COLONEL COUCH TO 5K

Participant Guide

Name:_____________________

FALL 2012
*Please consult your healthcare professional before you begin an exercise program. This general information is not intended to diagnose any medical condition or to replace information from your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*
It all starts with one step.

**Step 1: The Program**
The Colonel Couch to 5K is a FREE, 6-week fitness and wellness program designed for students, faculty and staff at Nicholls State University. This participant guide will provide you with a step-by-step plan to move from the couch (a sedentary lifestyle) and prepare you to walk, jog or run a 5K (3.1 miles). Check-ins will allow for continued support, inspiration and motivation.

**Step 2: The Training**
In addition to this training program, weekly group training sessions are available for all fitness levels. Join the Department of Campus Recreation as they guide your progress.

*Sessions will meet as specified, Wednesdays at 5:00pm beginning Wednesday, September 19 through Wednesday, October 24. Sessions will last approximately 30-40 minutes.*

**Step 3: The Event**
Setting realistic goals and working towards them is only part of the experience and fun. The program and training culminates with the Komen Bayou Region Race for the Cure, scheduled for Saturday, October 27, 2012 at 9:30am.

**Participant Incentives**
To go along with your race t-shirt, you will feel better, have more energy, boost your metabolism, lose some inches and/or lose weight, while enjoying the camaraderie of the Nicholls State community.
**Grab a Friend & Come Check-In**

<table>
<thead>
<tr>
<th>Check-In Site</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Ayo Pool (Initial Sign-Up/Packet Pickup)</td>
<td>September 17-19, 2012</td>
<td>8:30am-4:30pm</td>
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<tr>
<td>Green Space across from Beauregard Hall</td>
<td>September 19</td>
<td>5:00pm</td>
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<tr>
<td>Rec Center Plaza (Garden in front of Rec Center)</td>
<td>September 26</td>
<td>5:00pm</td>
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<tr>
<td>Green Space Near Tennis Courts</td>
<td>October 3</td>
<td>5:00pm</td>
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<tr>
<td>Rec Center Plaza</td>
<td>October 10</td>
<td>5:00pm</td>
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<tr>
<td>Rec Center Plaza</td>
<td>October 17</td>
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<tr>
<td>Rec Center Plaza</td>
<td>October 24</td>
<td>5:00pm</td>
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**Track Your Progress**

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<thead>
<tr>
<th>Date</th>
<th>Height</th>
<th>Weight (lbs)</th>
<th>BMI</th>
<th>Blood Pressure</th>
<th>Waist Circumference</th>
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</table>
**Walker**: Record your progress in minutes per day

**Plan Your Program**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>WORKOUT*</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>1</td>
<td>2-3 Days: Walk 20 Minutes</td>
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<td>2-3 Days: Walk 25 Minutes</td>
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<td>3</td>
<td>2-3 Days: Walk 30 Minutes</td>
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<td>4</td>
<td>2 Days: Walk 30 Minutes 1-2 Days: Walk 40 Minutes</td>
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<td>5</td>
<td>2 Days: Briskly Walk 60 Sec, Comfortably Walk 90 sec for 25 min 1-2 Days: Walk 45 Min</td>
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<td>6</td>
<td>2 Days: Briskly Walk 60 sec, Comfortably Walk 90 Sec for 30 min 1 Day: Walk 55 Min</td>
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<td>X-Rest for event</td>
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*Advanced walkers and individuals wishing to lose weight may begin training with greater frequency and time - up to 5 days and 60 minutes.*
Begin and end each workout with a 5 minute walk.

### Beginner Runner
Record your progress in minutes per day

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<tr>
<th>WEEK</th>
<th>WORKOUT*</th>
<th>Mon</th>
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<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>3 Days: Jog 60 sec, Walk 90 sec for 20 min</td>
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<tr>
<td>2</td>
<td>3 Days: Jog 90 sec, Walk 2 min for 20 min</td>
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<tr>
<td>3</td>
<td>3 Days: Jog 90 sec, Walk 90 sec, Jog 3 min, walk 3 min (2x)</td>
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<tr>
<td>4</td>
<td>3 Days: Jog 3 min, Walk 90 sec, Jog 5 min, Walk 2.5 min, Jog 5 min, Walk 90 sec</td>
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<td>5</td>
<td>2 Days: Jog 8 min, Walk 3 min, Jog 5 min, Walk 3 min, Jog 8 min 1 Day: jog 30 min</td>
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<td>6</td>
<td>2 Days: Jog 15 min, Walk 5 min, Jog 15 min 1 Day: Jog 35 min</td>
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X-Rise for Event

*Begin and end each workout with a 5 minute walk.
**Intermediate Runner:**

*Record your progress in minutes per day*

<table>
<thead>
<tr>
<th>WEEK</th>
<th>WORKOUT*</th>
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<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>TOTAL</th>
</tr>
</thead>
</table>
| 1    | 2 Days: Jog 8 min, Walk 3 min, Jog 8 min  
1 Day: Jog 20 min |     |      |     |       |     |     |     |       |
| 2    | 2 Days: Jog 12 min, Walk 3 min, jog 12 min  
1 Day: Jog 25 min |     |      |     |       |     |     |     |       |
| 3    | 2 Days: Jog 25 min  
1 Day: Jog 30 min |     |      |     |       |     |     |     |       |
| 4    | 2 Days: Jog 30 min  
1 Day: Jog 35 min |     |      |     |       |     |     |     |       |
| 5    | 2 Days: Jog 40 min  
1 Day: Run 5 min, jog 10 min, run 5 min (2x) |     |      |     |       |     |     |     |       |
| 6    | 2 Days: Jog 45 min  
1 Day: Run 6 min, Jog 6 min, Run 6 min, Jog 6 min |     |      |     |       |     |     | X-Rest | for event |

*Begin and end each workout with a 5 minute walk.*
Before you begin, consider the following:

Make sure you have the right shoes.
It is important to have shoes that support your feet to lower your risk of injury. Helpful tips include:

- Allow a space up to the width of your index finger between the end of your longest toe and the end of the shoe
- Leave plenty of room for your toes to wiggle without experiencing slippage in the heel.
- You athletic shoes may need to be replaced every six months to prevent ankle, shin and knee injuries due to wear.

Be sure to wear proper clothing.
Both long and short sleeve shirts made from synthetic materials work well to wick away moisture from your skin to keep you dry and less likely to chafe. Shorts, capris and full pants or running tights are an option, depending on the temperature and personal preference.

See your healthcare provider.
Always consult your healthcare provider before beginning or progressing in your exercise program.

Get Moving: Equipment, Water and More

Hydration:

Water consumption is essential for everyone, but even more so for those engaging in exercise.

A good rule of thumb is to aim for at least 2 liters or 8 cups of water per day.

During exercise, you should consume 2-4 cups per hour of water.

Water should be consumed evenly throughout the day to keep your body evenly hydrated.
As a walker or runner, there are some important safety considerations to keep in mind:

- **Identification**: Always carry or wear identification in the event of an emergency.
- **Run facing traffic**: If running alongside a road, always run facing traffic so you can see oncoming vehicles.
- **Plan your routes**: Always know your route and be familiar with the territory. Driving your route will allow you to be sure there is enough space on the shoulder or if there are sidewalks available.
- **Tell Someone**: Let someone know where you will be running and roughly what time you expect to be home.
- **Be safe at night**: Always run in lighted areas and try to run with a partner. Wear bright, reflective clothing so drivers can easily see you.
- **Wear Sunscreen**: Increased exposure to the sun increases the risk of skin cancer, so always wear sunscreen when running in the sun.
- **Turn down the volume**: If you are listening to music through headphones while running, be sure the volume is low enough to hear cars and people around you.

**Tips for Beginners:**

Don’t be afraid to start slowly and build up to a quicker pace or distance.

- **Forget about distance**: Start with continuously moving for 20-30 minutes. See your Colonel Couch to 5K trainer or program for specific workouts.
- **Forget about speed**: Move at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- **Swing arms naturally**: Breathe deeply. If you can’t catch your breath, slow down.

Be sure you can talk while you walk—A good pace can be measured by talking.
To Stay Motivated

- **Have Reasonable Goals.** Start with a simple goal. Pick one day this week and decide to exercise on that day. It is unrealistic to have a goal that demands 2 hours of running a day, for 365 days a year. If you’re moving, you’re improving!

- **Make Exercise Enjoyable.** Find ways to make your exercise experience a time you enjoy. For example, listen to your favorite music, play your favorite sport, or exercise with friends. If you’re training with teammates, treat them as such – support, encourage and cheer for each other! It helps to have a similar goal that you can all strive to achieve together.

**Getting Back in the Game**

*Sometimes things happen, and you miss a planned day of exercise. This is normal. Here are 4 tips to staying motivated:*

- **It’s okay to take a break.** Treat it as a longer break than usual. There are no penalties – you can start right back up again. Most people miss a few days and give up. But exercising one day a week is better than not exercising at all!

- **Re-evaluate your goals.**

- **Keep planning.** Think of ways to fit exercise into your schedule every week.

- **Just go.** Exercise today!
Join us for the Event!

- Check in at 7:30am at Guidry Stadium on the Nicholls State University Campus.
- The 5K Race for the Cure begins at 9:30am, Rain or Shine.
- Event costs $25 before October 26th. Registering now will give you something to work for!
- Party in Pink Event Friday, October 26th from 4:00pm-6:00pm at Guidry Stadium with live music by John Daigle, great food and fun! You can pick up your t-shirt, and race packet at this time.

Saturday
October 27, 2012

Printable Entry Form: 
http://www.komenbayouregion.org/2012_Race_Entry_Form-Final.pdf

Online Registration: 
https://www.active.com/register/index.cfm?CHECKSSO=0&EVENT_ID=2052812

5K Race Route: 

The Colonel Couch to 5K will conclude for the Fall semester with the participation in the Susan G. Komen Race for the Cure 5K Run/Walk.