

The Beginner's Guide to Hitting Your Stride



Starting Your 5K Journey

The Beginners Guide to Hitting Your Stride 5K workshop is designed to help those who want to finish a 5k or improve their time.

One of the main reasons people give up on a new exercise routine is that they push themselves too hard, too soon. Their bodies' experience too much pain and they quit. To prevent this from happening, this plan will help ease individuals into activity by starting off with a sensible amount of walking. Each workout will last approximately 20-45 minutes.

To prevent dropouts, the plan discourages skipping ahead and encourages those who aren't ready to move on to take their time. We want to make sure new walkers/runners are engaged in the program so they can continue to build endurance. Once your body become stronger and your stamina increases, you can work on pushing yourself in terms of speed.

There are several steps you should take prior to starting any exercise program.

- Make sure you are healthy enough for physical activity. If you plan on making a significant dietary change, consult your healthcare professional.
- A pair of well-fitting running shoes will go a long way in preventing injury.
- Improving your nutrition will support your more active lifestyle and help you recover from workouts.
- A pre- and post-run/walk routine should be included in your program! These routines should be a part of your workouts to help you get results from the time you invest.



Purchasing Running Shoes

A good pair of running shoes can make a big difference in your first few workouts. A proper-fitting, comfortable pair of shoes will make working out a much better experience. Here is what to look for to ensure you get a good fit with your next pair of shoes:

- The heel of your foot should fit snug, but not tight in the shoe. Make sure to leave some room for heel movement (heel movement should not be uncomfortable, if there is an irritation when buying a shoe just remember that this will be amplified once you hit the pavement and this could lead to injury).
- Make sure to lace the shoe all the way to help minimize any slippage.
- Your foot should be able to move side-to-side without crossing over the edge of the insole. If the shoe is too narrow, you'll feel the base of your little toe sitting on the edge of the shoe last.
- Feet swell and lengthen over a run, so make sure there's a thumb's width of space between your longest toe and the end of a shoe.
- Move around in the shoes at the stores; don't just stand around in them. Try walking or jogging with the shoes on to see how they feel.
- Make sure you are buying based on fit, not fashion.
- If you are unsure about purchasing running shoes, ask the professionals! Store employees should be knowledgeable about the shoes that they are selling, so make sure to ask them questions!

*Looking to purchase new running shoes?
Check out these stores:*

<http://www.hibbett.com> Location in Greenville

<http://www.finishline.com/> Location in Piqua

<http://cantstoprunningco.com/> Located in Piqua



Nutrition & Hydration



Food is the fuel that our bodies burn when we train. Eating quality food is important to properly fuel your workouts and help you perform at your best.

- As a general guideline, you should try to eat:
 - **2 servings** of protein
 - **5 servings** of carbohydrates
 - **3 servings** of dairy
 - **5 servings** of fruit and vegetables
- Swap unhealthy choices for healthier ones
 - Example: have yogurt and fruit for dessert instead of a sugar packed baked good
- Healthy snacks will help you feel full and satisfied throughout the day
 - Example: dried fruit, nuts, and convenient vegetables such as baby carrots are healthy snack options
- Planning meals for the week in advance can help you stay on track
- It is not all about the three main meals. It is important that you eat snacks at regular points throughout the day.
- As part of your 5k nutrition plan, you must ensure that you have enough fuel to follow your activity program. Consider what you are snacking on.
- It is important to get a well-balanced meal in after working out to help your body kick-start the recovery process.

For more information on serving sizes visit:
<http://www.choosemyplate.gov/>

Hydration is key to having healthy, successful walking and running sessions. A general rule of thumb is to drink **AT LEAST eight 8 ounce glasses of water per day**. This general rule should be fine for most people, though some may need more.

- Hydration is particularly important prior to working out
- Without proper hydration, your body will not be able to function at its best during your workout
- Drink water an hour or so before your workout, but do not drink too much
- A telltale sign that you drank too much water is if you feel it sloshing around your stomach
- Make sure to rehydrate after working out to replenish the fluids lost during exercise
- A sports drink containing some sodium and simple carbohydrates may be a good idea post-exercise

Pre-Workout Warm-Up

A good warm-up will help prevent injury and ensure you are ready to complete the more vigorous exercise in the workout.

- Start by **walking briskly for five minutes**
 - This will get the blood flowing and help loosen your muscles
- Follow your five minute walk with some **dynamic stretching**
 - Dynamic stretching is moving through a full range of motion without holding the stretch in a static position
 - This helps to activate muscles and ready joints for the workout.
- Here is an example of a dynamic stretching routine: (Do 2 sets of 10 reps for each exercise)
 - Heel to toe rock
 - Leg swings
 - High knees
 - Butt kicks
 - This routine should only take a few minutes to complete
- There are many different dynamic movements that you can do. Once you become more familiar with dynamic stretching, find which movements work best for you!

Post-Workout Recovery

There are several things that can be done after workouts to aid recovery and help prevent soreness. Cooling down, static stretching, proper nutrition, and sleep all affect your ability to recover for the next session and prevent injury. Each of these recovery tools, when used synergistically, allow you to recover adequately and keep you on track with the program.

Cooling Down

Walk at a slower pace for a few minutes after exercising to help return your heart rate, breathing, and body temperature back to normal and calm your body down.

- Aim for a 3-5 minute cool down period; start immediately after your workout

Static Stretching

After cooling down, the body temperature is still higher than normal but breathing is more relaxed. This is a great time to do some static stretching.

- Static stretches can improve flexibility, mobility, and range of motion
- Static stretching can help with relaxation, for both mind and body
- Stretching should not be painful, do not go past slight discomfort when performing stretches
- Pay special attention to sore muscles

One muscle group that should receive special attention is the hip flexors. This muscle group is responsible for hip flexion, a vital movement pattern in running/walking. These muscles often become tight when seated for long periods of time, so those who sit for extended periods of time throughout the day may want to pay special attention to this muscle group.

Post-Workout Nutrition

The first meal you have after your workout is important for proper muscle recovery. Exercise damages muscle and a well-balanced meal after exercise is the best way to kick-off the muscle repairing process.

- This meal should include protein, carbohydrates, and healthy fats.
- A meal containing all three of these macronutrients will repair muscle and replenish energy stores
- **Example** of a good post-exercise meal: chicken breast prepared with light oil, brown rice, a vegetable of choice, and fruit.

Examples of Post-Workout Proteins	Meats, seafood, nuts, seeds, and beans
Examples of Post-Workout Carbohydrates	Grains, fruits, vegetables, and potatoes
Examples of Post-Workout Fats	Coconut oil, olive oil, avocados, fatty fish, nuts, and nut butters.

Sleep

Getting a good night's rest is very important to recovery from workouts. The body rebuilds and recovers during the sleep cycle. Getting 7-9 hours nightly is very important for muscle recovery, as well as many other human functions. After finishing a workout it may be difficult to fall asleep immediately after, so take this into account when planning your workout program.

Motivational Tips

Intrinsic motivation is always best, but there are several tips and tactics that will help you stay motivated throughout your running program and beyond.

- **Find a Buddy**
 - Exercising with someone will help with staying accountable
- **Focus on the Positive**
 - Think of the positive short term effects of exercise such as improved mood, more energy, and better sleep
- **Make it Fun**
 - Approaching exercise with a positive mindset and enjoying the process helps you bring out the fun in exercising
- **Set Goals**
 - Setting small goals each week and then meeting them builds confidence in your ability
- **Log your Achievements**
 - Keeping a workout log or journal will help you stay on track
 - Don't just log achievements, celebrate them!
 - Treat yourself to some new gear, such as a pair of well-fitting running shoes!



Walking/Jogging Program

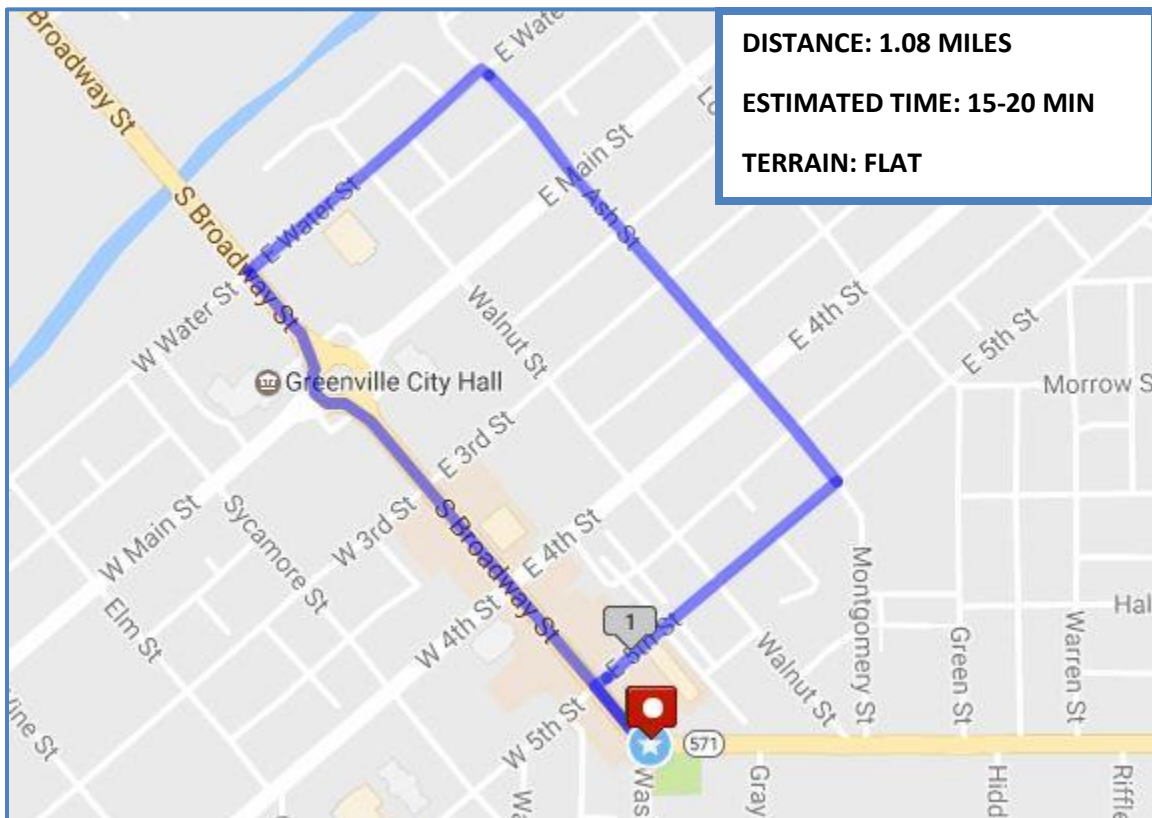
If you are brand new to exercise or currently only walk short distances but would like to complete a 5k, this 7 week program is for you. This program builds up to the actual race distance and route slowly, so you won't feel overwhelmed during the first few sessions. You'll be able to complete each session and build on it in the coming weeks. Each walking route starts and ends at the starting line of the Breast Cancer Awareness 5k, and follows many of the same streets you'll be walking on race day.

Routes

This training program will consist of four routes. The program starts with the shortest route and builds up to the actual race day route. Towards the end of the program, you will taper back down to shorter distances to ensure you're well rested and ready to go on race day.

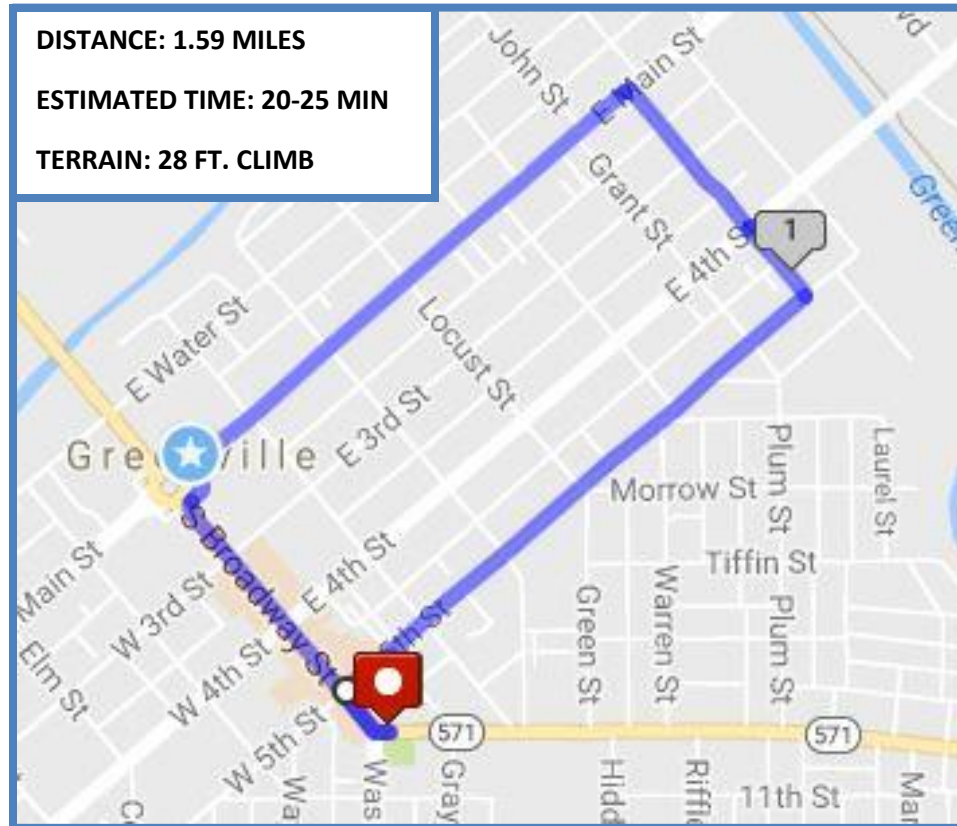
Route 1

Route 1 is 1.08 miles and ascends a total of 7.4 feet. It is a fairly easy, flat route... perfect for someone who hasn't been very active. If you have walked a 5k before, this will be like a sprint!



Route 2

Route 2 is 1.59 miles and ascends a total of 28 feet. It is half a mile longer than Route 1, with a little bit of uphill walking added. Not too difficult, but it definitely builds on the first route.

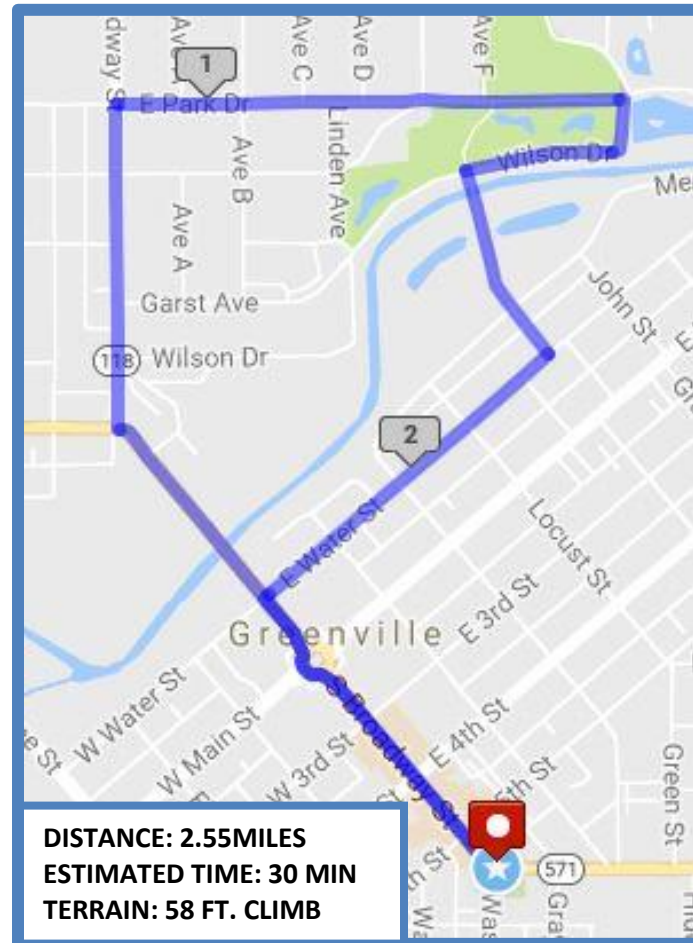


Directions: Starting from Annie Oakley Park

- Start down Broadway St toward the traffic circle
- Turn Right onto E Main St
- Turn Right onto St. Clair St
- Turn Right onto E 5th St
- Turn Left onto Broadway St
- Finish at Annie Oakley Park

Route 3

Route 3 is 2.55 miles and ascends a total of 58 feet. It is one mile longer than Route 2, with about 30 feet of climb added. This may have been difficult if you attempted it week 1, but now that you've had some practice, you'll be able to tackle this challenge.

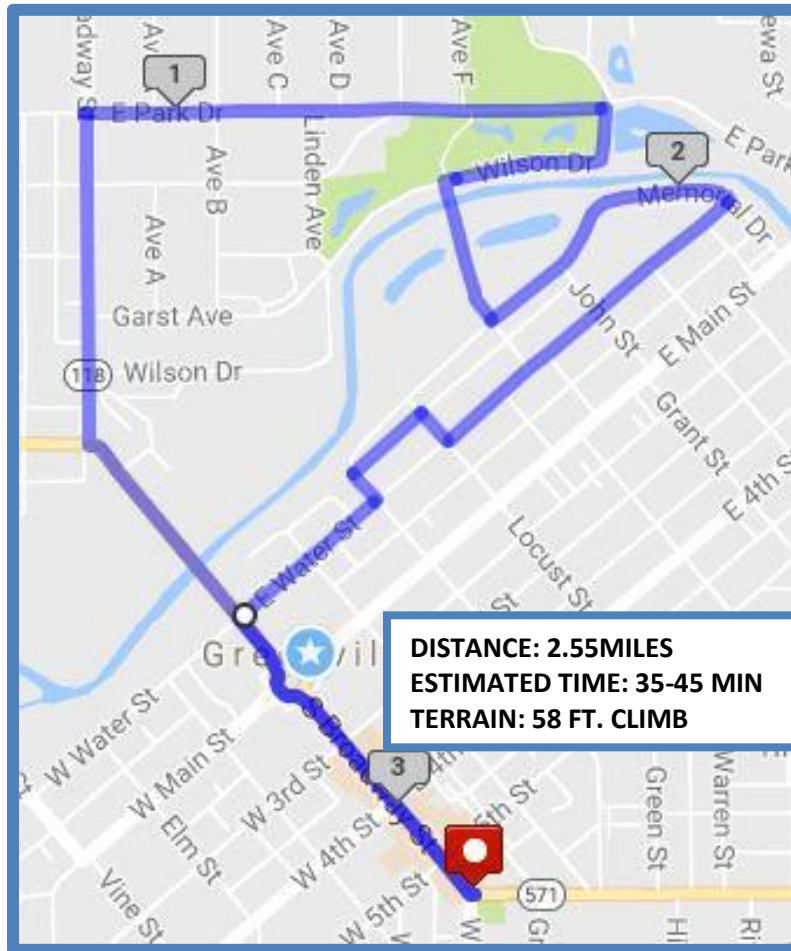


Directions: Starting from Annie Oakley Park

- Start down S Broadway St toward the traffic circle
- Go through the traffic circle to continue on S Broadway St
- Slight Right to continue on N Broadway St
- Turn Right onto E Park Dr
- Turn Right onto Wilson Dr
- Turn Left onto the path crossing Greenville Creek
- Continue on Quindora Dr
- Turn Right onto E Water St
- Turn Left onto S Broadway St
- Finish at Annie Oakley Park

Route 4 – Race Day Route!

Route 4 is 3.1 miles and ascends a total of 66 feet. It is the exact route you'll be following on race day, so you'll be able to familiarize yourself with the unique features of the course. After completing this route during a training session, you'll feel more confident in your abilities on race day!



Directions: Starting from Annie Oakley Park

- Start down S Broadway St toward the traffic circle
- Slight Right to continue on N Broadway St
- Turn Right onto E Park Dr
- Turn Right onto Wilson Dr
- Turn Left onto the path crossing Greenville Creek
- Turn Left onto Memorial Dr
- Quickly: Turn Right onto Locust St, Left onto Memorial Dr, Left onto Ash
- Turn Right onto E Water St
- Turn Left onto S Broadway St
- Finish at Annie Oakley Park

Program: The Plan

Each of the above four routes will be completed multiple times during the 7 week Walking Program. You should walk the predetermined routes 3 times per week, with one day between sessions. For example, following the program on Monday, Wednesday, and Friday would provide ample time for recovery and allow you to complete short walks on Tuesday and Thursday if you like. Follow the program below for best results:

Week:	Day 1 (Monday)	Day 2 (Wednesday)	Day 3 (Friday)
Week 1	Route 1	Route 1	Route 1
Week 2	Route 2	Route 2	Route 2
Week 3	Route 2	Route 2	Route 2
Week 4	Route 3	Route 3	Route 3
Week 5	Route 3	Route 3	Route 3
Week 6	Route 4	Route 3	Route 2
Week 7	Route 3	Route 1	
You made it!			

Congratulations!

If you followed this plan all the way through, you very likely just completed your first 5k! Sticking to an exercise routine is no easy feat, but by starting out slowly and not taking on too much too soon, you'll be able to build your strength and stamina overtime.

Alternative Walk/Jog Program

Week	Workout 1	Workout 2	Workout 3
1	Brisk 5 minute warm-up walk. Alternate 60 seconds of jogging /90 seconds of walking. Total =20 minutes.	Brisk 5 minute warm-up walk. Alternate 60 seconds of jogging /90 seconds of walking. Total =20 minutes.	Brisk 5 minute warm-up walk. Alternate 60 seconds of jogging /90 seconds of walking. Total =20 minutes.
2	Brisk 5 minute warm-up walk. Alternate 90 seconds of jogging/two minutes of walking.Total of 20 minutes.	Brisk 5 minute warm-up walk. Alternate 90 seconds of jogging/two minutes of walking.Total of 20 minutes.	Brisk 5 minute warm-up walk. Alternate 90 seconds of jogging/two minutes of walking.Total of 20 minutes.
3	Brisk 5 minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) 	Brisk 5 minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) 	Brisk 5 minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes)
4	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • 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) 	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • 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) 	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • 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)
5	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • 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) 	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) 	Brisk 5 minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 2 miles (or 20 minutes) with no walking.
6	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • 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) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 2-1/4 miles (or 22 minutes) with no walking.
7	Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 minutes).
8	Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 minutes).
9	Brisk 5 minute warm-up walk, then jog 3 miles (or 30 minutes).	Brisk 5 minute warm-up walk, then jog 3 miles (or 30 minutes).	The final workout! You made it!! Brisk 5 minute warm-up walk, then jog 3 miles (or 30 minutes).