

# Rolling Strong 5K Training Program

Developed by Christy Coughlin  
Wellness Coach, Certified Personal Trainer and Health Coach



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Welcome to the Fourth Annual Virtual ATA 5K Fun Run/Walk sponsored by Velociti and powered by Rolling Strong! Participation demonstrates your commitment to good health. Get everyone involved and make it a family activity! Plan to run or walk around your neighborhood or at a nearby park.

Document your run with pictures and share using **#5kMCE20** and **#ATAmce20** on your social media networks (Facebook, LinkedIn, Twitter).

You don't have to run a marathon to be considered a runner, instead, train for a 5K. In 2016, approximately 8 million ran a 5k, in one of the over 15,000-5ks in the US. Women made up 57% of the finishers. With gyms closed over the last few months, you may have noticed even more runners. Join this new running boom, and get into the best shape of your life.

The suggested participation race dates are Friday, October 23 – Sunday, October 25. Race registrants will receive an official 2020 MCE 5k race t-shirt and printable race bib prior to race day, if registered on or before **October 12**. So get those entries submitted.

As a registered participant you will receive regular training information, from Rolling Strong, through blogs, podcasts and videos to help prepare you for the 5k. A training plan for beginners is included below to help those new to running. Whether you walk, run/walk, or run to set a PR, all are encouraged to join! We hope you find this training information helpful.

\*It is advised to get clearance from your physician before undertaking any form of vigorous exercise like running.

## Topics we will focus on in the next three weeks include:

1. Using the Rolling Strong App and Wellness Coaching to help you prepare for the 5k and to drive healthy outcomes for the long-term
2. Basics of Injury Prevention
3. Importance of a Proper Warm up and Post-Run Stretching
4. Good Nutrition to Enhance your 5k Training
5. Hydration for Athletes (that's you!)
6. Race Day Preparation

## **Running is a Great Form of Exercise**

- Running is the most efficient path to cardiovascular fitness. Even short bouts will improve your heart health, and reduce your risk for heart disease.
- Running builds leg and core strength with each stride.
- Running is accessible, flexible, and inexpensive. With little equipment required, you can run anytime and almost anywhere.
- Running, as with other forms of aerobic exercise, elevates your mood, reduces stress, boosts confidence, and has been proven to be an effective treatment for depression.
- Running will help you lose more weight than walking. Few activities burn calories as quickly.
- Running strengthens your bones, muscles and joints helping prevent bone loss and arthritis.
- Running can improve your brainpower, especially as you age.
- Running is a great social activity allowing you to enjoy uninterrupted, quality time with friends and family.
- Running allows you to see more of nature, your neighborhood, and experience all types of weather.
- Running outdoors, while practicing social distancing, is a safe form of exercise during the pandemic.

## **Basics of the Beginner Run/Walk 5k Training Program**

- Run for minutes, rather than for distance. Adapt the program to your fitness level.
- Run outdoors when possible. Dress appropriately for all weather conditions.
- Opt for softer surfaces, found on many trails, whenever possible.
- Treadmills are great and offer a softer surface.
- Warm up with 5-10 minutes of walking, throughout your training.
- Continue the warm up with 1-minute segments of running, followed by 1 minute of walking, 5 times.
- Increase the overall amount of run time, and the time of the run segments. Walking is included, in between runs, for most of the program.
- Include 3 walk/runs per week.
- Include cross training to build cardiovascular strength. Swimming and cycling are two great ways to cross train.
- Rest is where the magic happens so don't skip those days.
- If you miss a day of running, just continue moving forward in the program.

## Set a Goal

Decide to walk, combine walking and running, or run the entire 5k. While you may not be able to take in the excitement of a public event, you can still get the satisfaction of finishing a 5k. Pick a date and time to run your 5k, between October 23-25. Choose to, run your comfortable route close to home or run a beautiful course in a nearby park. Set a goal to commit to the training and healthy habits that will contribute to a successful 5k on race day. Eating well, sleeping 7-8 hours, and limiting your alcohol intake will contribute to your success. For those experienced with the distance, set a goal time.

Below is a training plan for a beginning 5k runner. This plan assumes you have a good base of walking. Make it your own by adjusting it to your fitness level and schedule. Record notes after each workout.

Before each workout, spend at least 5 minutes doing dynamic movements (look for more information coming soon) to bring warming blood to your muscles and joints. At the conclusion of the workouts, make sure to warm down with at least 5 minutes of walking. Spend a few more minutes stretching.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Walk 10 R/W 5x1 R/W 2x3 Walk 5	Yoga or Strength	Cross Train	Walk 10 R/W 5x1 R/W 2x5 Walk 5	Rest	Walk 10 R/W 5x1 Run 10 Walk	Rest or easy activity
Week 2	Walk 10 R/W 5x1 R/W 3x3 Walk 5	Yoga or Strength	Cross Train	Walk 10 R/W 5x1 R/W 2x6 Walk 5	Rest	Walk 10 R/W 5x1 Run 15 Walk 5	Rest or easy activity
Week 3	Walk 10 R/W 5x1 R/W 3x4 Walk 5	Yoga or Strength	Cross Train	Walk 10 R/W 5x1 R/W 2x8	Rest	Walk 5 R/W 5x1 <b>Run 5k</b> Walk 5	Rest or easy activity

R/W=Run then walk for the same amount of time, so R/W 2x3 is run 3, walk 3, run 3, walk 3

Print out the above training plan and recruit your family to join. October weather is perfect for running! Look for additional 5k training information in the next few days.

Lace up your shoes...the 5k is only 3 weeks away!

