WALK. RUN A LITTLE. THEN RUN A LITTLE MORE.

RUNNING 101 TRAINING GUIDE
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SEE IT. LIVE IT. BELIEVE IT.

THE OBJECTIVE: RUN A 5K.
THE STRATEGY: WALK. RUN A LITTLE. THEN RUN A LITTLE MORE.

This guide is designed to provide you with the fundamental information to achieve your objective—Running a 5K. From selecting the right shoes to eating for sustained energy, this is a step-by-step guide to help you progress from walking to running.

A FEW GROUND RULES:

• Write down why you’re doing this and keep it handy. There will be days you question your decision.
• Be okay with where you are, not where you think you should be. Taking the first step is better than not taking any at all.
• Motivation doesn’t strike like lightning. It comes from taking small steps and building confidence along the way.
• Don’t quit. It gets easier.
• What you tell yourself is half the battle. Remove “can’t” and “never” from your vocabulary.
ARE YOU READY FOR PHYSICAL ACTIVITY?

TAKING THE FIRST STEP

Before you begin an exercise program or substantially increase your level of activity, it’s important to answer the following questions. This Physical Activity Readiness Questionnaire (PAR-Q) will help determine your suitability for beginning an exercise program. If you are between the ages of 13 – 69, the PAR-Q can help you decide if you should check with your health care provider before beginning an exercise program. If you are over age 69, speak with your health care provider before beginning an exercise program. The PAR-Q is representative of the standards of the American College of Sports Medicine.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

1. Has your health care provider ever said that you have a heart condition or that you should participate in physical activity only as recommended by a health care provider?
   - YES   - NO

2. Do you feel pain in your chest during physical activity?
   - YES   - NO

3. In the past month, have you had chest pain when you were not doing physical activity?
   - YES   - NO

4. Do you lose your balance because of dizziness?
   - YES   - NO
5. Do you ever lose consciousness?
   ☐ YES ☐ NO

6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
   ☐ YES ☐ NO

7. Is your doctor or health care provider currently prescribing drugs for your blood pressure or a heart condition?
   ☐ YES ☐ NO

8. Do you know of any reason you should not participate in physical activity?
   ☐ YES ☐ NO

If you answered YES to one or more questions, if you are over 40 years of age and are inactive, or if you are concerned about your health, consult your doctor or health care provider before substantially increasing your physical activity.

If you answered NO to each question, then it’s likely that you can safely begin increasing your physical activity. Delay becoming more physically active if you are not feeling well because of temporary illness, such as a cold or fever.

If you are or may be pregnant, speak with your physician before you start becoming more physically active.
GET OFF ON THE RIGHT FOOT

You’re committed and ready. The next step is to determine what to wear—from head to toe. The right gear can mean the difference between an enjoyable run and an uncomfortable experience.

Invest in a good pair of running shoes. Visit a running shoe store where the staff is experienced in helping runners select the correct shoes based upon foot type. The American Orthopaedic Foot & Ankle Society recommends the following tips for selecting athletic shoes:

- When shopping for running shoes, do so near the end of the day. Your feet will be the largest at this time.
- The shoes you select should feel comfortable, both when walking and running.

PLAYING IT SAFE

If at any time you feel chest pain, pressure, tightness or if you have severe muscular discomfort, feel faint or are short of breath, STOP EXERCISING IMMEDIATELY. If the condition persists, consult your doctor or health care provider immediately. Or, call 911.

Don’t exercise if you are sick or not feeling well. A good rule of thumb: if you feel sick from the neck up (i.e. stuffy nose), exercise if you feel up to it, although you may want to do an easier workout. If you are sick from the neck down (i.e. chest congestion), wait until you feel better. Do not exercise if you have the flu or a fever.

SAFETY AND STRETCHES
• New shoes should not need to be broken in. You will increase your risk for foot discomfort, and possibly injury, if you try to “break in” your sneakers.

• Finally, you should be able to wiggle your toes easily in the shoe, while your heel should be gripped firmly to prevent movement of the heel during running.

In addition to proper footwear, choose comfortable, weather-appropriate clothing suitable for running. In hot weather, wear lightweight, breathable clothing. Wear warm, protective clothing in cold weather. Clean, smooth-fitting socks are also important to your comfort. Women should invest in a supportive sports bra to avoid back strain; wear two if necessary.

Consider purchasing an inexpensive watch that will help you track time as you alternate between walking and running during your weekly training workouts.

PUTTING YOUR BEST FOOT FORWARD

Stretching promotes increased circulation, better posture, increased flexibility and range of motion. It also decreases risk of injury and helps relieve stress.

• Remember to stretch after your workout. Stretching before your run elongates the muscles. Muscles that are not stretched are capable of springing back, enabling your legs to move faster during your run. Studies have shown that runners who stretch post-workout were able to run farther and for longer periods of time.

• Stretch within your limits, increasing intensity or duration as you are able. Never stretch to the point of pain or extreme discomfort.

• Do not bounce when stretching.

• Hold your stretch for 15-30 seconds.

• Use proper breathing. Breathe normally throughout each stretch. Do not hold your breath while exercising.
GLUTE STRETCH
Sit on the floor with both legs straight out in front of you. Bend your right knee and cross it over the left leg, keeping your right foot by your left knee. To feel a deeper stretch, place your left hand on the outside of your right knee and gently pull the right leg toward the left side of your body.

QUADRICEP STRETCH
Stand, using a chair or wall for balance. Shift weight to your right leg. Bend your left leg, grasping hold of your foot with your left hand. If you are unable to grab your foot, use a strap or towel to pull your foot toward your buttocks.
CALF STRETCH
Stand with feet shoulder width apart and hands on your hips. Slowly step your right foot forward, keeping your left heel on the floor. Notice that your right knee does not extend over your right foot. Feel the stretch in the left calf muscle. To deepen the stretch, lunge slowly forward and deeper into the stretch.

HAMSTRING STRETCH
Standing in front of a chair, place your right leg on the chair. Keep your head in a neutral position, looking toward your toes. Slowly slide your hands down your thighs until you feel a gentle stretch in the back of your leg. Try to keep your back as flat as possible. Only stretch until you feel tension in your hamstring muscles.
**RUNNER’S LUNGE (HIP FLEXORS)**

Stand with feet shoulder width apart. Bend your right knee and step your left foot straight back onto the ball of your foot. Remember to keep your right knee behind your right toes. For stability, you can rest your hands on your right knee. Keep your back leg straight and chest open.

**TRUNK STRETCH**

Stand with your feet shoulder width apart. Reach up overhead and grasp your right hand with your left, pulling the right hand toward the left side of your body. Repeat on the other side.
SHIN SPLINTS
Shin splints can be common in people just beginning a running program. Your shins absorb a lot of impact, which can cause discomfort when you run. To avoid and help eliminate shin splints:

- Make sure your shoes are not more than 3-4 months old and are comfortable.
- Concentrate on landing on the balls of your feet—this is where your toes join with the rest of your foot. Your toes should point out when you land, not down, and your heels should not hit the ground at all. Come down lightly when you land.
- Remember the importance of stretching after your run.

IF YOU DO EXPERIENCE SHIN SPLINTS, REMEMBER RICE:

Rest: Take at least 2 days off (without running or cardio).
Ice: On and off for 10 minutes at night.
Circulation: Do range-of-motion ankle exercises.
Elevation: Elevate legs when sitting; place a pillow under legs when sleeping.
EATING FOR ENERGY

Making the right food choices can mean the difference between sluggishness and sustained vigor. Here are a few basic principles to help you understand how to eat for energy:

• All foods have energy because they contain calories.

• Food is made up of carbohydrate, protein and fat in varying combinations.

• Carbohydrate is the one nutrient that the body turns into energy most rapidly and efficiently.

• Complex carbohydrates are the fuel of choice since they are digested gradually. The fiber in food—like fresh fruits and vegetables, whole grain products (i.e. whole wheat bread, whole wheat pasta, buckwheat, quinoa, brown rice, etc.), beans and soy foods—slows their absorption. High-fiber food allows you to feel fuller for longer and avoid energy drain and irritability.

• Beware of simple carbohydrates; they can actually be draining because they are absorbed quickly, providing a quick energy boost, followed by a crash. Examples of simple carbohydrates include: fat-free sweets, sugar-coated cereals, regular soft drinks, fruit juices or drinks and food made with sugar and other refined sugar-based ingredients, such as corn syrup, high fructose corn syrup, dextrose and honey.

• Size matters. When planning your meals, use the handful guideline. One handful (your handful!) of protein, 2 handfuls of grains and 2 handfuls of fruits/vegetables.

• Think in terms of eating a variety of foods rather than “good foods and bad foods.” Consistent nutritional habits will result in consistent performance.
MEASURING YOUR RUNNING INTENSITY USING THE TALK TEST
Exercise intensity can be measured by how hard you feel you are working and by your heart rate. It is important to exercise at a comfortable pace. In addition, you should be able to recover quickly from your workouts. If it takes more than a few minutes to recover from your walk (i.e. your breathing and heart rates return to normal), you are pushing too hard.

An easy way to determine how hard you are exercising is to take the Talk Test:
• If you can sing while walking, you are probably exercising lightly.
• If you can talk and carry on a conversation comfortably, you are probably exercising moderately.
• If you become winded and cannot carry on a conversation, you are likely exercising vigorously.

Depending on your exercise intensity goals, you may want to SLOW DOWN if you are panting and cannot speak or SPEED UP if you can sing a song at the top of your lungs.

RUN TO YOUR OWN BEAT
Increase your enjoyment, maintain your pace and be surprised by how fast the time seems to go when you run with the right music. Consider these factors when picking your perfect playlist:
• Make sure you like it! The right song can be motivating at the moment when you need it most and provide a welcome distraction.
• Consider the beats per minute. This is what will help you achieve a certain pace and the ability to maintain it. Several websites have already created playlists based on beats per minute—try www.run2r.com and www.jogfm.com.
ON YOUR MARK.
GET SET. GO!

YOUR 10-WEEK TRAINING SCHEDULE
RUNNING 101
WEEK #1: ONE STEP AT A TIME

EATING FOR ENERGY

6 Energizing Foods for Premium Performance:

- **Rolled Oats** are full of fiber, help maintain peak energy levels and curb appetite. They’re also a great source of B-vitamins, good for stress management and energy production.

- **Lentils** don’t cause a rapid increase in blood sugar. They’re high in fiber and folic acid, an added bonus for the heart.

- **Nuts** are an excellent source of monounsaturated fats, which may decrease heart disease risk. Nuts can help maintain energy levels and enhance immune function. They’re also a great source of fiber and protein.

- **Low-fat Yogurt** is not only high in calcium, but is an excellent energy food promoting muscle recovery after a workout. It’s also rich in vitamin B-12, a nutrient that helps prevent fatigue.

- **Blueberries** are a perfect energy-enhancing food. Blueberries contain potent antioxidants that destroy free radicals in the body before they damage healthy cells. Add to cereals, salads and smoothies.

- **Oranges** are rich in natural sugars and fiber, and provide quick, yet sustained, energy.

MOTIVATION

No one is in charge of your training program except you. Accept responsibility for your habits…from what you put in your mouth to getting off the couch. It’s your choice. Choose to move more and eat smarter.

THIS WEEK’S TRAINING SCHEDULE:

**Workout #1:** Brisk 5-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

**Workout #2:** Brisk 5-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

**Workout #3:** Brisk 5-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Track Your Progress

- [ ] Workout 1
- [ ] Workout 2
- [ ] Workout 3
WEEK #2: FORCE YOURSELF TO STEP OUT THE DOOR. ONCE YOU’RE OUTSIDE, YOU’RE GOLDEN.

EATING FOR ENERGY
Start your engine with breakfast.

Breakfast is a time to rev up the body (and mind) for optimal energy, performance and alertness throughout the day. Breakfast helps to:
• Boost energy
• Maintain consistent eating patterns
• Stimulate metabolism
• Manage weight

MOTIVATION
Positive self-talk is powerful. There will be days when you feel tired and don’t want to run. Consider doing a chant to feel more energized while warming up, such as, “I am fit,” “I am healthy” or “I am happy.” Sound corny? Try it. It really does work.

THIS WEEK’S TRAINING SCHEDULE:

Workout #1: Brisk 5-minute warm-up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.

Workout #2: Brisk 5-minute warm-up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.

Workout #3: Brisk 5-minute warm-up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.

Track Your Progress
☐ Workout 1  ☐ Workout 2  ☐ Workout 3
**WEEK #3: THINK BIG, ACT SMALL**

**EATING (AND DRINKING) FOR ENERGY**
Water, water everywhere. Water is the most important nutrient for runners. Consume water before, during and after exercise. In order to ensure maximal fluid absorption, consume 4 to 8 ounces of cool water (cool water is more quickly absorbed) every 15 to 20 minutes, starting 15 minutes before the activity begins.

**MOTIVATION**
Don’t think “all or nothing.”

If you don’t have time to do an entire workout, don’t take the “all or nothing” approach. If you’re really short on time, go for a quick brisk walk or fit in some strength training. You’ll still get some benefits and you’ll feel much better mentally for not skipping a workout entirely.
THIS WEEK’S TRAINING SCHEDULE:

**Workout #1:** Brisk 5-minute warm-up walk, then do 2 repetitions of the following:
- Jog 200 yards (or 90 seconds)
- Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
- Walk 400 yards (or 3 minutes)

**Workout #2:** Brisk 5-minute warm-up walk, then do 2 repetitions of the following:
- Jog 200 yards (or 90 seconds)
- Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
- Walk 400 yards (or 3 minutes)

**Workout #3:** Brisk 5-minute warm-up walk, then do 2 repetitions of the following:
- Jog 200 yards (or 90 seconds)
- Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
- Walk 400 yards (or 3 minutes)

**Track Your Progress**
- Workout 1
- Workout 2
- Workout 3
WEEK #4: NO EXCUSES

EATING FOR ENERGY
Incorporate these ideas as part of your lunch or afternoon snack:
• Water
• Fruit smoothies with low-fat yogurt
• Veggie burgers
• Fresh fruits and vegetables
• Salads with low-fat dressing
• Whole-wheat pita pockets with hummus
• Low-fat trail mix
• Almonds
• Cheese stick
• Celery and peanut butter
• Pumpkin seeds
• Low-fat cottage cheese and whole grain crackers

ENERGY DRAINERS:
Avoid these lunchtime losers:
• Super-sized fast food meals (can contain 1,000-2,000 calories per meal)
• Sugary soft drinks and beverages
• Fried foods
• Chips and candy bars
• Multiple caffeinated beverages

MOTIVATION
Have you ever noticed that we don’t make great fitness decisions when we are low on energy or stressed? Getting enough rest helps us make better choices and be less cranky. What is your bedtime?
This Week’s Training Schedule:

**Workout #1:** Brisk 5-minute warm-up walk, then:
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

**Workout #2:** Brisk 5-minute warm-up walk, then:
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

**Workout #3:** Brisk 5-minute warm-up walk, then:
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

**Track Your Progress**
- Workout 1
- Workout 2
- Workout 3
EATING FOR ENERGY
Keep lunch light in every way.

A high-calorie lunch often brings on the need for a nap. When the body shifts into gear to digest a heavy meal, it expends a lot of energy. Blood flow is directed to the stomach and digestive tract and away from the heart and brain. You feel tired and sluggish. Instead, choose a light lunch of 500 calories or less to fuel your body without leaving you drowsy. Keep healthy pick-me-up snacks on hand to refuel during the afternoon, if needed.

MOTIVATION
Shout your success from the rooftop. Don’t be afraid to pat yourself on the back or to tell others about your successes along the way.

THIS WEEK’S TRAINING SCHEDULE:
If you are on track to walk or jog across the finish line, focus on mileage rather than minutes from this point forward.

Workout #1: Brisk 5-minute warm-up walk, then:
• Jog 1/2 mile (or 5 minutes)
• Walk 1/4 mile (or 3 minutes)
• Jog 1/2 mile (or 5 minutes)
• Walk 1/4 mile (or 3 minutes)
• Jog 1/2 mile (or 5 minutes)

Workout #2: Brisk 5-minute warm-up walk, then:
• Jog 3/4 mile (or 8 minutes)
• Walk 1/2 mile (or 5 minutes)
• Jog 3/4 mile (or 8 minutes)

Workout #3: Brisk 5-minute warm-up walk, then jog 2 miles (or 20 minutes) with no walking.

Track Your Progress
☐ Workout 1  ☐ Workout 2  ☐ Workout 3
EATING FOR ENERGY

Careful on the caffeine.

One cup of coffee may kickstart your day, increase mental awareness and even help you to work faster and think more efficiently. However, too much caffeine has adverse effects. Once caffeine wears off, fatigue and depression can set in. You consume another jolt of caffeine to give your system a boost and the process starts all over again. Mid-afternoon and early evening coffee breaks could also disrupt your sleep, leaving you tired and groggy the next morning.

MOTIVATION

Short on time? Sneak in your workouts—run to where you need to go, make it an opportunity to socialize (i.e., run with a friend) or give up one television show.

THIS WEEK’S TRAINING SCHEDULE:

**Workout #1:** Brisk 5-minute warm-up walk, then:
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 3/4 mile (or 8 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)

**Workout #2:** Brisk 5-minute warm-up walk, then:
- Jog 1 mile (or 10 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1 mile (or 10 minutes)

**Workout #3:** Brisk 5-minute warm-up walk, then jog 2-1/4 miles (or 25 minutes) with no walking

Track Your Progress

☐ Workout 1  ☐ Workout 2  ☐ Workout 3
WEEK #7: DO WHAT MATTERS

EATING FOR ENERGY
If plain water just doesn’t do it for you, try adding cucumber slices, lemon, lime or raspberries to give it some kick. A little taste goes a long way!

MOTIVATION
You make time for things that are important. Prioritize your health.

THIS WEEK’S TRAINING SCHEDULE:
Workout #1: Brisk 5-minute warm-up walk, then jog 2.5 miles (or 25 minutes)
Workout #2: Brisk 5-minute warm-up walk, then jog 2.5 miles (or 25 minutes)
Workout #3: Brisk 5-minute warm-up walk, then jog 2.5 miles (or 25 minutes)

Track Your Progress
☐ Workout 1  ☐ Workout 2  ☐ Workout 3
EATING FOR ENERGY
Snacks are a great way to maintain your energy between meals and should ideally be between 100-150 calories. A few examples include: yogurt, approximately 15 almonds, 1 large apple or a tablespoon of peanut butter. Plan to eat a small snack within 2 hours of exercising (both before and after).

MOTIVATION
When struggling with motivation to exercise, remember that you won’t regret it. You will ALWAYS feel good and proud of yourself for working out. It’s a mind game that makes the decision “to exercise or not to exercise” an easy one.

WEEK #8: HIT THE GROUND RUNNING

THIS WEEK’S TRAINING SCHEDULE:
Workout #1: Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)
Workout #2: Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)
Workout #3: Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)
Track Your Progress
☐ Workout 1    ☐ Workout 2    ☐ Workout 3
EATING FOR ENERGY
It is extremely difficult to exercise when you haven’t eaten enough or at all. In order to keep your blood sugar from getting low and to sustain energy, eat 3 moderate-sized meals and 2 snacks (that contain a balance of carbohydrate and protein) each day.

MOTIVATION
What you tell yourself becomes your truth. Replace the should’s, would’s and could’s with the will’s, do’s and glad-I-did’s.

THIS WEEK’S TRAINING SCHEDULE:
Workout #1: Brisk 5-minute warm-up walk, then jog 3 miles (or 30 minutes)
Workout #2: Brisk 5-minute warm-up walk, then jog 3 miles (or 30 minutes)
Workout #3: Brisk 5-minute warm-up walk, then jog 3 miles (or 30 minutes)
Track Your Progress
☐ Workout 1  ☐ Workout 2  ☐ Workout 3
WEEK #10: SLOW AND STEADY WINS THE RACE

EATING FOR ENERGY
Don’t forget, complex carbohydrates are the fuel of choice. As race day approaches, these are even more important. Examples include: legumes (i.e. beans, peas and lentils), whole-grain breads and pasta, baked white or sweet potatoes with skin, vegetables and fresh fruits with skin and seeds.

MOTIVATION
You can do this. You’ve worked for it and it is now within your reach.

THIS WEEK’S TRAINING SCHEDULE:
Workout #1: Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)
Workout #2: Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)
Workout #3: The final workout! Congratulations! Brisk 5-minute warm-up walk, then jog 2.75 miles (or 28 minutes)

Track Your Progress
☐ Workout 1  ☐ Workout 2  ☐ Workout 3

Congratulations! You should be proud of yourself for making the commitment and sticking with the program.
REFLECT ON YOUR PROGRESS. FROM WEEK 1 TO WEEK 10, YOU’VE COME A LONG WAY.

Here are some tips to stay on track:

• Keep the list of reasons why you decided to do this program and refer to it often.
• Create a running group with people who run at a similar pace.
• Track your exercise. This is one of the best tools for maintaining lifestyle changes.

See it.
Live it.
Believe it.