TRAINING TIPS FOR 5KS

Training:

- Build up the running distance per day and per week, increasing over several months until race day.
- Start by walking at the beginning of your training cycle and slowly get faster once you get closer to the date of the race. Once you feel you are ready, add in interval or hill training.
- Training on a treadmill is not the same as running on the ground. When running on the ground, it provides more resistance. Don't restrict yourself to only running on a treadmill.

Interval Running:

- Run intervals of shorter distances at faster than the race pace. This will increase cardio fitness, increase foot speed and increase stride length. These are all variables in being successful at running sprints up to distance races.
  - 100 meters x 4 (15-25 seconds per interval)
  - 200 meters x 3 (30-50 seconds per interval)
  - 400 meters x 2 (1:20-2:00 per interval)
  - 800 meters x 2 (3:30-5:00 per interval)
- Walk or jog in between intervals to recover. The times listed above are just examples. They may be totally easy for an experienced fit runner or impossible for someone not yet fit or inexperienced etc. Come up with interval times you can achieve, and then try to improve on those interval times and the number of intervals over time.

Music:

- Find good music to motivate you.
- Create a running playlist.

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Strength Training:

- Keep strengthening the arms. During a race, when the arms get tired, they drop lower, stride length decreases, and you run slower.
- Strength training will improve your performance and minimize risk for injury.

Shoes:

- Invest in a nice pair of shoes specifically meant for running.
- Wear shoes that fit. If you wear running shoes that are either worn out or do not fit, you will have a higher likelihood of coming down with an injury and/or foot and leg pain during and after the race.
- Keep track of how many miles you have run with your current shoes. Running shoes have a maximum number of miles that they should be used for running purposes. Most running shoes have a lifespan of 300-500 miles.

Before the race:

- A week before, taper off and run less distance.
- Consume carbohydrates before long distance running.
- Try to avoid greasy foods.

Race Day-Before, During & After:

- Make sure to perform some dynamic stretches and warm-up activities before you run. For example, lunges (side and front), butt-kicks, high knees, arm circles, leg swings, and jump squats. This will help get the blood flowing to those muscles and will aid in injury prevention.
- Warm up with a walk and light stretches on race day.
- Pretend that someone is chasing you.
- Hydrate.