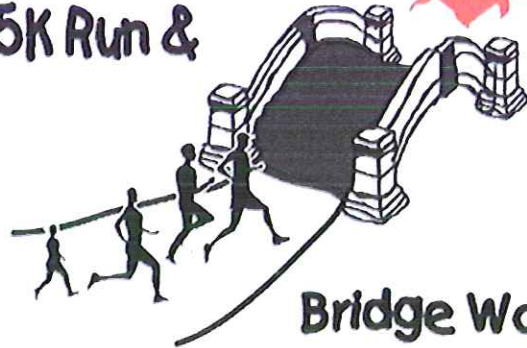


Hart Healthy
Labor Day
5K Run &



Bridge Walk

5K RUN 6 WEEK TRAINING PROGRAM

You may complete your training at the following fitness facility:

**Lakeside Comprehensive Rehabilitation
& Wellness Center**



601 E Main Street
Hart, MI 49420
(231) 873-3577
Lakesiderehab.com

Even if you've never run a step, you can build up to 30 straight minutes within 6 weeks! Follow this smart training plan.

Just starting? Try this! Don't worry if you've never put on a pair of running shoes. This program will get you up and running for at least 30 minutes straight in just six weeks. For each run, aim for a rate of perceived exertion (RPE) that feels like a 5 or 6 on a scale of 1 to 10 so you don't burn out too soon.

This guide is for those of you that have done very little running or no running at all. Although a 5k is a short distance (3.1 miles), it is still long enough of a race to require proper training and planning before jumping in. Although it is entirely possible to enter a 5k and walk or jog your way to the finish, this guide isn't for that type of person. This guide is for those of you that want to give your best effort and not just show up for the T-Shirt. Although 6 weeks does not sound like a long time, 6 weeks is ample time to get your body in shape for a 5k. This program can be completed on a treadmill or outdoors. When training on the treadmill it is better to run at an incline of 1 in order to better mock running outdoors since the terrain is never flat. The route will include a combination of pavement and gravel terrain. ***The route has a hill to tackle in the beginning of the race. It is recommended to start incorporating some inclines into your walk/run around week 3 to help prepare you for this obstacle.*** ***Incline recommendations*** will be included at the end of each weekly program.

A few Key Points:

- If you need more buildup time, take brisk walks on your off days or a few extra days per week.
- Make sure you alternate between run days and off days, especially in the beginning, to give your body plenty of recovery time.
- Good running shoes go a long way! If you find yourself getting leg cramps or shin splints, take a look at your shoes. If they are looking ragged, try getting a new pair. A nice pair of good fitting running shoes makes a big difference.
- Don't be afraid to work up a sweat. The only way to improve is to work harder than what is comfortable. Don't let comfort get in the way of your goals.
- Always warm up. Taking the time to stretch and warm up your legs with a jog/walk is important.

Week 1:

- Day 1: Start off at a nice easy pace and run for 6 minutes at a pace you can handle. Take 2 minutes to walk or jog to lower the heart rate, and then repeat this cycle once for a total of 16 minutes.
- Day 2: Run for 8 minutes at a pace you can handle and again take 2 minutes to walk or jog until your heart rate slows. Repeat this one time for a total of 20 minutes.
- Day 3: Repeat day 1.

Week 2:

- Day 1: Run for 8 minutes at a nice pace and walk/jog for 2 minutes. Repeat once for a total of 20 minutes.
- Day 2: Run for 10 minutes and walk/jog for 2 minutes. Repeat once for a total of 24 minutes.
- Day 3: Repeat day 1

Week 3:

- Day 1: Run for 12 minutes and walk for 3 minutes. Repeat once for a total of 30 minutes.
- Day 2: Run for 15 minutes straight and then stop and rest for 5 minutes. Repeat the 15 minute run for a total of 30 minutes of running.
- Day 3: Repeat day 1.

Incline Recommendations: Treadmill- aim to reach an incline of 3 by the end of this week. For example: On Day 1 during your 12 minute runs, run the first 5 minutes (recommend incline of 1) and then incline to 2 for 1 minute, 3 for 1 minute and then come back down to 2 for 1 minute and back to 1 for the remainder of your time (4 minutes). Alternating your inclines will help build endurance as well as prepare you for steady inclines during your route.

Outdoors- Find a route to complete your 12 minute runs with a small steady incline to complete. This may not always be possible so any small hills that you can find to incorporate into your route would be beneficial.

Week 4:

- Day 1: Run for 15 minutes, slow down to a jog for 5 minutes, and then run for 10 minutes.
- Day 2: Run for 18 minutes, walk for 2 minutes, then repeat for a total of 40 minutes.
- Day 3: Alternate between 100m sprints and 100m walks for a total of 15 minutes. Finish this off with an easy jog of 5 minutes to keep your heart rate up. If you don't have a measured distance available alternate between sprints of 15 seconds and walks of 1 minute 15 seconds for a total of 15 minutes (comes out to 10 sets).

Incline Recommendations: Treadmill- aim to reach an incline of 5 by the end of this week. For example: On Day 1 during your first 15 minute run, run the first 5 minutes (recommend incline of 1) and then incline to 5 using 1 minute intervals for each increase of incline. Gradually decline back to 1 using 1 minute intervals and complete the remainder of your run normally following the instructions above.

Outdoors- Find a route to complete your 30 minute route with a small to medium steady inclines that should take a total of 5 to 6 minutes to complete.

Week 5:

- Day 1: Run for 20 minutes straight and then rest until your heart rate returns to normal. Repeat for a total of 40 minutes of running.
- Day 2: Alternate between sprints of 100m and jogs of 100m. Repeat this for a total of 20 minutes. Again if you do not have a measurement available you can alternate 15 second sprints and 1 minute jogs for 20 minutes (16 sets). Finish this off with a light run of 10 minutes.
- Day 3: Run for time: Run for 10 minutes as fast as you can while keeping a steady pace, and track your time. Repeat this once. When you are finished, measure the distance with your car or you can map it online using mapmyrun.com. Use this to try and estimate your 1 mile pace.
- Day 4: You'll need this extra day for a recovery run. Jog for 25 minutes at a low pace and focus on breathing and form. Find what works best for you.

Incline Recommendations: Treadmill- aim to reach an incline of 6 by the end of this week. For example: On Day 1 during your first 20 minute run, run the first 5 minutes (recommend incline of 1) and then incline to 6 using 1 minute intervals for each increase of incline. Gradually decline back to 1 using 1 minute intervals and complete the remainder of your run normally following the instructions above.

Outdoors- Find a route to complete your 40 minute route with at least one moderate steady incline.

Week 6:

- Day 1: Go for a moderately paced run for 30 minutes and keep an eye on your time. Measure the distance with your car or mapmyrun.com to see how far you can cover in 30 minutes. This will help you find a manageable pace for the race.
- Day 2: Alternate between 1 minute sprints and 1 minute jogs for 30 minutes. Focus on form and breathing trying to keep your heart rate up the entire time.
- Day 3: Repeat day 3 from last week and see if your time is improving. You should be seeing major gains by this point.

Incline Recommendations: Treadmill- aim to reach an incline of 7 by the end of this week. For example: On Day 1 during your 30 minute run, run the first 5 minutes (recommend incline of 1) and then incline to 7 using 30 second intervals for each increase of incline until you reach 7. Gradually decline back to 1 using 30 second intervals and complete the remainder of your run normally following the instructions above.

Outdoors- This week you should try to conquer at least one large hill so pick a target and tackle it! Find a route to complete your 30 minute route with a large steady incline.

Race Week!

- Day 1 (Monday or Tuesday): Take a long jog for about 25-30 minutes and again relax and work on breathing and pace. Don't push yourself too hard.
- Day 2: Taper down to a 15-20 minute jog just to keep your legs ready for the race. This should be a confidence run because by now if you have followed the program you are running great!
- Race Day: Go out there and give it your all and have fun! Don't take off too fast, get into a nice rhythm, and then let your legs take you to the finish. You will know how hard to push yourself once your heart slows down from the adrenaline rush and your legs stop feeling like jelly.

Incline Recommendations: Treadmill- On day one follow week 6 incline instruction, but do not do any further large inclines after Day 1 in order to give your body time to relax and heal before reach day.

Outdoors- On day 1 follow the recommendations from week 6. Do not try to conquer any big hills after day one to allow your body time to relax and heal before race day.

Quick Tip

Run with a friend. If she's slower than you, focus on perfecting your stride by landing lightly on your heels, then rolling forward to push off on your toes. If she's faster, pushing yourself beyond your comfort zone one or two days per week will help you get stronger. Either way, distraction and conversation will help the miles fly by.

Race Day Rules

"For a beginner, expending energy in a race can be scary and looked upon as a big barrier," says Portland, Oregon based coach Bob Williams (pacethyself.com). "But if you've run at least that long in training many times, and run negative splits--first half slower than the second--in the race, you'll enjoy the experience and finish feeling good."

Have an energy-bar breakfast with some fluids, then arrive early so you can pick up your race number and avoid the drain of long lines. Do a little warm-up walking and jogging, sip some water, stretch a bit, and generally hang out and stay stress-free until the start. Remind yourself that your goal is to finish, to run the whole way, to finish feeling tired--but not trashed.

GOOD LUCK!!!!