# Couch to 6 Mile:
## Run/Walk Plan

**Designed for:** Sedentary or lightly active adult

**Goal:** Complete a 6-mile race using a run/walk strategy

**Schedule:** 3 run/walk workouts/week + 1 optional cross-training day + 1-2 strength day/week

**Approach:** Safe, progressive, fun. Includes fueling, cross-training, and strength for healthy habits.

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### Fueling & Hydration Tips

Before workouts (if longer than 30–40 min):

- Eat a small, carb-rich snack 30–60 minutes before (e.g. toast + PB, banana, granola bar)
- Drink water or a bit of sports drink if it's warm or you're low-energy

During long workouts (over 45–60 min):

- Sip sports drink (like Gatorade, Skratch, Nuun + carbs) every 15–20 minutes
- Optional: 1–2 chews or small bites of energy gels (like Clif Bloks or Honey Stinger)

After every workout:

- Eat a snack with carbs + protein (e.g. chocolate milk, yogurt + fruit, smoothie) within 30–60 minutes
- Rehydrate with water or an electrolyte drink

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### Strength Training: Once-Twice/ Week

Strength improves running efficiency, reduces injury risk (most important), and helps with posture/form. You don't need a gym!

If you do one strength session per week, aim for a 30 min session. If you can fit in two sessions, aim for 20 min per session. If you are already strength training, I urge you to spend some of that time focused on strength work for runners to keep you injury free and strong.

Some Suggested YouTube Strength for Runners Videos:

- https://youtu.be/bLdrCTponaE?si=g0wwIfLaHLYLf8Vn
- https://youtu.be/0t_M_wzcefw?si=jtuWB6pOYb_RnNdN
- Our Favorite On-the-Go Strength Workout for Runners!

- https://youtu.be/9NlYCBgi2dY?si=CFMijA83LkxkCMGZ
- https://youtu.be/rZpMnnN4s_o?si=Qrdm7YVlcJPl_D68

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## Couch to 6 Mile - 8 Week Plan

### Week 1 – Get Moving and Be Comfortable

Goal: Make sure the effort is easy. If it starts to feel stressed, slow down. Talk Test: Make sure you can hold small conversations while running

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 1 min run / 4 min walk × 5 (25 min)
- Workout B: 1 min run / 3 min walk × 6 (24 min)
- Workout C: Brisk walk, 30 min
- Optional Cross Training: Bike, swim, elliptical or yoga (20–30 min)
- Strength: 1-2 sessions per week. 30-40 min total for the week

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### Week 2 – Add a Bit More Running

Goal: To add in more volume while keeping the effort easy. As your fitness progresses, you will notice you can go naturally faster.

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 1 min run / 3 min walk × 6 (24 min)
- Workout B: 2 min run / 3 min walk × 5 (25 min)
- Workout C: 1 min run / 4 min walk × 6 (30 min)
- Optional XT: Walk hills or bike 30 min
- Strength: 1-2 sessions per week. 30-40 min total for the week

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### Week 3 – Build Endurance

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 2 min run / 3 min walk × 6 (30 min)
- Workout B: 3 min run / 2 min walk × 5 (25 min)
- Workout C: 1.5 min run / 3.5 min walk × 6 (30 min)
- Optional XT: Elliptical or swim
- Strength: Strength: 1-2 sessions per week. 30-40 min total for the week

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### Week 4 – First Long Run Day

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 3 min run / 2 min walk × 6 (30 min)
- Workout B: 4 min run / 2 min walk × 5 (30 min)
- Workout C: 1.5-mile run (take walk breaks if really needed. Try and keep the effort relaxed so you can hold the pace for longer. If starting to feel stressed, slow the pace. If that doesn't work, add in walk breaks (35 min max)
- Optional XT: 40 min walk or easy bike
- Strength: 1-2 sessions per week. 30-40 min total for the week

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### Week 5 – Confidence Builder Week- Focus on easy effort and strong running form

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 5 min run / 2 min walk × 4 (28 min)
- Workout B: 4 min run / 1 min walk × 6 (30 min)
- Workout C: 2.5-mile run/walk (3:1 or flexible)
- Optional XT: Bike, aqua jog, or walk
- Strength: Any video, or bodyweight circuit (squats, lunges, planks)

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### Week 6 – Race Prep Begins

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 6 min run / 1 min walk × 4 (28 min)
- Workout B: 3 min run / 2 min walk × 5 (25 min)
- Workout C: 3.5-mile run/walk when necessary but try to keep at minimum (steady and easy)
- Optional XT: Recovery walk or yoga
- Strength: Core-focused video or gentle circuit

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### Week 7 – Peak Week!

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 7 min run / 1 min walk × 4 (32 min)
- Workout B: 4 min run / 1 min walk × 6 (30 min)
- Workout C: 5-mile run/walk (3:1 or 4:1 ratio)
- Optional XT: Swim, walk, or spin
- Strength: Lighter session or skip if tired

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**Week 8 – Race Week!**

*Start each workout below with a brisk walk for a 5 min and a 5 min cool down*

- Workout A: 3 min run / 2 min walk × 4 (20 min)
- Workout B: 2-mile walk/run, easy
- **Race Day: 6-mile run/walk**! Use your practiced ratio (2:1, 3:1, or even 1:1 is fine) Stay steady, smile, and hydrate!
- Optional XT: Short walk, stretch, or yoga mid-week
- Strength: Skip unless you feel amazing

*Please be aware that participating in any exercise program, including this running plan, carries the risk of injury. You are responsible for your own safety and well-being. It is strongly recommended that you consult with a doctor or qualified healthcare professional before beginning this or any other exercise program, particularly if you have any pre-existing health conditions. Listen to your body and adjust the plan as needed. Do not push yourself beyond your limits. If you experience pain or discomfort, stop immediately and seek medical attention.*