

# TRAINING PLAN

# TRAINING FOR RUNNING EVENTS

# FROM 5K TO MARATHONS



## 1. How To Get Started

- Consult Your Physician Before Beginning A Running Program.
- Ease Into Your Program.
- 20 - 30 Minute Exercise Segments, 3 X Week, Days Rest In Between.
- Run For Time Or Distance.

## 2. Steps To Getting Started

- Begin With 30 Seconds of Jogging Every 2 Minutes for 20 Minutes. Add 5 Seconds Of Running Until You Can Run For 90 Seconds With 30 Seconds of Walking.
- Be Consistent. At Minimum Every Other Day.
- If You Experience Pain, Inflammation Or Loss Of Function Consult With A Physician.
- Increase Your Distance Slowly.
- Don't Eat Or Drink A Large Amount Of Food Before A Run.
- Run Or Walk At A Pace That You Can Still Carry On A Conversation.
- Reduce The Amount Of Time You Run As Well As The Intensity On Hot Days.
- Find Ways To Enjoy Each Workout.

## 3. Way To Improve As A Runner

- Run With Others
- Shoes - 300 - 500 Miles
- Try Something New
- Establish Pre-Run Ritual
- Run In The Morning Or During The Day
- Run Like A Tortoise
- Good Posture
- Take Breaks
- Stock Healthy Foods
- Hydrate
- Ice For Inflammation
- Schedule Yourself
- Find A Trainer
- Browse The Web & Join Running Websites
- Cross-Train
- Make Running Enjoyable Not An Obsession
- Get Your Clothes Ready The Day Before
- Keep Records
- Change Running Surfaces
- Enter Running Events
- Take A Running Vacation - Run A Race Out Of Town
- Maintain Flexibility
- Find A Running Partner
- Set A Streak

## 4. Strength Training

- Balance Running & Strength Training
- Runners And Walkers Are Often Fearful Of Bulking Up.
- Others Are Intimidated To Go To Gym..

### Benefits

- **Maintains Or Increase LBM**
  - A. Fat Burns Nothing At Rest, Muscle Uses Oxygen And Burns More Calories.
  - B. Body Uses 4.5 - 7 Calories Per Pound Of Bodyweight.
  - C. A 160 Lb Walker/Runner Who Reduces Body Fat By 5% By Increasing LBW Will Burn 36 - 56 Calories/Day.
- **Improved Performance**
  - A. Strength Training Can Improve Walking Or Running By Making You Faster, Go Longer And Or More Efficiently.
  - B. JSCR Study Showed Increased Performance In Endurance And Leg Strength.
  - C. Recovery From Exercise Is Improved Because Body Becomes More Efficient At Converting Metabolic Waste Into Energy.
- **Injury Prevention**
  - A. An Increase In Strength Provides An Increase In Joint Stability Reducing Risk Of Repetitive Stress Injuries According To A JSCR Study.
  - B. Leg Exercises That Strengthen Muscles Around Knees And Hips Are Most Important.

### Exercise Routine

- Squats
- Box Step-Ups
- Lunges
- Straight Leg Deadlift
- Heel Raises
- Chest Press
- Row
- Lateral/Front Raise
- Rear Delt
- Arm Curl
- Tricep Extension
- Core: AB Crunch, Front Bridge, Side Bridge, Birdog

### Cross Training

- **Exercise Modalities**
  - A. Stationary Bike - Upright or Recumbent
  - B. Elliptical
  - C. UBE
  - D. Rower
  - E. Nu-Step
- **Use of Intervals**