The Crimson Couch to 5K (CC25K) is a 7-week training program designed for UA faculty and staff.

**GET READY!**

**NEED HELP TRAINING?**

Join the UREC trainers for optional, twice-weekly group training sessions. Available for all fitness levels.

**FINISH A 5K!**

After all of your hard training, you have the option to participate in the Crimson Couch to 5K/10K Event!

**FAQ’s**
- Register online: wellness.ua.edu.
- Optional check-ins for continued support and resources.
- Participate individually or with teams of 2-5 individuals.
- Receive training level and guide.
- Weekly online tracking is required for program completion.

**How to get started:**
- Submit the Training Enrollment Form by Friday, August 28.
- Physicians release may be needed if you have a pre-existing health condition.

**Training Information:**
- $16 fee to participate.
- Tuesday and Thursday at the UA Outdoor Pool Complex
  - Times: 6:00 am or 5:15 pm
  - Dates: September 1-October 15
- Sessions last approximately 30-45 minutes.
- Showers available if needed.

**How the program works:**
- The Training Guide represents how many days and minutes you should exercise per week.
- Use the Perceived Exertion Scale to ensure you’re exercising within your training level.

**Crimson Couch to 5K/10K:**
- Online event registration required.
  - Event fee (non-refundable):
    - ✧ $5: Before September 30
    - ✧ $10: October 1 - 16
    - ✧ $15: On-site
  - Event Schedule:
    - Kids Dash: 8:30 am
    - 10K: 9:00 am | 5K: 9:15 am

**Event Day:**
- 5K is 3.1 miles | 10K is 6.2 miles
- No bikes or pets on route.
- Rain or shine.
- Location: UREC Outdoor Pool Complex.
- Additional event information available online: wellness.ua.edu.
### PERCEIVED EXERTION SCALE

- The Borg Rating of Perceived Exertion (RPE) is a way of measuring the intensity level of your physical activity.
- The physical sensations a person may experience during a physical activity can be compared to the below 6-20 Exertion Scale. Based on your training level, exercise equivalents are also listed below.

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**Exertion Scale Range:**
- **LEVEL 1 TRAINING**
  - **LIGHT/MODERATE**
    - Exertion Scale Range: 8 - 10
- **LEVEL 2 TRAINING**
  - **MODERATE**
    - Exertion Scale Range: 11-14
- **LEVEL 3 TRAINING**
  - **VIGOROUS**
    - Exertion Scale Range: 15-20

**WEEK 1**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 25 minutes
- **LEVEL 2 TRAINING**
  - 3 Days: Achieve 30 minutes
- **LEVEL 3 TRAINING**
  - 4 Days: Achieve 25 minutes

**WEEK 2**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 30 minutes
- **LEVEL 2 TRAINING**
  - 3 Days: Achieve 35 minutes
- **LEVEL 3 TRAINING**
  - 4 Days: Achieve 30 - 40 minutes

**WEEK 3**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 35 minutes
- **LEVEL 2 TRAINING**
  - 3 Days: Achieve 40 minutes
- **LEVEL 3 TRAINING**
  - 4 Days: Achieve 35 - 45 minutes

**WEEK 4**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 40 minutes
- **LEVEL 2 TRAINING**
  - 3 Days: Achieve 45 minutes
- **LEVEL 3 TRAINING**
  - 4 Days: Achieve 40 - 45 minutes

**WEEK 5**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 50 minutes
- **LEVEL 2 TRAINING**
  - 5 Days: Achieve 35 - 45 minutes
- **LEVEL 3 TRAINING**
  - 5 Days: Achieve 30 - 40 minutes

**WEEK 6**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 55 minutes
- **LEVEL 2 TRAINING**
  - 5 Days: Achieve 40 - 50 minutes
- **LEVEL 3 TRAINING**
  - 5 Days: Achieve 40 - 60 minutes

**WEEK 7**
- **LEVEL 1 TRAINING**
  - 3 Days: Achieve 60 minutes
- **LEVEL 2 TRAINING**
  - 5 Days: Achieve 40 - 60 minutes
- **LEVEL 3 TRAINING**
  - 5 Days: Achieve 40 - 60 minutes

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**LEVEL 1 TRAINING**
- **LIGHT/MODERATE - INTENSITY AEROBIC ACTIVITY**
  - Exercises:
    - Leisure walk
    - Yoga/Stretching
    - Water aerobics
  - Equivalents:
    - Reading a book
    - Digesting a fresh piece of broccoli

**LEVEL 2 TRAINING**
- **MODERATE - INTENSITY AEROBIC ACTIVITY**
  - Exercises:
    - Fast pace walk
    - Light jog
    - Doubles tennis
  - Equivalents:
    - Biking at a leisure pace
    - Dancing
    - Gardening/yard work

**LEVEL 3 TRAINING**
- **VIGOROUS - INTENSITY AEROBIC ACTIVITY**
  - Exercises:
    - Combatives
    - Running
    - Swimming laps
    - High Intensity Interval Training
  - Equivalents:
    - Playing basketball
    - Aerobic dancing
    - Biking at >10 MPH
    - Playing tennis

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**FOR MORE INFORMATION:**
- wellness.ua.edu
- 348-0077
- wellness@ua.edu

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**EXHAUSTION**:
- The occasional yawn
- Walking to the kitchen for more broccoli

**EXTREMELY LIGHT**:
- Extremely light, could maintain for hours
- Walking at a comfortable pace
- Cannot hear your breathing

**BEGINNING TO SWEAT**:
- Beginning to sweat
- Moderate
- Somewhat hard, but can continue
- Can begin to hear your breathing, not gasping

**VIGOROUS BREATHING**:
- Hard, can only say a few words or answers
- Vigorous breathing
- No longer want to speak
- Extremely hard
- Hardest work you have ever done, very fatigued
- Maximum exertion