

## FBE Apple Run - Couch to 5K - 2020 - Volume 1 - The Training Program

*"If it doesn't challenge you, it won't change you." -- Fred DeVito*

Welcome to the FBE Apple Run Couch to 5K training program. My name is Scot and I will be your coach for the next eight weeks as we approach the FBE Apple Run 5k.

The program consists of:

- 8-week training plans: beginner and moderate
- Weekly training letters to keep you inspired
- Weekly challenges to keep you motivated

We look forward to the journey to 5k together.

### What's new this year

Due to the COVID-19 pandemic we have moved to a virtual run this year. It is more important than ever to stay active and stay involved.

In addition to our weekly training letters, we will be conducting a **weekly challenge**. They will be simple like taking a photo of yourself at the end of a run, making a video of yourself doing plank or your favorite cross training activity, and [sharing it with us](#) to post to our [Facebook page](#). Teamwork and comradery are essential this year. We will get through this together.

### Challenge #1

The first challenge is simply to get a picture of yourself outside, exercising and [send it to us](#) so we can share with our [community](#).

### Who is Coach Scot



I am a passionate endurance athlete, coach, and parent looking to give back to my community as I go in search of my next adventure.

I am formerly a USA Triathlon Certified Coach and have helped athletes tackle races of varying lengths and discipline. I have raced everything from 1 mile to 100 miles in 15 states and 3

countries.

I love helping people tackle events for the first time and finding ways to help them enjoy an active lifestyle.

### Breaking Down the Training Schedule



The training schedules that we are providing can be found [here \(Beginner\)](#) and [here \(Moderate\)](#). The program starts with some easy bouts of run-walking, then incorporates strength training to build core strength and running form as the volume increases. The goal is to become a more efficient runner over the 8-weeks.

If you are unfamiliar with one of the cross training exercises, do a quick search on youtube. There is a wealth of videos demonstrating how to do each one.

## **Summary**

We are excited that you are joining us for the Couch to 5K program. It is our goal to encourage active lifestyles.

Now go out, run, and have fun.

Coach Scot

Note: If you have any additional questions about the training or race, please feel free to contact me directly at: [racedirector@fbe-belmont.org](mailto:racedirector@fbe-belmont.org)