

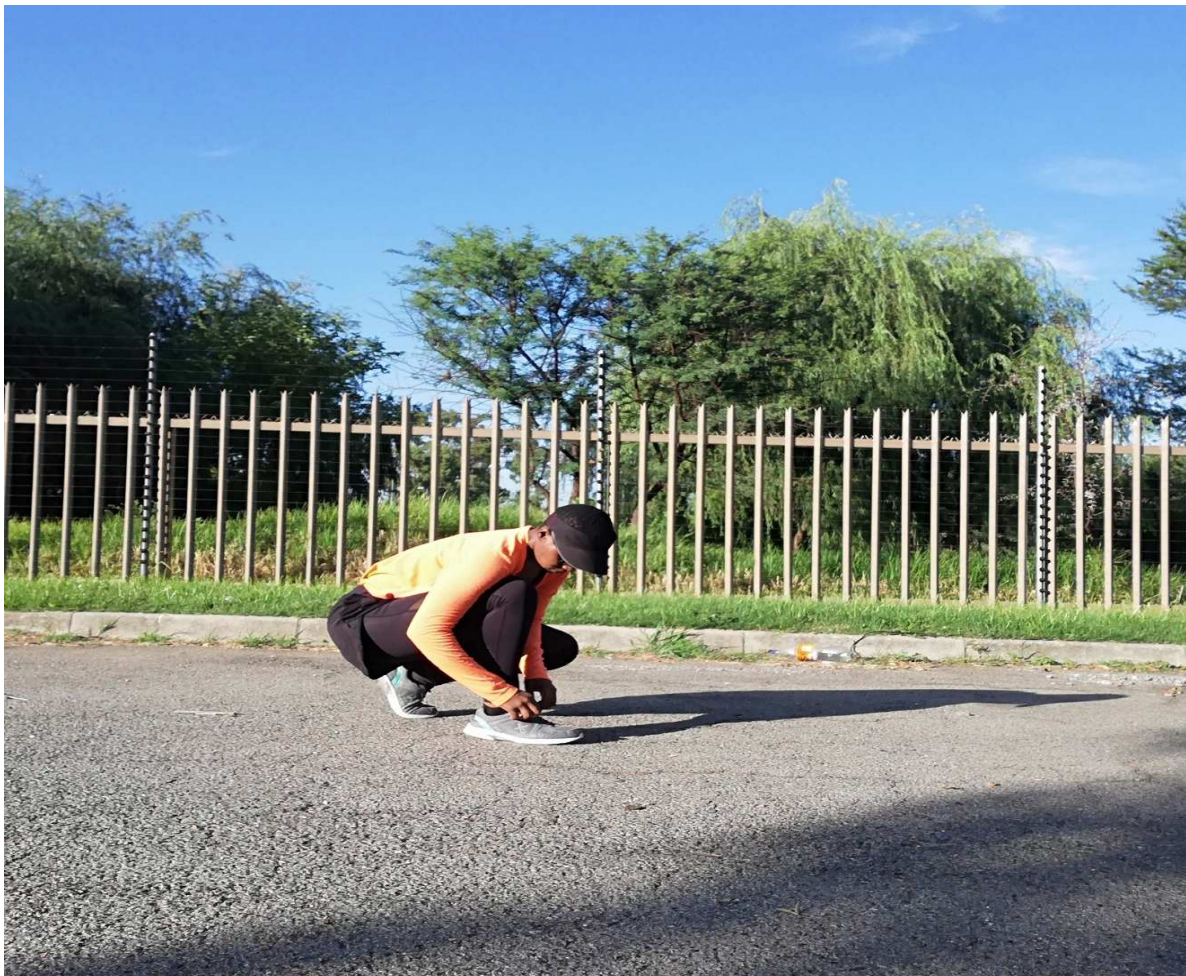
# COUCH TO 5K

Energy Fitness by Masozma

Strong and Fierce

WELCOME TO COUCH TO 5K TRAINING PROGRAM

*Thank you for allowing me to part of your journey.*



This month's choices are next month's bodies, lets go!

**Note:**

1. *If you feel severe discomfort or pain, please see a doctor.*

**COUCH TO 5K**  
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**Strong and Fierce**

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*The greatest wealth is health*

## GENERAL GUIDELINE ON PACE AND MEDALS

Official Races grant 1 hour - 1.5 hours to complete a 5k in order to qualify for a medal.

<b>RUNNER'S PROFILE</b>	<b>FINISH TIME</b>	<b>AVERAGE PACE mins/klm</b>
Elite	13 -20 minutes	2:36 to 4:00
Advances	21 - 30 minutes	4:12 to 6:00
Intermediate	31 - 40 minutes	6:12 to 8:00
Basic	41 - 50mins	8:12 to 10:00



THE ROAD IS WAITING FOR YOU

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### Nutrition guide (1/3)

*Food is an important part of a balanced diet*

*Simple is sustainable*

#### How to start eating healthy

1. Choose whole nutrient dense foods instead of processed. Think vegetables rather than frozen pizza
2. Say no to sugary drinks. These are called "empty calories" because you won't feel full after drinking them but they do add on your body fat.
3. Keep healthy food readily available and within easy reach.
4. Do not go shopping while you are hungry. Make sure you are full and satisfied before you go shopping, this way you are less likely to snack on junk meals.
5. When going out to eat at restaurants, choose healthier options. For example, order a chicken salad and ask for dressing on the side so you can distribute it yourself. Instead of having a soda with your meal have water instead.



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### Nutrition guide (2/3)

#### 1. EAT REAL FOOD

Fish, chicken, vegetables, whole grains, nuts, low-fat dairy, fruit.

These provide more nutritional value than highly processed options. Preparing meals from real-food sources gives you more control over your sodium, fat, and calorie intake.

#### 2. CHOOSE QUALITY CARBS

Carbohydrates are fuel, therefore carbs should be the backbone of a runner's diet.

Brown rice, white Basmati rice, Sweet potatoes, White potatoes, butternut, Beans.

Real Food - think potatoes, not potato chips.

#### 3. DRINK DELIBERATELY

Fluids are an essential part of any runner's fuelling plan: By staying hydrated, you'll boost performance and minimize nuisances like GI distress (bloating, cramping, abdominal distention, and pain).

But watch the calories: Drinks that are high in sugar can contribute to weight gain. Limit fruit juice, pass on soft drinks, and switch your morning mocha to a cup of tea or coffee.

Drink lots and lots of water. (About 2 - 2.5 liters a day)

#### 4. INDULGE ON OCCASION

Allow yourself to satisfy cravings and keep away from binge eating. Just keep an eye on portions and frequency.



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# Nutrition guide (3/3)

### FOOD & DRINK ITEM EXAMPLES

#### CARBOYDRATES

1. Brown rice / Basmati white rice
2. Oats
3. Beans
4. Sweet potatoes
5. White potatoes
6. Butternut
7. Whole grain bread
8. Pasta

#### FATS

1. Nuts & Seeds ( Option: Sunflower seed, Cashew nuts, Macadamia nuts)
2. Olive oil / Canola oil
3. Avocado

#### OTHER

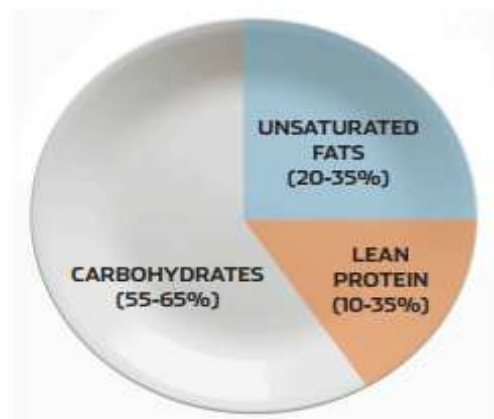
1. Frozen vegetables ( Options: Mixed, broccoli, cauliflower)
2. Fruits ( Options Banana, berries)
3. Energy/ Protein bars ( Limited intake, mainly for race day fuel/ on the go snack)
4. Low fat milk
5. Plain yogurt -low fat

#### PROTIEN

1. Lean beef/mince
2. Chicken / Turkey breast
3. Fish (Option : Salmon)
4. Nuts & Seeds ( Option: Pumpkin seeds, Almonds nuts)

#### DRINKS

1. Pure water - Still / sparkling
2. Energade / Powerade
3. Lucozade



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## Warm up routine

It is very **important** to perform a proper **warm up** before any type of physical activity. The **purpose** of a warm up is to **prevent injury** by increasing the body's core and muscle temperature.

Exercise	Time
Jog in place	20 seconds
Squats	20 seconds
Arms swings	20 seconds
Slow high knees	20 seconds
Static stretch	20 seconds
<i>Repeat twice</i>	

#### How to execute exercises

*If you are unsure on how to execute any of the above exercises, please visit my resources page on my website [energybymasomza](#) and you will find demonstrations.*

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**Training plan**

*Note: This program is designed for the outdoors (road running), but as a beginner you can definitely implement on the treadmill.*

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	20 minutes road walk Nice, easy comfortable pace	20 minutes road walk Nice, easy comfortable pace	Rest day Relax, massage & stretch the soar muscles	30 minutes road walk Nice, easy comfortable pace	30 minutes road walk Pick up the walking pace	30 minutes road power-walk Fastest pace that you can hold	Rest day Relax, massage & stretch the soar muscles
	1 minute Road Jog 2 minute road walk - REPEAT 5 TIMES ( 15minutes) 15 minutes power road walk	1 minute Road Jog 2 minute road walk - REPEAT 5 TIMES ( 15minutes) 15 minutes power road walk	Rest day Relax, massage & stretch the soar muscles	2 minute Road Jog 1 minute road walk - REPEAT 5 TIMES ( 15 minutes) 10 minute fast road walk 5 minute Road jog	2 minute Road Jog 1 minute road walk - REPEAT 5 TIMES ( 15 minutes) 10 minute fast road walk 5 minute Road jog	2 minute Road Jog 1 minute road walk - REPEAT 5 TIMES ( 15 minutes) 10 minute Road jog 5 minute fast road walk	Rest day Relax, massage & stretch the soar muscles
WEEK 3	20 minute Road Jog 10 minute road walk 5 minute Run ( higher pace than a jog)	20 minute Road Jog 10 minute road walk 5 minute Run ( higher pace than a jog)	Rest day Relax, massage & stretch the soar muscles	30 minute road jog 10 minute road walk	30 minute road jog 10 minute road walk	25 minute road run ( higher pace than a jog)	Rest day Relax, massage & stretch the soar muscles
	30 minutes road run ( higher pace than a jog) 10 minute road walk	30 minutes road run ( higher pace than a jog) 10 minute road walk	Rest day Relax, massage & stretch the soar muscles	40 minute Road run (Increase your pace)	40 minute Road run (Increase your pace)	45 minute road run (Increase your pace)	Rest day Relax, massage & stretch the soar muscles
WEEK 4	45 minute road run ( Increase your pace)	45 minute road run (Increase your pace)	Rest day Relax, massage & stretch the soar muscles	45 minute road run 15 minute walk	45 minute road run 15 minute walk	45 minute run ( Increase your pace)	Rest day Relax, massage & stretch the soar muscles
	45 minute road run ( Increase your pace)	45 minute road run (Increase your pace)	Rest day Relax, massage & stretch the soar muscles	45 minute road run 15 minute walk	45 minute road run 15 minute walk	45 minute run ( Increase your pace)	Rest day Relax, massage & stretch the soar muscles



# Energy Fitness by Masomza

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*Well done: you are now fit for 5k. Remember, no matter how slow you go, you are still lapping everyone who is on the couch.*

*Please visit my website for more amazing training programs.*