

# SIMPLE JANE



## FUN RUN PLANNER

From Couch to 5 k in 9 Weeks or Less.

[www.SimpleJane.co](http://www.SimpleJane.co)

# WELCOME!

*Welcome*

Running your first 5K is an exciting challenge that anyone can achieve with the right preparation and mindset. By setting realistic goals, following a structured training plan, and staying consistent with rest and recovery, you'll be well on your way to crossing that finish line feeling powerful and strong. Remember to listen to your body, stay hydrated, and enjoy the journey every step of the way. Whether you're aiming for a personal best time or simply hoping to finish with a smile, your first 5K is a milestone worth celebrating. So, let's GO, Babe!

Here's a fun 5K training plan designed to gradually build up your running endurance over the course of several weeks:

*-Simple Jane*

# SIMPLE JANE

## RUNNER'S RELIEF

### ♥ PRE-RUN WARM UP

Peppermint oil is widely known to increase circulation and blood flow. Rubbing Frosted Peppermint oil into head, neck and chest before a run clears nasal passages and airways, & acts as a cooling agent to regulate body temp.



#### FROSTED BREATHWORK

Start with some Frosted Peppermint oil in the palms of your hands and rub into Lung One & Two Points, directly below the clavicle bone to increase lung capacity and oxygen flow.



#### LEG ENERGIZER

Increase stamina : Use a Frosted Mist or On the Mend body oil to massage into legs before your run to increase circulation and energize legs.

### ♥ POST RUN RECOVERY

Finish your run and recover faster with a Frosted Peppermint Stretch, Deep Mineral Salt Soak, and a Himalayan Salt Stone Massage. Watch our post-run videos on YouTube for suggested stretches and massage techniques.



#### COOL DOWN & STRETCH

Cool down with Frosted Peppermint Mist & a Resisted Stretch session for Hamstrings & Hips.



#### SOLE REVIVAL STRETCHES

Pay special attention to ankles, feet and toes with Sole Revival Stretch Techniques & Massage.



#### DEEP MINERAL SALT SOAK

Refresh legs and feet with a deep mineral salt scrub and soak. Use a few tablespoons & rub into sore ankles and feet before stepping in to a rich, mineral CBD soak.



#### SALT STONE MASSAGE

Finish your post run experience with On the Mend balm or oil and a Himalayan Salt Stone Massage.

# SIMPLE JANE

*Week 1*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 1 minute of jogging 2 minutes of walking for a total of 20 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 1 minute of jogging 2 minutes of walking for a total of 20 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 1 minute of jogging 2 minutes of walking for a total of 20 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

Alternate 1 minute of jogging 2 minutes of walking for a total of 20 minutes.

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage

# SIMPLE JANE

*Week 2*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 2 minutes of jogging 3 minutes of walking for a total of 25 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 2 minutes of jogging 3 minutes of walking for a total of 25 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 3 minutes of jogging 2 minutes of walking for a total of 25 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

Alternate 3 minutes of jogging 2 minutes of walking for a total of 25 minutes.

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage



# SIMPLE JANE

*Week 3*

## 5 K FUN RUN PLANNER

### DAY 1:



5 minute breathwork/ warmup walk.

Alternate 3 minutes of jogging 2 minutes of walking for a total of 30 minutes.

### DAY 2:



Cross-train with Simple Jane Stretches

### DAY 3:



5 minute breathwork/ warmup walk.

Alternate 3 minute of jogging 2 minutes of walking for a total of 30 minutes.

### DAY 4:



Cross-train with Simple Jane Stretches

### DAY 5:



5 minute breathwork/ warmup walk.

Alternate 4 minutes of jogging 2 minutes of walking for a total of 36 minutes.

### DAY 6:



5 minute breathwork/ warmup walk.

Alternate 4 minutes of jogging 2 minutes of walking for a total of 36 minutes.

### DAY 7:



Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage



# SIMPLE JANE

*Week 4*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 2 minutes of walking for a total of 35 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 2 minutes of walking for a total of 35 minutes.

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage

# SIMPLE JANE

*Week 5*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 5 minutes of jogging 1 minutes of walking for a total of 30 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

Alternate 6 minutes of jogging 2 minutes of walking for a total of 32 minutes.

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage



# SIMPLE JANE

*Week 6*

## 5 K FUN RUN PLANNER

### DAY 1:



5 minute breathwork/ warmup walk.

Alternate 6 minutes of jogging 2 minutes of walking for a total of 32 minutes.

### DAY 2:



Cross-train with Simple Jane Stretches

### DAY 3:



5 minute breathwork/ warmup walk.

Alternate 7 minutes of jogging 3 minutes of walking for a total of 30 minutes.

### DAY 4:



Cross-train with Simple Jane Stretches

### DAY 5:



5 minute breathwork/ warmup walk.

Alternate 7 minutes of jogging 2 minute of walking for a total of 36 minutes.

### DAY 6:



5 minute breathwork/ warmup walk.

Alternate 8 minutes of jogging 3 minutes of walking for a total of 33 minutes.

### DAY 7:



Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage

# SIMPLE JANE

*Week 7*

## 5 K FUN RUN PLANNER

### DAY 1:



5 minute breathwork/ warmup walk.

Alternate 9 minutes of jogging 2 minutes of walking for a total of 33 minutes.

### DAY 2:



Cross-train with Simple Jane Stretches

### DAY 3:



5 minute breathwork/ warmup walk.

Alternate 9 minutes of jogging 2 minute of walking for a total of 33 minutes.

### DAY 4:



Cross-train with Simple Jane Stretches

### DAY 5:



5 minute breathwork/ warmup walk.

Alternate 10 minutes of jogging 1 minute of walking for a total of 33 minutes.

### DAY 6:



5 minute breathwork/ warmup walk.

Alternate 10 minutes of jogging 1 minute of walking for a total of 33 minutes.

### DAY 7:



Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage

# SIMPLE JANE

*Week 8*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 12 minutes of jogging 3 minutes of walking for a total of 30 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 13 minutes of jogging 2 minutes of walking for a total of 30 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 13 minutes of jogging 2 minute of walking for a total of 30 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

Alternate 14 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage

# SIMPLE JANE

*Week 9*

## 5 K FUN RUN PLANNER

### DAY 1:

5 minute breathwork/ warmup walk.

Alternate 14 minutes of jogging 1 minute of walking for a total of 30 minutes.

### DAY 2:

Cross-train with Simple Jane Stretches

### DAY 3:

5 minute breathwork/ warmup walk.

Alternate 15 minutes of jogging 1 minute of walking for a total of 32 minutes.

### DAY 4:

Cross-train with Simple Jane Stretches

### DAY 5:

5 minute breathwork/ warmup walk.

Alternate 15 minutes of jogging 2 minute of walking for a total of 32 minutes.

### DAY 6:

5 minute breathwork/ warmup walk.

30 minutes jogging \* Cool down with On the Mend Soak & Stretches

### DAY 7:

Rest & Recover with a Simple Jane Soak, Stretch & Salt Stone Massage



Ready to run your 5k with ease?  
Rest & recover with Simple Jane & promo code

**RUN**

for 25% off anything that's not on sale when @  
[www.SimpleJane.co](http://www.SimpleJane.co)



[www.SimpleJane.co](http://www.SimpleJane.co)

@simplejaneco



*Sole*

# REVIVAL

**TOOLS & TECHNIQUES FOR  
FOOT PAIN RELIEF.**



[www.SimpleJane.co](http://www.SimpleJane.co)

@simplejaneco

# SIMPLE JANE

*Run Essentials*

You don't need everything on this checklist for great feeling feet but you do need a few. Here are the things used in this class:



**START WITH A SOAK**

**THEN A STRETCH**



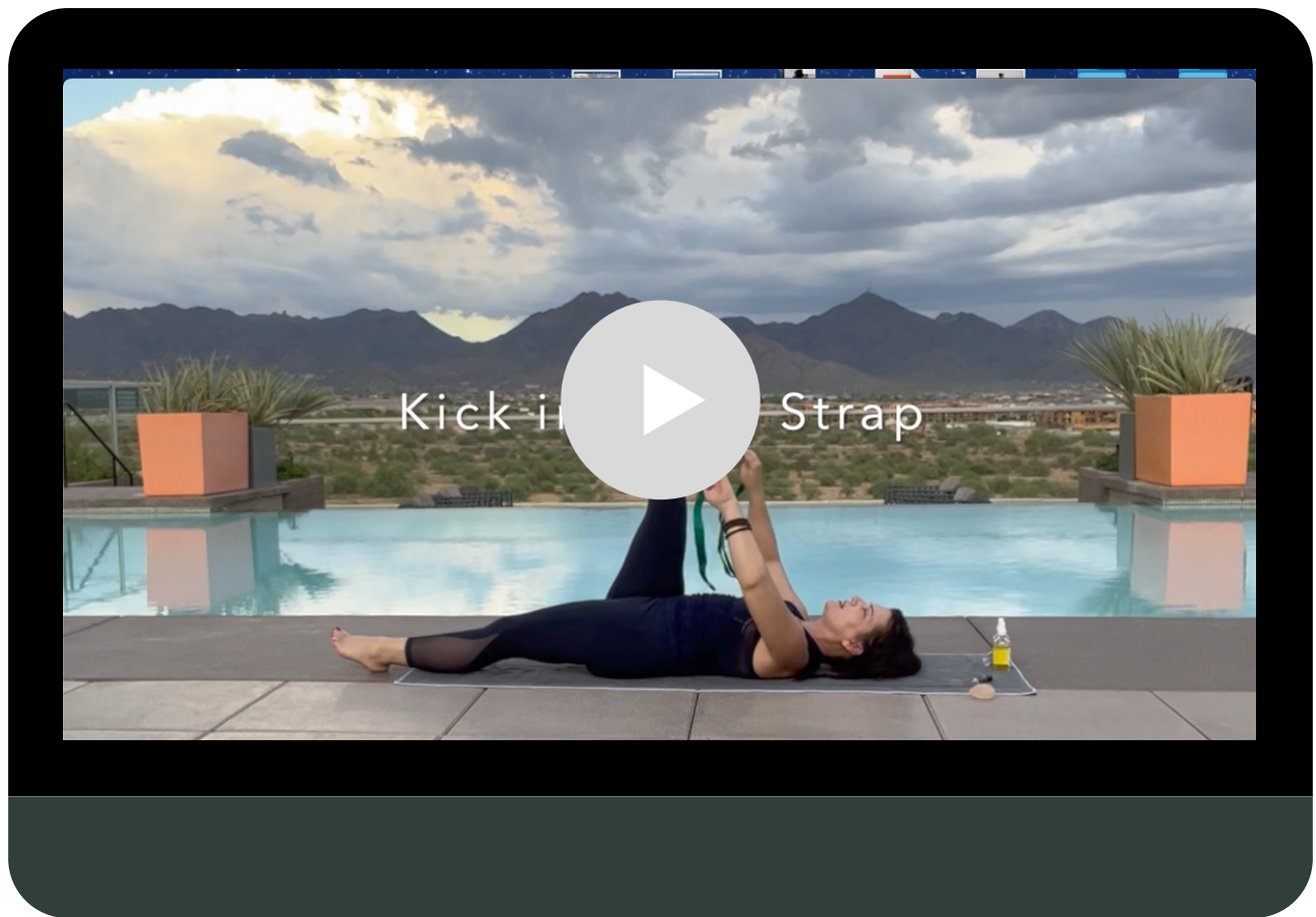
**THEN A SALT STONE MASSAGE**



**GET THE KIT**



# video guide



**From Frosted Breathwork to Resisted Hamstrings Stretches , find handy 'How to 'videos on YouTube @Simplejaneco**



# PLANTAR FASCIITIS

**SOAK. STRETCH. SALT STONE MASSAGE.**



Achilles problems are usually due to excessive force and chronic overuse. Reducing inflammation and increasing blood flow are critical elements of Achilles repair.

## **SOAK:**

Soaking for Achilles Tendonitis is an integral step of the healing process. While ice might feel 'nice', raising the internal temperature of muscles and tendons makes fascia easier to manipulate. The vasodilation of blood vessels also opens the pores to allow CBD and other healing nutrients to get to work.

## **STRENGTH:**

Most protocols for Achilles Tendonitis calls for some stretching but for long-lasting results, a combination of stretching AND strengthening is imperative. Overstretching the Achilles tendon can lead to further damage, and increase the likelihood for serious tears and/or ruptures. A series of resisted stretches for calf muscles and ankle mobility can help strengthen the lower leg compartment while maintaining flexibility.

## **SALT STONE MASSAGE:**

Following up with a Himalayan Salt Stone Massage & CBD balm can speed recovery times by giving your cells trace minerals and circulation to speed the recovery process. It's important to note - The friction or pulling on fibers in the opposing direction can further damage the tendon if it is severely torn or ruptured. Please seek professional help to determine the nature of your injury.



# STRETCH & STRENGTHEN

## Exercises for Plantar Fasciitis

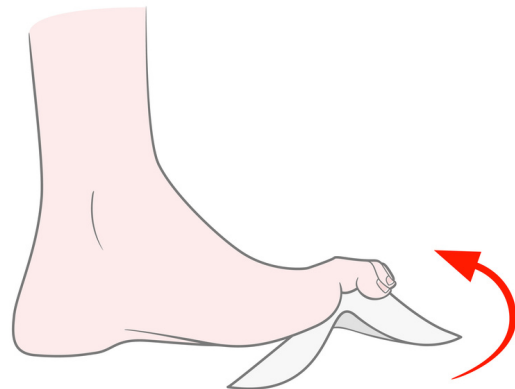
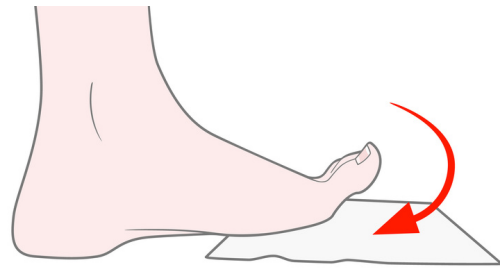
Instead of weight-bearing exercises that can put extra stress onto the tendon, try giving strengthening your feet in different ways using the towel method, bands, and balls.

### • TOE CURLS WITH TOWEL

Before starting this exercise, apply CBD balm to the top of the ankle and foot.

1. Place a small towel on the floor. Using involved foot, curl towel toward you, using only your toes. Relax.
2. Repeat 10 times, 1-2 times per day

Doing a series of resisted stretches and ankle mobility exercises with the towel can also help improve flexibility and strength. Start by holding the towel with your toes and continuing with 8 ankle circles in each direction. Repeat 3 times taking small breaks in between.



### ROLLING WITH A SALT BALL

Applying CBD balm and replacing the tennis ball with a Himalayan salt ball can greatly reduce pain and inflammation caused by plantar fasciitis.

Go as slow as you can, applying slight pressure without causing pain. Stay a little longer on certain spots that are tender or tight until you can feel a soft release. Spend 2-3 minutes here and don't forget the other foot too!



# ACHILLES TENDONITIS

SOAK. STRENGTHEN. SALT STONE MASSAGE.



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Learn how to use this kit & more @ [www.SimpleJane.co](http://www.SimpleJane.co)

# STRETCH & STRENGTHEN

## Exercises for Achilles Tendonitis

Instead of weight-bearing exercises that can put extra stress onto the tendon, try giving your tired feet and legs a rest with 'Legs Up the Wall' pose.

### • LEGS UP THE WALL POSE

Start with a cushion, folded blanket, or bolster under your hips. Using a higher support requires more flexibility, as does placing your hips closer to the wall, so adjust accordingly to find your sweet spot.

Bend your knees as much as you like, and if it's comfortable, you can even place a pillow between your knees and the wall. You may use a cushion or folded blanket under your head and neck.

- Sit with your right side against the wall, with bent knees and your feet drawn in toward your hips.
- Swing your legs up against the wall as you turn to lie flat on your back.
- Place your hips against the wall or slightly away.
- Place your arms in any comfortable position.
- Stay in this position for 12 minutes and no longer than 20 minutes.
- To release the pose, gently push yourself away from the wall.
- Relax on your back for a few moments.
- Draw your knees into your chest and roll onto your right side.
- Rest for a few moments before slowly moving into an upright position.



Doing a series of resisted stretches and ankle mobility exercises can help improve flexibility and strength while in this position.



### ANKLE MOBILITY & MORE:

**Doing a series of resisted stretches and ankle mobility exercises can help improve flexibility and strength. Start with 8 circles in each direction and repeat 3 times taking small breaks in between.**

**Point & Flex: Continue with a series of 'Point and Flex' exercises. 12 in each direction and finish with a heel reaching 'up th e ceiling and hold for 5-6 counts.**

**The future belongs to those who  
believe in the beauty  
of their dreams.**

**ELEANOR ROOSEVELT**

