



The Beginner's Guide to Hitting Your Stride

Starting Your 5K Journey

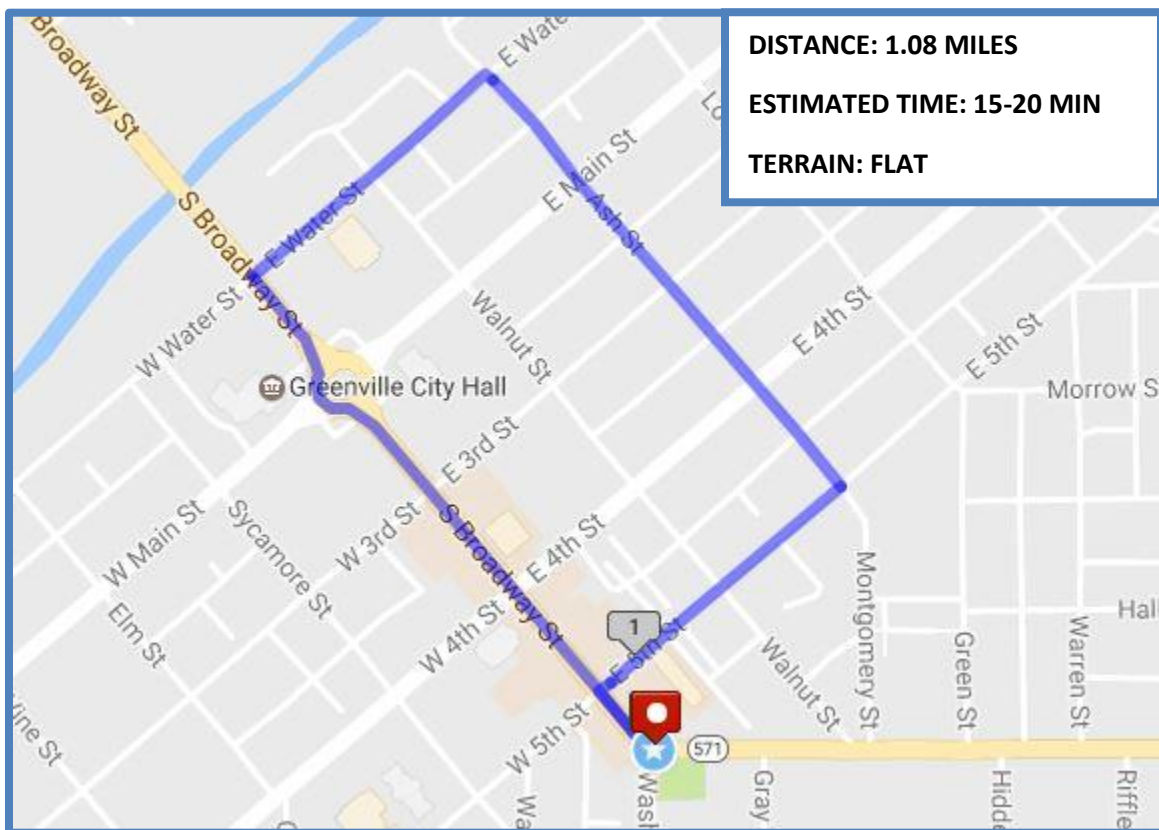
If you are brand new to exercise or currently only walk short distances but would like to complete a 5k, this 7 week program is for you. This program builds up to the actual race distance and route slowly, so you won't feel overwhelmed during the first few sessions. You'll be able to complete each session 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.

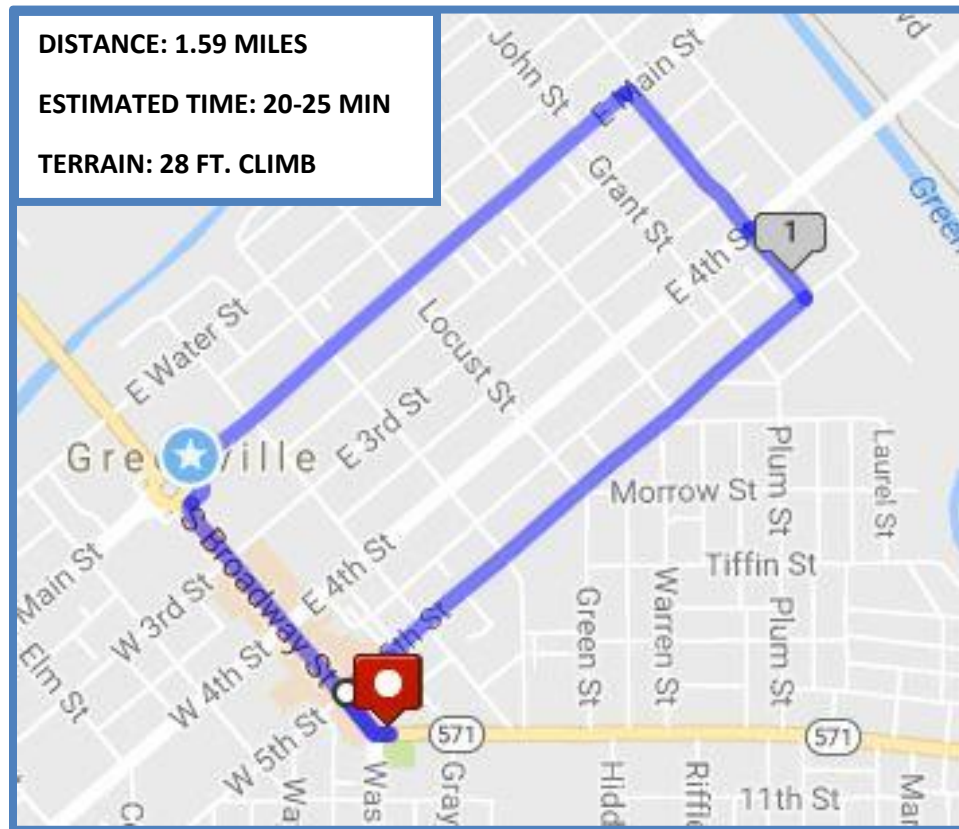
Route 1

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 1 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.

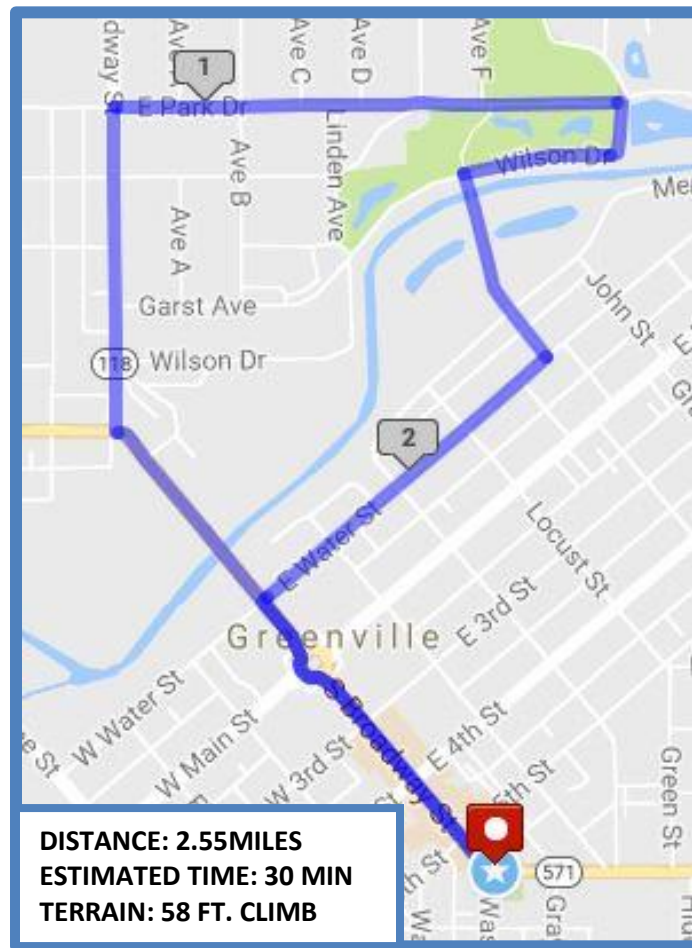


Directions: Starting from Annie Oakley Park

- 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.

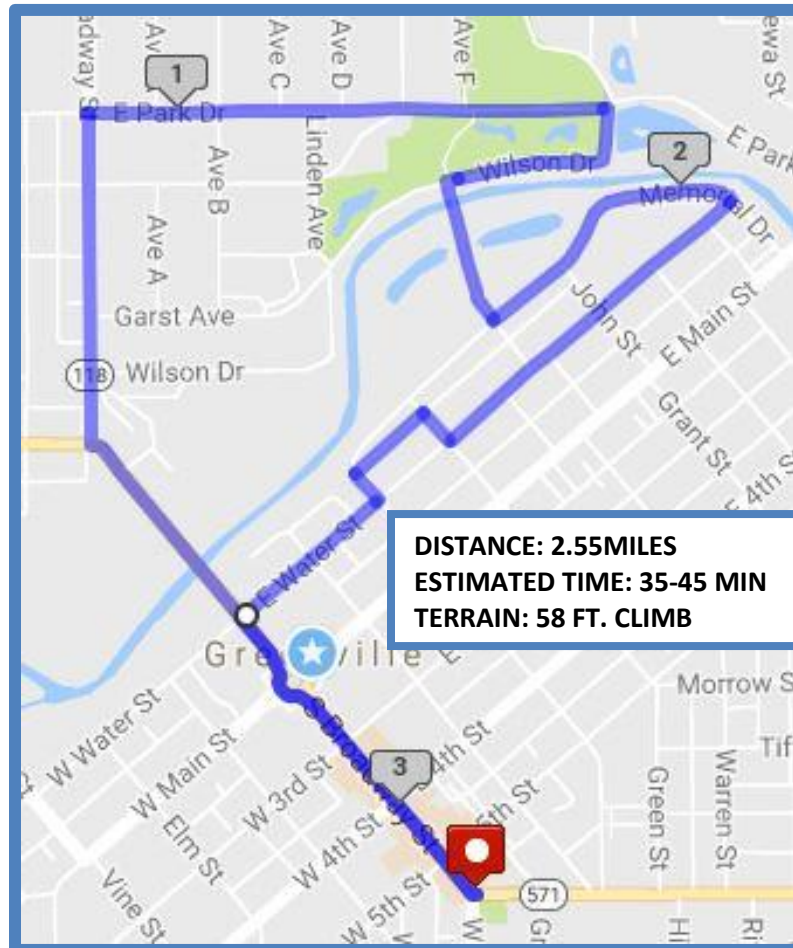


Directions: Starting from Annie Oakley Park

- 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 of:	Day 1 (Monday)	Day 2 (Wednesday)	Day 3 (Friday)
6/10/19	Route 1	Route 1	Route 1
6/17/19	Route 2	Route 2	Route 2
6/24/19	Route 2	Route 2	Route 2
7/2/19	Route 3	Route 3	Route 3
7/9/19	Route 3	Route 3	Route 3
7/16/19	Route 4	Route 3	Route 2
7/23/19	Route 3	Route 1	
Race Day! Breast Cancer Awareness 5k Saturday, July 27, 2019 8 AM			

Group Sessions:

Group sessions will take place on Mondays at 6:00 PM. We will meet at the Annie Oakley Statue. You may complete Wednesday and Friday on your own or in small groups.

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.