

GEISINGER

SPORTS MEDICINE

Training for a 5k

So you've decided to challenge yourself in training for a 5k, congratulations! A 5k race is a very popular race that occurs almost every weekend in most areas. The 5k offers something for everyone, and training can be started at anytime!

This 12-week training program is for beginners who have done limited exercise and are looking to challenge themselves by completing a 5k. Training runs are measured in distance and/or time spent running. Since this program is designed for beginners, the amount of time spent running will be more important than actual mileage completed. As a general rule, you should not increase your total mileage/time more than 10% from week-to-week.

It's important to hold yourself back from skipping ahead too much in the training program. Don't try to do more, even when you feel as though you can. Your body may rebel and you might end up overwhelmed a day or 2 later. On the other hand, if the program is too strenuous, don't feel pressured to continue faster than you're able to. Expect to feel a little soreness the first few weeks. This is just your body's way of adjusting to the increase in muscle and aerobic activity. Stretch out the program and repeat weeks if needed. Only move ahead when you feel you are ready.

Each running session should take about 20 to 30 minutes, four times a week. Before setting out, make sure to proceed each session with a 10 minute warm up jog and follow up workouts with a 10 minute cool down. Stretch all of your major muscle groups after your 10 minute warm-up and after each day's activities. Proper stretching loosens the muscle tissues which makes them less prone to injury and tears. Start slowly with stretching, and only stretch until the point of a gentle tug. Hold each stretch out for at least thirty seconds, and up to a minute for tight areas. See our website for additional resources regarding stretching and to get visuals on specific stretching techniques!

The following is a week-to-week schedule to help a beginner train to compete in a 5k. You can switch days to accommodate to your personal schedule. The important thing is to try to stay consistent with rotating between cross training days and running days. Don't attempt to do all of your running on consecutive days...your body will hate you!

The first 8 weeks of the program are meant to be done at a quick walking or gentle running pace, which is designed for aerobic conditioning and fat burning. The last four weeks of the program should be done without any walking. At this point your body has built up cardiovascular, skeletal, and muscular systems to handle steady running.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Easy: 2 mi	XT/Rest	Easy: 2 mi	Easy: 20-30 min	XT	Easy: 2 mi	Rest
2	Easy: 2 mi	XT/Rest	Easy: 2 mi	Easy: 20-30 min	XT	Easy: 3mi	Rest
3	Easy: 2 mi	XT/Rest	Easy: 3mi	Easy: 20-30 min	XT	Easy: 4 mi	Rest
4	Easy: 2 mi	XT/Rest	Easy: 3 mi	Easy: 20-30 min	XT	Easy: 5 mi	Rest
5	Easy: 2 mi	XT/Rest	Easy: 4 mi	Easy: 25-35 min	XT	Easy: 5 mi	Rest
6	Easy: 2 mi	XT/Rest	Speed Work Dist: 5mi*, inc 3x800m w/ 400m jogs	Easy: 25-35 min	XT	Long: 6 mi	Rest
7	Easy: 2 mi	XT/Rest	Tempo Run Dist: 5 mi, inc	Easy: 25-35min	XT	Long: 6 mi	Rest
8	Easy: 2 mi	XT/Rest	Speed Work Dist: 5 mi*, inc 2x1600m w/ 800m jogs	Easy: 25-35 min	XT	Long: 7 mi	Rest
9	Easy: 2 mi	XT/Rest	Easy: 3 mi	Easy: 35-40min	XT	Easy: 4 mi	Rest
10	Easy: 2 mi	XT/Rest	Speed Work Dist: 5mi*, inc 3x800m w/ 400m jogs	Easy: 35-40 min	XT	Long: 7 mi	Rest
11	Easy: 2 mi	XT/Rest	Tempo Run Dist: 6mi, inc	Easy: 25-35 min	XT	Long: 8 mi	Rest
12	Easy: 2 mi	XT/Rest	Speed Work Dist: 5 mi*, inc 2x1200m w/800m jogs	Easy: 25-35 min	XT	Race Day!	

*Since the speed workouts alone will not equal the recommended mileage for the day, warm up times will increase to complete total distance

Distance/Mileage (Mi): This is the total mileage to complete per day.

Easy Runs: Easy runs should be done at a pace that feels fairly comfortable. You should be breathing hard, but have the ability to carry on a conversation.

Long Runs: Long runs are over distance runs or those longer than the goal distance. This type builds strength, endurance and your confidence to complete long races.

Speed Work: Short to medium length repeats that are done at a pace ranging from race pace to an all out effort. Speed workouts are done to improve speed and the ability to maintain pace at long distances.

Rest: Rest is very important in a training program in order to provide your muscles recovery time. On the days calling for rest, do not do strenuous activity.

Warm up/Cool down (Warm/Cool): Be sure to jog for 10 minutes before beginning your workouts and again after the workout to cool down.

Tempo Runs: Your breathing should be hard with the effort on a scale of 1 to 10 (one being the easiest and 10 being all-out). For tempo runs, your breathing efforts should be either 6 or 7.

Cross-training (XT): Cross-training is an activity that supplements the sport of running. You can benefit from cross-training for several reasons which include: strengthening your non-running muscles and resting those muscles active in running, maintaining or improving cardiovascular fitness, reducing chance of injury by balancing weaker muscles with stronger ones, and avoiding burn out or boredom.

Examples of Cross-training include:

- Biking
- Weight training
- Soccer
- Stair climbing
- Walking
- Tennis or racquetball
- Swimming

For more information on this and other training plans, please visit
www.geisingersportsmed.com
or call toll free to speak with one of our medical professionals
866-414-4988

LET OUR TEAM TAKE CARE OF YOUR TEAM.
GEISINGERSPORTSMED.COM

GEISINGER
SPORTS MEDICINE