

## GUIDE TO

# TRAIN FOR THE 5K

The following 10 week guide is flexible in its delivery—you can choose where to start based on your comfort and activity level. We suggest starting at Week 5 but should you find this too challenging, drop back to a previous week. Then use the additional weeks to continue training once the program has completed. For additional resources visit [runningroom.com](http://runningroom.com)

WEEK		FIRST TRAINING		SECOND TRAINING		SOLO TRAINING		TOTAL RUN	TOTAL WALK
1	Rest	walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min	Rest	walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min	Rest	walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min	Rest	7	14
2	Rest	walk 1 min; run 1 min, walk 1 min (10 sets)	Rest	walk 1 min; run 1 min, walk 1 min (10 sets)	Rest	walk 1 min; run 1 min, walk 1 min (10 sets)	Rest	10	11
3	Rest	walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min	Rest	walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min	Rest	walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min	Rest	14	8
4	Rest	walk 1 min; run 3 min, walk 1 min (5 sets)	Rest	walk 1 min; run 3 min, walk 1 min (5 sets)	Rest	walk 1 min; run 3 min, walk 1 min (5 sets)	Rest	15	6
5	Rest	walk 1 min; run 4 min, walk 1 min (4 sets)	Rest	walk 1 min; run 4 min, walk 1 min (4 sets)	Rest	walk 1 min; run 4 min, walk 1 min (4 sets)	Rest	16	5
6	Rest	walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min	Rest	walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min	Rest	walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min	Rest	17	5
7	Rest	walk 1 min; run 6 min, walk 1 min (3 sets)	Rest	walk 1 min; run 6 min, walk 1 min (3 sets)	Rest	walk 1 min; run 6 min, walk 1 min (3 sets)	Rest	18	4
8	Rest	walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min	Rest	walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min	Rest	walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min	Rest	18	4
9	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	20	3
10	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	walk 1 min; run 10 min, walk 1 min (2 sets)	Rest	20	3
11	Rest	Rest							

# STRETCHING

## CALF

- ▶ Stand about a meter from a wall, rail, or tree
- ▶ Place your feet flat on the ground toes slightly turned inward
- ▶ Bend your forward leg
- ▶ Keep your opposite leg back and straight and feel the tension in the calf
- ▶ Bend the straight leg at the knee to work the Achilles tendon



## HAMSTRING

- ▶ Use a corner, doorway, or tree and lie flat on your back
- ▶ Raise one leg on the doorway, corner, or tree
- ▶ Your other leg should be flat on the ground
- ▶ With breathing relaxed and both legs straight, do not bend your knee
- ▶ You can increase the stretch by moving your butt closer to the doorway or tree
- ▶ Hold the stretch and relax
- ▶ Repeat with your other leg

## QUADRICEPS

- ▶ Place one arm on a wall or rail to balance yourself
- ▶ Use the other hand to pull the foot back
- ▶ The bent knee should touch the other knee
- ▶ To protect the back, pull your abdominal muscles in with a pelvic tilt
- ▶ Watch your alignment, heel back toward your buttocks, knees together
- ▶ Stretch, breathe, and relax
- ▶ Repeat with your other leg



## LOWER BACK

- ▶ Lie flat on your back with your legs straight out
- ▶ Bring your bent knees up to your chest
- ▶ Grasp your legs behind the knees
- ▶ Keep your knees together
- ▶ Gently pull your knees to your chest
- ▶ Keep your back flat on the ground
- ▶ Breathe, hold the stretch, and relax

# TEAM RULES

- 1. SAFETY** Never assume you are safe. Keep watching for traffic and jump off the road when needed. Do not follow anyone into a dangerous situation—you are responsible for your own safety.
- 2. GO SLOW** Pace yourself so that you can easily talk to the person you are running beside or yourself, if you are running alone. This is called the "talk test" and it ensures that you are running at an appropriate pace for you! The slower you run, the faster you'll recover. The rest provided by the program is designated to protect you. Don't run more than is noted on your schedule, and don't try to jump back into the program when you've been sick or injured.
- 3. DRINKING** Drink about 4–6 ounces of water every hour you're awake. If you're sweating profusely, you can drink more than this amount. Avoid caffeine as much as possible—they will

**FORM TIPS:** STAY UPRIGHT • CHEST FORWARD • HIPS FORWARD  
GOOD FOOT PLANT • ARMS - NATURAL AND LOOSE

## ILIOTIBIAL BAND

- ▶ Stand parallel to a wall, an arm's length away
- ▶ With feet together, extend your arm sideways, wrist bent, with your palm against the wall
- ▶ Lean towards the wall with your opposite hand on the outside of your hip
- ▶ Breathe in and out with your legs straight
- ▶ Tighten your buttocks and push your hips towards the wall
- ▶ Push, feeling the stretch on the outside of the leg nearest the wall
- ▶ Hold the stretch — breathe and relax
- ▶ Repeat on the other leg

## GROIN

- ▶ Sit upright with your back straight
- ▶ Sit with knees up, then let them drop open to the sides with the soles of your shoes facing each other
- ▶ Hands on your ankles, pull your feet towards your buttocks
- ▶ Rest your arms on the insides of your legs
- ▶ Gently push your knees toward the ground
- ▶ Feel the stretch in your groin area, breathe, relax

## BUTTOCK

- ▶ Sit up straight with one leg straight and the knee of the other leg bent
- ▶ With the foot of the bent leg on the outside of the straightened leg, slowly bend the leg towards the opposing shoulder
- ▶ Feel the stretch high in the hip and buttock area of the bent leg
- ▶ Hold the stretch, breathe, and relax

## HIP FLEXOR

- ▶ Kneel on one knee and place the other forward at a 90-degree stance
- ▶ Keep your back straight and maintain a pelvic tilt
- ▶ The rear knee is planted to stretch the hip in front
- ▶ Keep your knee on the ground and shift your hips forward
- ▶ You should feel the stretch in the hip of the rear leg
- ▶ Switch legs and repeat



dehydrate you. Electrolyte beverages, such as Gatorade, will help you replace the body salts that you lose during exercise.

- 4. SUPPORT OTHERS** Give each other support and encouragement and remember to work together.
- 5. TRAINING PACE** Slow means a pace that you can do easily. The slower you run, the faster you recover. Faster, harder stuff will come later in the program for those who want it.
- 6. WORK TOGETHER** Become a strong unit of support, spreading positive energy. The energy you put into the program will bring you many times the return.

**SHIFT**  
YOUR MIND