



WEEK 7

Couch to 5K Tip Sheet

Let's face it, life happens. When things get chaotic, our exercise plan is typically the first item to be removed from our daily "to-do" list. While it is generally ideal not to miss exercise, you can get back on the wagon after a few missed sessions with little backslide.



Flexibility is Key

Exercise programs are designed to slowly progress intensity which will lead to progress in a healthy manner.

Your Couch to 5K program is written to include rest days. Keep in mind, that this plan can be adjusted to fit your current lifestyle.

Don't panic if you miss one session. Just move to the next scheduled workout.



If You Miss 1 Week

This means that you have most likely missed three jogging workout and possibly additional strength workouts.

Typically, you can miss up to 6 days of exercise with little to no loss in your fitness level. Just know that you might feel slightly out of practice once you start up again.

In terms of your scheduled program, just skip the week of missed sessions and move forward.



If You Miss 2 Weeks

After going 14 days with no exercise, you will most likely need to adjust your training program.

It would be best to start your exercise program where you left off. If this feels too strenuous, you might need to revisit your program from the week prior.

At this point, it could take up to two weeks to regain the fitness level you reached before you missed sessions.

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.

