FLORIDA TODAY
CORPORATE5K

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ORLANDO · MELBOURNE INTERNATIONAL AIRPORT · MLB

THURSDAY 9. 23. 21   MELBOURNE, FL

Timeline

DATE	INFORMATION	TIME
Now	Reach out to co-workers to garner interest in participating	Now
9/1/2019	Registration opens - team tent rental available	9:00 AM
7/29/2021	Office Chair to 5K 8 Week Training Program begins	
8/4/2021	Informational Meeting at Orlando Melbourne International Airport	6:00 PM
9/1/2021	Team Captain's Meeting at Running Zone	6:00 PM
9/10/2021	Tent Rental Deadline	
9/16/2021	Last Day for $25 per participant pricing	11:59 PM
9/17/2021	$30 per participant pricing in effect	12:00 AM
9/21/2021	Online registration closes	11:59 PM
	Last day for team member switches and transfers	11:59 PM
9/22/2021	Team Captain's Pick Up Day at Running Zone	12:00 - 6:30 PM
9/23/2021	RACE DAY! Orlando Melbourne International Airport	6:15 PM
	Race Site Opens (Team Captains - arrive early to park & set up)	4:00 PM
	Race Start - must be on time. Cannot accept late starters due to running on airport property	6:00 PM
9/25/2021	Pictures from event available for free download RunningZone.com	*See our Corporate Facebook for updates*
	Invoice sent to Team Captain, payment accepted online with credit card or check sent to Running Zone (3696 N. Wickham Rd., Melbourne, FL 32935)	
10/23/2021	Payment on invoices are due (1 month from race day)	6:30 PM

For more information: **BrevardCorporate5K.com**

Questions: info@brevardcorporate5k.com

Registration Guide

1. Create a team and make sure you register yourself if participating.
   a. Create a Team

2. Team members can then register under the team you've created.

3. We highly recommend you rent a tent, so your team has a charted meeting spot (we provide a map of where all the rented tents are placed). Personal tents are **not** allowed as it is extremely windy on airport grounds. You can choose to rent a tent during registration or can log back in to RunSignUp to make the purchase – tent deadline: September 10th, 2021.

4. Companies can choose to subsidize employee entries (partial or full coverage) or have employees purchase their own entries.

5. Entry fees: $25 per team member until September 16th, 2021 | $30 per team member until September 21st, 2021.

6. You can manage your team by logging into your RunSignUp account.

7. RunSignUp LoginTeam member switches and transfers are permitted until September 21st at 11:59 pm.

Corporate 5k running & training program

Easing into a running program gradually is the safest, most effective way to get started. The beginners' training program outlined is to help transform you to a runner, getting you running 3 miles (or 5K – 3.1 miles) on a regular basis in just 2 – 3 months. Also, be sure to check with your physician before starting any exercise program.

Each training session should take about 25 or 30 minutes, three to four times a week. Be sure to space out these workouts throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your body adapts to the new stresses and your body is fitter. For now, focus on gradually increasing the time or distance you run. Again, if the program below is too aggressive, reduce the workout time or amount of jogging, or both. Also, if you feel you are ramping too quickly, stretch it out to 10 or 12 weeks.

Workout Routine:
Make sure to do some light stretching before and after your workouts.

Week 1	Walk 4 minutes, Jog 1 minute	5 times	25 minutes total
Week 2	Walk 3 minutes, Jog 2 minutes	5 times	25 minutes total
Week 3	Walk 2 minutes, Jog 3 minutes	6 times	30 minutes total
Week 4	Walk 1 minute, Jog 4 minutes	6 times	30 minutes total
Week 5	Walk 1 minute, Jog 5 minutes	5 times	30 minutes total
Week 6	Walk 1 minute, Jog 6 minutes	5 times	35 minutes total
Week 7	Walk 1 minute, Jog 7 minutes	4 times	32 minutes total
Week 8	Walk 1 minute, Jog 8 minutes	4 times	36 minutes total

Corporate 5k walking & training program

Easing into a walking program gradually is the safest, most effective way to get started. The beginners' training program outlined is to help you start an active lifestyle by getting you walking 3 miles (or 5K – 3.1 miles) on a regular basis in just 2 – 3 months. Also, be sure to check with your physician before starting any exercise program.

Each training session should take about 25 or 40 minutes, three to four times a week. Be sure to space out these workouts throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Consistency is the key to becoming fitter. For now, focus on gradually increasing the time or distance you walk. Again, if the program below is too aggressive, reduce the workout time or amount of walking, or both. Also, if you feel you are ramping too quickly, stretch it out to 10 or 12 weeks.

Workout Routine:
Make sure to do some light stretching before and after your workouts.

Week 1	Walk 10 minutes	3 days
Week 2	Walk 15 minutes	3 days
Week 3	Walk 20 minutes	4 days
Week 4	Walk 25 minutes	4 days
Week 5	Walk 30 minutes	4 days
Week 6	Walk 35 minutes	4 days+
Week 7	Walk 40 minutes	4 days+
Week 8	Walk 45 minutes	4 days+