



The Program

Welcome to a healthier, happier you! Congratulations on taking up the challenge to run a fun 5K race!

This training program includes a Run/Walk program for 10 weeks to build your fitness as well as tips to help you prepare for the 5K race. This program is for the first-time 5k runner

Training

The training program calls for three days per week. We encourage you to use the weekly log to record your progress and share with others preparing for the event.

Week	<u>Day 1 - Tuesday</u> Run/Walk (Total)	<u>Day 2 - Thursday</u> Run/Walk (Total)	<u>Day 3 - Saturday</u> Run/Walk (Total)
1	Walk 20-30 min	Walk 25-30 min	Walk 30 min
2	0.5m/1.5m (20m) *	0.5m/1.5m (20m)	0.5m/1.5m (20m)
3	1m/2m (20m)	1m/2m (20m)	1m/2m (20m)
4	1.5m/2.5m (20m)	1.5m/2.5m (24m)	1.5m/2.5m (20m)
5	2m/2m (24m)	2m/2m (24m)	2m/2m (20m)
6	2.5m/1m (25m)	2.5m/1m (25m)	2.5m/1m (21m)
7	3m/1m (28m)	3m/1m (28m)	3m/1m (28m)
8	3.5m/1m (30m) **	3.5m/1m (30m)	3.5m/1m (25m)
9	4m/1m (30m)	4m/1m (30m)	4m/1m (30m)
10	4m/1m (30m)	4m/1m (30m)	!Race Day!

Weeks 2 through 10: Begin each workout with 5-10 minutes brisk walking to warm up, and finish each workout with 5 additional minutes of easy walking to cool down (all weeks). Extend your warm-up and cool-down as needed. Therefore, your total “workout time” will be the time listed in the table plus your warm up and cool down time.

* ‘0.5m/1.5m (20m)’ means run for 0.5 minutes (30 seconds), then walk briskly for 1.5 minutes (1 minute, 30 seconds), and repeat that sequence ten times until you complete 20 minutes.

** In Week 8, you may experiment with reducing your walking intervals to 50, 40 or even 30 seconds. If that feels uncomfortable, continue with 1 minute walking intervals.



Important Questions

How fast should I run? How far should I go?

Speed is not important! Nor is distance. Right now, focus on the time. Your run pace should be conversational, so that you can talk to someone running alongside. Go as far as you need to. Your workout can be on a treadmill, around your neighborhood, or at a local park or track. Wear a watch or use your smart phone to keep track of time.

Those days don't work for me. How should I set my schedule?

Pick three days that work better! Try not to work out three consecutive days, and avoid missing three days or more between workouts. Use a weekend day as a workout day. If you have travel or family obligations, do your best to incorporate your workout (e.g. invite your family to join you).

What if I miss a workout?

Try to fit it back in and adjust the rest of the week, but don't pack in too many consecutive days. Sometimes it's best to just skip it and move on. If you miss multiple workouts, don't quit... pick up where you left off, or repeat the last week you finished.

Does this program work for everyone?

You may progress slower or faster than the suggested program. If the next week's running is too challenging, simply repeat the current week until you are ready to move on. If it feels too easy, pick a future week's program to start with and increase from there, progressively decreasing the walk segments and increasing the run segments until you can run 20 minutes consecutively. Just don't get too aggressive; no more than a 10% increase in mileage is a safe limit to reduce risk of injury.

I just can't seem to work out on my own...!?

Create a workout group! Invite friends, family or neighbors to join you at the race AND train with you. Share this program with them. We luckily have a safe and extensive Greenway system that can make it more convenient to get a walk or run done at any time. This might be a great activity to do while your kids are at their sports practice.

What about the days in-between? Are those all rest days?

Plan for at least one or two days weekly as total rest from strenuous exercise. On the other days, try to engage in "active rest" activities like walking or hiking, swimming, or yoga. You could also play catch with the kids or enjoy an easy bike ride. You may also



participate in fitness classes or strength training. A variety of activities help your body adapt and recover, as well as keep things interesting for your mind and soul.

Should I stretch?

If stretching helps you feel better, then, yes, stretch! Some light stretches before you start are okay, but it's most beneficial to stretch after your workout when your muscles are warm and loose. This may help alleviate soreness and stiffness.

I stretched, but I'm sore and stiff the day after anyway!?

This is where 'active rest' can help you get moving to loosen up the muscles again. A warm shower or bath can help, too. If you decide to stretch, walk about 15-20 minutes and get warm first. Expect some soreness in the first couple weeks, especially if you are returning to exercise from a long time off. Don't overdo it, and listen to your body.

What should I wear?

It's all about comfort and function, not looks. Most importantly, have a good pair of well-fitted athletic shoes. If you don't remember when you bought them, they are covered in grass clippings or make your feet/back/knees hurt... consider a new pair. Comfort and avoiding injury will help you enjoy the program. It's not necessary to spend \$200 on a new pair of sneakers, but they should fit and work for you. Try on and take a few strides in as many pairs as you can until you find something that works.

Clothing should be lightweight and breathable. Dress in layers. Also consider your socks, supportive undergarments, a hat and sunblock as very important pieces.

Any other advice to get started?

If you have never run before or it's been a long time, it is wise to consult with your Health Care Provider before starting. If you ever feel uncomfortable or ill, you know you best. Remember, the goal is a healthier and happier life.

You can also...

- Tell everyone you know about your goals and invite them to the race!!
- Keep a fitness log (see sample).
- Get adequate sleep every night.
- Smile, and think each day how lucky you are to get out there and move!

How long is a 5k?

The name 5K comes from 5 kilometers (km) and is commonly referred to as 5k or a 5k race. Since 1 km is equivalent to 0.62 miles, a 5k is a race to run a distance of approximately 3.1 miles.



What about nutrition and hydration?

Follow best daily practices, including regular hydration with water, and eating a balanced diet with plenty of vegetables, fruits, lean protein, whole grains and healthy fats. There is no special diet for 5k training, but you might enjoy a small snack (75-150 calories) within the hour before you start your workout – it's hard to train when you are distracted by hunger! On race day, have a small breakfast that's light on your stomach!

What is the Run-Walk Method?

The run-walk method was widely introduced by Olympian Jeff Galloway. It consists of combining running segments (intervals) combined with walking segments. The idea is to build endurance slowly to be able to run for long periods of time. This 5k run-walk method is a proven way to train for finishing a 5k if you have never run before.

In the beginning when you first start running, your walk segments will exceed the run segments. This allows your body sufficient time to recover. As you progress, you will shorten the walk segments and increase the run segments.

Typically, a beginner would start by running for 30 seconds, followed by walking for 1-2 minutes. The body gradually adapts to running if training is done properly and consistently.

What is a good time for a 5k race?

A beginner who has never run before can have a running pace of 12-15 minutes/mile, following a 10-week program such as this. This means that a 5K run would be completed in around 36-45 minutes.

A pace of 10 minutes/mile lets you finish a 5k in about 32 minutes. However, a beginner should aim for finishing the race, enjoying the journey and not competing for time or a placing.

Who is LB Endurance, LLC?

LB Endurance, LLC is an endurance coaching and performance testing company in Knoxville, TN owned by Coach Lana Burl. Coach Lana also leads the Prime Aquatics masters swim program. Learn more at lbendurance.com or visit the LB Endurance Lab at 1119 Sevier Ave Suite B, Knoxville, TN 37920.

Content and Program adapted from <http://www.half-marathon-running.com/5k-run-walk.html>



Weekly Training Log

Name: _____

Week: ____ Date: _____

Workouts

Day	Plan	Result/Journal
(example) 1: Tuesday 28 Sep 7:00 pm	<u>Activity:</u> run/walk 0.5m/1.5m for 20 minutes <u>Location:</u> Streets in my neighborhood <u>Other:</u> Husband joined me	<i>10 minute warm-up brisk walking, then started run intervals. First ones felt easy, but last two were tough. We finished though! Very hot 85 deg F, so took ten minutes to cool down; glad I took extra water along. Feet were a little sore later – going to try on new sneakers before next workout!</i>
1:		
2:		
3:		

Other Workouts or Activities

Day	Activity/Result

What 3-5 things went well this week?

What 1-2 things to work on next week?