# Crimson Couch to 5K Training Guide

<table>
<thead>
<tr>
<th>Week</th>
<th>Exertion Scale Range: 8 - 10</th>
<th>Exertion Scale Range: 11-14</th>
<th>Exertion Scale Range: 15-20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>3 Days: Achieve 25 minutes</td>
<td>3 Days: Achieve 30 minutes</td>
<td>4 Days: Achieve 25 minutes</td>
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<tr>
<td><strong>Week 2</strong></td>
<td>3 Days: Achieve 30 minutes</td>
<td>3 Days: Achieve 35 minutes</td>
<td>4 Days: Achieve 30 minutes</td>
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<tr>
<td><strong>Week 3</strong></td>
<td>3 Days: Achieve 35 minutes</td>
<td>3 Days: Achieve 40 minutes</td>
<td>4 Days: Achieve 30 - 40 minutes</td>
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<tr>
<td><strong>Week 4</strong></td>
<td>3 Days: Achieve 40 minutes</td>
<td>3 Days: Achieve 45 minutes</td>
<td>4 Days: Achieve 35 - 45 minutes</td>
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<tr>
<td><strong>Week 5</strong></td>
<td>3 Days: Achieve 50 minutes</td>
<td>5 Days: Achieve 35 - 45 minutes</td>
<td>5 Days: Achieve 30 - 40 minutes</td>
</tr>
<tr>
<td><strong>Week 6</strong></td>
<td>3 Days: Achieve 55 minutes</td>
<td>5 Days: Achieve 40 - 50 minutes</td>
<td>5 Days: Achieve 40 - 50 minutes</td>
</tr>
<tr>
<td><strong>Week 7</strong></td>
<td>3 Days: Achieve 60 minutes</td>
<td>5 Days: Achieve 40 - 60 minutes</td>
<td>5 Days: Achieve 40 - 60 minutes</td>
</tr>
</tbody>
</table>

## 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.

### Equivalent:
- Reading a book
- Digesting a fresh piece of broccoli
- Resting in a chair

### Level 1 Training (Light/Moderate - Intensity Aerobic Activity) Exercises:
- Leisure walk
- Yoga/Stretching
- Water aerobics
- Biking at a leisure pace
- Dancing
- Gardening/yard works

### Level 2 Training 11 (Moderate - Intensity Aerobic Activity) Exercise:
- Fast pace walk
- Light jog
- Double tennis
- Biking
- Jump rope
- Elliptical trainer

### Level 3 Training (Vigorous - Intensity Aerobic Activity) Exercise:
- Combatives
- Running
- Swimming laps
- High Intensity Interval Training
- Playing basketball
- Aerobic dancing
- Biking at >10 MPH
- Playing tennis

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For more information:
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