**So you want to run a 5k?**

If you have always wanted to run in a race, a 5k is a great place to start; it is challenging yet manageable! With dedication to a training program, and sufficient time to prepare, in four to six weeks, you'll be ready to run!

**Get me started!**
- You’re first stop is a physical exam with your doctor. Be sure to discuss any limitations or potential issues in running.
- Find the right training program for you, make sure you start off with a “base” program and work your way up, do not just start off on a difficult level! Don’t forget, YOU set your own pace.

**Wearing the correct shoes**
- Wearing the correct shoe can actually help prevent many overuse or impact-related injuries
- What’s my foot type/What shoes should I wear?
  - Pronators: Individuals with low arches, flat fleet, or arches that drop too much when walking
    - Look for shoes with:
      - Good heel control
      - Firm, stable mid-sole
      - Straight shaped shoe
  - Supinators: Individuals with high arches
    - Look for shoe with
      - Good shock absorption
      - Soft, resilient mid-sole
      - Semi-curved or curved shoe

*If you are unsure of your foot type, many running shoe stores (such as InStep) will tell you for free*

**Fluids/Hydration:**
- Dehydration allows for the body to heat up faster and can impair performance, health, and well-being.
- Start drinking fluids when you wake up in the morning and carry them with you throughout the day. Make a hydration schedule for yourself, and stick to it.
- You might be asking yourself “How will I know if I’m staying hydrated enough?” It comes down to how frequent you urinate (at least every 2-3 hours) and the color of your urine. If you have an ample amount of clear or light colored urine then you’re hydrated enough. If your urine is dark, or don’t have much of it, you are probably dehydrated and should focus on increasing your fluid intake.
- Fluid intake can also be incorporated with your food. Eating foods like watermelon, berries, mangos, tomatoes, yogurt, salads, and soups can count towards your fluid intake.
- Rehydration before workouts is extremely important two hours before workouts/competitions drink an extra 20 ounces of fluids. Staying hydrated before, during and after your workouts leads to better concentration, execution, and overall performance.

**Nutrition:**
- Focus on high carbohydrates foods and fluids, the keys to giving you needed energy for working muscles.
- Eat 5 or more times during a day, including before and after your workouts. Plan for at least a breakfast, lunch, dinner, and two snacks throughout the day.
- On race day, plan on eating a larger meal 3-4 hours before, and a small snack or meal 1-2 hours beforehand.
- Healthy carbohydrates like, whole grain waffles, vegetables, dairy products, or whole grain rice/pasta will provide energy during and after your workouts.
- Eat a combination of protein and carbs within 30 minutes after your workout to refuel and repair.
  *(Carbs=fuel—Protein=Build & Repair)*

**Posture and Core Strengthening**
- Good posture is key to running. Keep your head high and your back straight. Lightly cup your hands, keep your wrists loose, and bend your elbows about 90 degrees. Your feet should strike the ground from heel to toe
- Core conditioning reduces the chances of all sorts of injuries, improves stability, and Core reinforces the way that your pelvis, abs, hips, and lower back work together.
- The plank is a great way to improve core, depending on your strength you may only be able to hold it for 10-15 seconds. Try to increase the time by 5-10 seconds with each workout. As your core gets stronger, you will be able to last for longer and longer.

---

**Plank**

1. Get into a pushup position, but place your elbows on the ground instead of your hands.
2. Keep your body as straight as possible from your head to your toes (imagine a table laying across your back).
3. Pull your abs in towards your spine as if you were bracing for a punch to the stomach.
4. Be sure to breathe normally, and hold this position for as long as you can.
5. Don’t let your back sink down, and if it does, stop immediately.
**Foam Rolling**

1. Allows for you to give yourself a massage. By slowly rolling over certain areas of your body you’ll break up adhesions and scar tissue after your workout, which will allow for faster healing.

2. Use it to loosen up common areas of tightness such as your outer thigh, quadriceps, or upper back. Here’s how: Position yourself on top of the roll and use the weight of your body to slowly roll back and forth over it.

**Helpful Stretches**

*hold for 30 seconds each side*

**Single Knee to Chest**

1. Lie on back with knees bent and feet flat.

2. Slowly bring one knee to chest.

**Hamstring Stretch**

1. Lie on back with knees bent and feet flat, hold one thigh in both hands

2. Slowly straighten bent knee and bring foot towards face.

**Hip Piriformis Stretch**

1. Lie on back with one knee bent so foot is flat on floor and opposite ankle is crossed over the bent knee.

2. Hold hands around thigh of leg, keep abs tight while bringing bottom leg up towards your chest.

**Quadriceps Stretch**

1. Stand close to wall for support with the leg to be stretched extended behind you.

2. Keep knee of opposite leg slightly bent and hold foot of leg to be stretched with your hand, gently pulling heel toward the buttocks until stretch is felt, don’t arch back!

**Hip Flexor Stretch**

1. Kneel with one foot in front of you

2. Slowly shift weight forward onto front until you feel a stretch on front of leg you are kneeling on.