

Run For Little Hearts 10K/5K 5K to 10K Training Program

Week 1

Tip:

- ✓ It doesn't matter if you run fast (or slow), or if you run far (or not), or if your stride is long (or short), or how expensive (or cheap) your shoes are....you are a RUNNER!

Workouts:

Monday

Thursday

- Warm up with a 1 min brisk walk
- Run 3.1 miles (however long it takes)
- 5 min cool down (walk or run at a slower pace)

Tuesday

Friday

- 15 Heel Raises (Stand on stairs or a low stool with a wall or railing to hold on to. Let heels hang off the edge. Start with the feet about shoulder-width apart. Stand tall and slowly lift onto your tip toes and raise your heels so your toes support your body. Stay in control of the movement, rather than bouncing.)
- 10 Lunges on each side (Basic static lunge starts with one foot in front of the other, with about 3 feet between them. Bend your knees so your body goes toward the floor, keeping your body upright the entire time. The front knee must be directly above the ankle, while the knee on the back leg almost touches the floor. Stand back up and repeat the movement. For more of a workout, hold dumbbells in your hands throughout the movement. Another variation is the walking lunge, which means you switch which foot is forward in the lunge as you move forward.)

- 20 Plie Squats (Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so don't go out too far. To add weight you can hold dumbbells on the upper thighs, a single dumbbell in front or a barbell on the shoulders or behind the head. Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking the knees.
-
- 2 minutes intense cardio, such as mountain climbers, jumping jacks, jump rope, high knees, etc.)
- 10 minutes regular cardio (walk on treadmill or outside, stairmaster or stairs at home, elliptical machine, stationary bike or bike outside, swimming, etc.)

Repeat all of the above 3 times

Wednesday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 1 min brisk walk
- Intervals - Run 9 min/Walk 2 min (repeat 4 times)
- 5 min cool down (walk or run at a slower pace)

Plus:

- 20 Reverse Ab Crunches:

Preparation: Lie on your back with your lower back pressed into the floor. Head and neck should be relaxed, with your hands down at your side, palms down. Both your hips and knees should be bent at a 90 degree angle.

Movement: Contract your lower abs to raise your hips towards your rib cage, slowly curling your tailbone up off the floor. Your legs will reach towards the ceiling with each rep. Exhale on the lift, inhale and slowly lower your hips back to the starting position. Don't push with your hands.

- Bicycle Crunches:

Preparation: Lie on your back with your knees bent and feet flat on the floor. Cross your left leg over your right leg so your left ankle is resting on your right knee. Hands behind your head, with your fingertips lightly behind your ears.

Movement: Contract your abdominal muscles as though you are doing a crunch, but slowly twist your torso and move your right elbow towards your left knee. Touch it if you can, but only reach as far as you can comfortably. Avoid pulling on your head. Slowly lower to the starting position. Repeat 20 times and switch.

- 20 Basic Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 2

Tip:

- ✓ For joint and muscle pain, try Lemongrass Essential Oil (instead of Advil or Bengay). Essential oils improve or resolve pain issues safely without side effects.

Workouts:

Monday

Thursday

- Warm up with a 1 min brisk walk
- Run 3.1 miles (however long it takes)
- 5 min cool down (walk or run at a slower pace)

Tuesday

Friday

- 15 Heel Raises (Stand on stairs or a low stool with a wall or railing to hold on to. Let heels hang off the edge. Start with the feet about shoulder-width apart. Stand tall and slowly lift onto your tip toes and raise your heels so your toes support your body. Stay in control of the movement, rather than bouncing.)
- 10 Lunges on each side (Basic static lunge starts with one foot in front of the other, with about 3 feet between them. Bend your knees so your body goes toward the floor, keeping your body upright the entire time. The front knee must be directly above the ankle, while the knee on the back leg almost touches the floor. Stand back up and repeat the movement. For more of a workout, hold dumbbells in your hands throughout the movement. Another variation is the walking lunge, which means you switch which foot is forward in the lunge as you move forward.)

- 20 Plie Squats (Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so don't go out too far. To add weight you can hold dumbbells on the upper thighs, a single dumbbell in front or a barbell on the shoulders or behind the head. Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking the knees.)
-
- 2 minutes intense cardio, such as mountain climbers, jumping jacks, jump rope, high knees, etc.)
- 10 minutes regular cardio (walk on treadmill or outside, stairmaster or stairs at home, elliptical machine, stationary bike or bike outside, swimming, etc.)

Repeat all of the above 3 times

Wednesday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 1 min brisk walk
- Intervals - Run 11 min/Walk 2 min (repeat 4 times)
- 5 min cool down (walk or run at a slower pace)

Plus:

- 20 Reverse Ab Crunches:

Preparation: Lie on your back with your lower back pressed into the floor. Head and neck should be relaxed, with your hands down at your side, palms down. Both your hips and knees should be bent at a 90 degree angle.

Movement: Contract your lower abs to raise your hips towards your rib cage, slowly curling your tailbone up off the floor. Your legs will reach towards the ceiling with each rep. Exhale on the lift, inhale and slowly lower your hips back to the starting position. Don't push with your hands.

- Bicycle Crunches:

Preparation: Lie on your back with your knees bent and feet flat on the floor. Cross your left leg over your right leg so your left ankle is resting on your right knee. Hands behind your head, with your fingertips lightly behind your ears.

Movement: Contract your abdominal muscles as though you are doing a crunch, but slowly twist your torso and move your right elbow towards your left knee. Touch it if you can, but only reach as far as you can comfortably. Avoid pulling on your head. Slowly lower to the starting position. Repeat 20 times and switch.

- 20 Basic Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 3

Tip:

- ✓ Having any issues with hip flexors, IT Band or hamstrings? Try using a foam roller! In 10-15 minutes, the foam roller can roll out some serious benefits, including muscle imbalance and increased range of motion.

Workouts:

Monday

Thursday

- Warm up with a 1 min brisk walk
- Run 4 miles (however long it takes)
- 5 min cool down (walk or run at a slower pace)

Tuesday

Friday

- 15 Heel Raises (Stand on stairs or a low stool with a wall or railing to hold on to. Let heels hang off the edge. Start with the feet about shoulder-width apart. Stand tall and slowly lift onto your tip toes and raise your heels so your toes support your body. Stay in control of the movement, rather than bouncing.)
- 10 Lunges on each side (Basic static lunge starts with one foot in front of the other, with about 3 feet between them. Bend your knees so your body goes toward the floor, keeping your body upright the entire time. The front knee must be directly above the ankle, while the knee on the back leg almost touches the floor. Stand back up and repeat the movement. For more of a workout, hold dumbbells in your hands throughout the movement. Another variation is the walking lunge, which means you switch which foot is forward in the lunge as you move forward.)

- 20 Plie Squats (Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so don't go out too far. To add weight you can hold dumbbells on the upper thighs, a single dumbbell in front or a barbell on the shoulders or behind the head. Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking the knees.)
-
- 2 minutes intense cardio, such as mountain climbers, jumping jacks, jump rope, high knees, etc.)
- 10 minutes regular cardio (walk on treadmill or outside, stairmaster or stairs at home, elliptical machine, stationary bike or bike outside, swimming, etc.)

Repeat all of the above 3 times

Wednesday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 1 min brisk walk
- Intervals - Run 13 min/Walk 2 min (repeat 4 times)
- 5 min cool down (walk or run at a slower pace)

Plus:

- 20 Reverse Ab Crunches:

Preparation: Lie on your back with your lower back pressed into the floor. Head and neck should be relaxed, with your hands down at your side, palms down. Both your hips and knees should be bent at a 90 degree angle.

Movement: Contract your lower abs to raise your hips towards your rib cage, slowly curling your tailbone up off the floor. Your legs will reach towards the ceiling with each rep. Exhale on the lift, inhale and slowly lower your hips back to the starting position. Don't push with your hands.

- Bicycle Crunches:

Preparation: Lie on your back with your knees bent and feet flat on the floor. Cross your left leg over your right leg so your left ankle is resting on your right knee. Hands behind your head, with your fingertips lightly behind your ears.

Movement: Contract your abdominal muscles as though you are doing a crunch, but slowly twist your torso and move your right elbow towards your left knee. Touch it if you can, but only reach as far as you can comfortably. Avoid pulling on your head. Slowly lower to the starting position. Repeat 20 times and switch.

- 20 Basic Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 4

Tip:

- ✓ Essential oils are not only for joint or muscle pain! Use Lavender to induce sleep, Wild Orange to boost energy, Rosemary to relieve fatigue and Peppermint to increase aerobic performance!

Workouts:

Monday

Thursday

- Warm up with a 1 min brisk walk
- Run 4 miles (however long it takes)
- 5 min cool down (walk or run at a slower pace)

Tuesday

Friday

- 15 Heel Raises (Stand on stairs or a low stool with a wall or railing to hold on to. Let heels hang off the edge. Start with the feet about shoulder-width apart. Stand tall and slowly lift onto your tip toes and raise your heels so your toes support your body. Stay in control of the movement, rather than bouncing.)
- 10 Lunges on each side (Basic static lunge starts with one foot in front of the other, with about 3 feet between them. Bend your knees so your body goes toward the floor, keeping your body upright the entire time. The front knee must be directly above the ankle, while the knee on the back leg almost touches the floor. Stand back up and repeat the movement. For more of a workout, hold dumbbells in your hands throughout the movement. Another variation is the walking lunge, which means you switch which foot is forward in the lunge as you move forward.)

- 20 Plie Squats (Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so don't go out too far. To add weight you can hold dumbbells on the upper thighs, a single dumbbell in front or a barbell on the shoulders or behind the head. Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking the knees.)
-
- 2 minutes intense cardio, such as mountain climbers, jumping jacks, jump rope, high knees, etc.)
- 10 minutes regular cardio (walk on treadmill or outside, stairmaster or stairs at home, elliptical machine, stationary bike or bike outside, swimming, etc.)

Repeat all of the above 3 times

Wednesday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 1 min brisk walk
- Intervals - Run 15 min/Walk 2 min (repeat 4 times)
- 5 min cool down (walk or run at a slower pace)

Plus:

- 20 Reverse Ab Crunches:

Preparation: Lie on your back with your lower back pressed into the floor. Head and neck should be relaxed, with your hands down at your side, palms down. Both your hips and knees should be bent at a 90 degree angle.

Movement: Contract your lower abs to raise your hips towards your rib cage, slowly curling your tailbone up off the floor. Your legs will reach towards the ceiling with each rep. Exhale on the lift, inhale and slowly lower your hips back to the starting position. Don't push with your hands.

- Bicycle Crunches:

Preparation: Lie on your back with your knees bent and feet flat on the floor. Cross your left leg over your right leg so your left ankle is resting on your right knee. Hands behind your head, with your fingertips lightly behind your ears.

Movement: Contract your abdominal muscles as though you are doing a crunch, but slowly twist your torso and move your right elbow towards your left knee. Touch it if you can, but only reach as far as you can comfortably. Avoid pulling on your head. Slowly lower to the starting position. Repeat 20 times and switch.

- 20 Basic Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 5

Tip:

- ✓ "It's not who you are that holds you back. It's who you think you're not."

Workouts:

Monday

Thursday

- Warm up with a 1 min brisk walk
- Run 5 miles (however long it takes)
- 5 min cool down (walk or run at a slower pace)

Tuesday

Friday

- 15 Heel Raises (Stand on stairs or a low stool with a wall or railing to hold on to. Let heels hang off the edge. Start with the feet about shoulder-width apart. Stand tall and slowly lift onto your tip toes and raise your heels so your toes support your body. Stay in control of the movement, rather than bouncing.)
- 10 Lunges on each side (Basic static lunge starts with one foot in front of the other, with about 3 feet between them. Bend your knees so your body goes toward the floor, keeping your body upright the entire time. The front knee must be directly above the ankle, while the knee on the back leg almost touches the floor. Stand back up and repeat the movement. For more of a workout, hold dumbbells in your hands throughout the movement. Another variation is the walking lunge, which means you switch which foot is forward in the lunge as you move forward.)

- 20 Plie Squats (Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so don't go out too far. To add weight you can hold dumbbells on the upper thighs, a single dumbbell in front or a barbell on the shoulders or behind the head. Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted and back straight. Only go down as low as you can without compromising your flexibility or your balance. Push back to start without locking the knees.)
-
- 2 minutes intense cardio, such as mountain climbers, jumping jacks, jump rope, high knees, etc.)
- 10 minutes regular cardio (walk on treadmill or outside, stairmaster or stairs at home, elliptical machine, stationary bike or bike outside, swimming, etc.)

Repeat all of the above 3 times

Wednesday and *Sunday* are rest days! Try some Yoga or light stretching!

Saturday

- Warm up with a 1 min brisk walk
- Intervals - Run 17 min/Walk 3 min (repeat 3 times)
- 5 min cool down (walk or run at a slower pace)

Plus:

- 20 Reverse Ab Crunches:

Preparation: Lie on your back with your lower back pressed into the floor. Head and neck should be relaxed, with your hands down at your side, palms down. Both your hips and knees should be bent at a 90 degree angle.

Movement: Contract your lower abs to raise your hips towards your rib cage, slowly curling your tailbone up off the floor. Your legs will reach towards the ceiling with each rep. Exhale on the lift, inhale and slowly lower your hips back to the starting position. Don't push with your hands.

- Bicycle Crunches:

Preparation: Lie on your back with your knees bent and feet flat on the floor. Cross your left leg over your right leg so your left ankle is resting on your right knee. Hands behind your head, with your fingertips lightly behind your ears.

Movement: Contract your abdominal muscles as though you are doing a crunch, but slowly twist your torso and move your right elbow towards your left knee. Touch it if you can, but only reach as far as you can comfortably. Avoid pulling on your head. Slowly lower to the starting position. Repeat 20 times and switch.

- 20 Basic Crunches (Point fingers to the sky, keep the chin up and crunch until shoulders are off the floor.)

Repeat above three exercises 2 times

Week 6

Tip:

1. Race week! Treat your body well with enough sleep, plenty of water and nutritious foods!
2. Relax! Try not to schedule anything hectic this week.
3. Stick with what works! Race day is **not** the day to try new shoes, eat new foods, or wear brand new clothing!

Workouts:

Monday

- Warm up with a 3 min brisk walk
- Run 5 miles (however long it takes)
- 3 min cool down

Wednesday

- Warm up with a 3 min brisk walk
- Intervals - Run 13 min/Walk 2 min (repeat 4 times)
- 3 min cool down

Friday

- 20 Push-ups
- 20 Crunches
- 20 Squats
- 20 Walking lunges (10 on each leg)
- 1 minute of jumping jacks (or jump rope or jog in place)
- Plank (Similar to a push-up position, but elbows and forearms on the ground. Hold for 30 sec.)

Repeat all of the above 5 times

Tuesday, Thursday & Saturday are rest days!

Sunday is RACE DAY! Great Job! You made it this far! Have fun and enjoy the experience!

CHD Babies has teamed up with **Healthy Jasmine** and **doTERRA Essential Oils** (www.mydoterra.com/HealthyJasmine) to bring you this **Run for Little Hearts 5K to 10K Training Program!** We hope you enjoy it!

