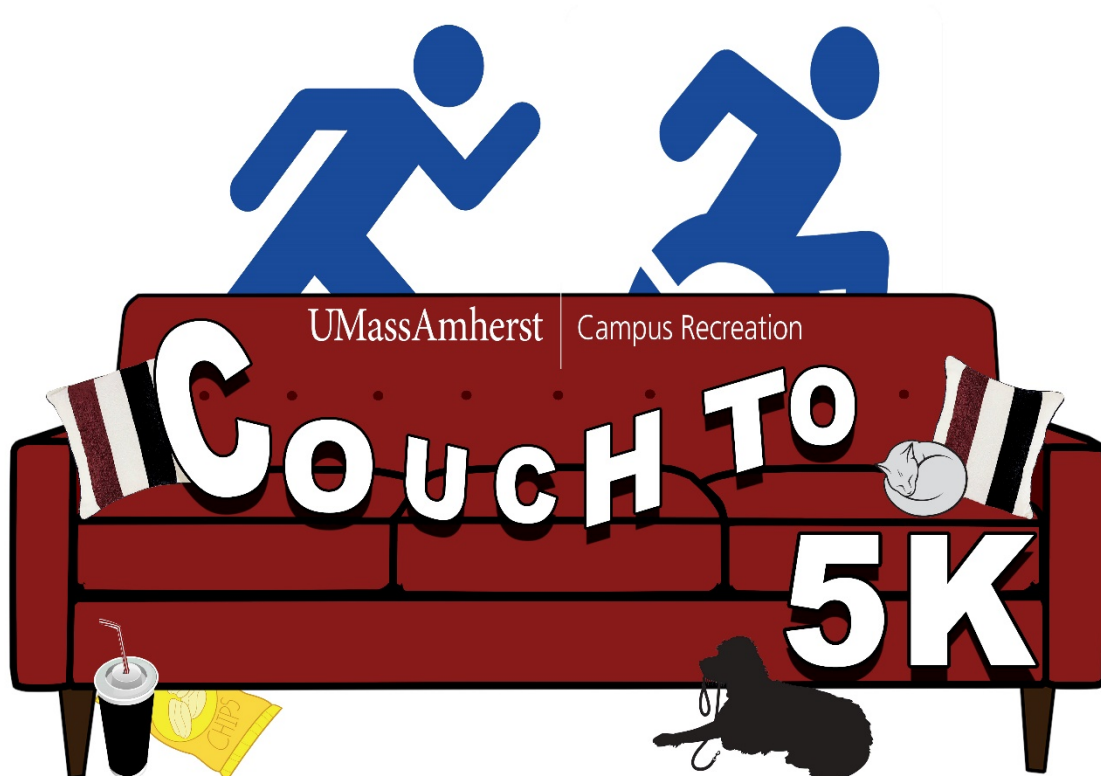
Cool-down: At the end of each training session complete 5 minutes of gentle walking or rolling and 5 minutes stretching the muscles used during your training. Hold each stretch for at least 30 seconds.

Tag us! @umasscampusrec, @umassathletics, @alumnumass Share your creativity on your socials and use #CouchTo5K #Creativity

Homecoming Revolution 5K Week – Walk, Roll, or Run your 5K anytime during the week of Homecoming celebrations, October 18-24. If you would like to be eligible to win one of our fun prize categories use an activity or running app or smart watch to track your 5K.

Once you complete your 5K, take a picture of your training app or smart watch and post it to your social media tagging @umasscampusrec, @umassathletics, and @alumniuass and be sure to use the #UMassRev5K

CONGRATULATIONS!



Couch to 5K Disclaimer: By participating in any exercise or exercise program, there is the possibility of physical injury. Such injuries include, but are not limited to, physical harm related to overexertion and collision. You should only participate in this exercise or exercise program if you and your doctor believe you are free of medical conditions, and sufficiently fit. Campus Recreation makes no judgment about the sufficiency of this exercise or exercise program for you. By engaging in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and your minor children, and agree to release and discharge the University of Massachusetts, its Board of Trustees, officers, employees, agents and Campus Recreation from any and all claims or causes of action, known or unknown, arising out of Campus Recreation programming and services.

[Back to top of document](#)