

Getting Ready to Run a 5K Race

No matter where you live, you're likely to have any number of 5K Runs sponsored by area organizations. In Louisville, the Triple Crown of RunningSM is a series of well-established road races of varying distances (5K, 10K, & 10-Mile) leading up to the Kentucky Derby Marathon and Mini-Marathon. While walking is a great way to improve your fitness level, running has benefits that make other aspects of life or training easier, such as building aerobic conditioning, endurance and physical strength. Some people have wanted to train to run a 5K and don't know where to start.

There are many training programs to improve aerobic endurance and be able to run 3.2 miles in 6-8 weeks, whether the training will be performed indoors or outdoors. These programs vary in how they approach the training. Some programs are timed, some are distance based, others promote cross training, while some just focus on walk/run and rest days. Since some people may not have access to cross train or knowledge of distances while running outside, our program is one program that focuses on walk/run times, not distances or other activities.

This program is for people who do not run and is designed for the participant to run the majority of a 5K with a couple one minute walk breaks by the end of just six weeks.

Louisville Triple Crown of Running race officials have announced the dates for the 2011 race series: Saturday, **February 26** will be the **Anthem 5K Fitness Classic**, followed by the **Rodes City Run 10K** on Saturday, **March 12** and the **Papa John's 10 Miler** Saturday, **March 26**.

Use this guide to help you train for the Louisville Triple Crown of Running or any 5K run in your area. All you need is 6 weeks, a bit of determination, and the desire to improve your fitness and have some fun!

Courtesy of your friends at KORT Physical Therapy

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5K Race Training Guide

- ### Hints for New Runners
- Be patient! Do not start off too quickly. You should be able to have a conversation while running
 - Stay hydrated
 - Set realistic goals
 - Ease into running
 - Breathe as naturally as possible. In cold weather, you may initially experience burning sensation from the cold air. Breathing through your nose may help.
 - Utilize training programs and be consistent
 - Try running with a partner or join a club
 - Get medical clearance, especially if you are over 35 years of age

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 min, walk 1 min, repeat 10x	Rest	Run 2 min, walk 4 min, repeat 5x	Rest	Rest	Run 2 min, walk 4 min, repeat 5x
2	Rest	Run 3 min, walk 3 min, repeat 4x	Rest	Run 3 min, walk 3 min, repeat 4x	Rest	Rest	Run 5 min, walk 3 min, repeat 3x
3	Rest	run 7 min, walk 2 min, repeat 3x	Rest	run 8 min, walk 2 min, repeat 3x	Rest	Rest	run 8 min, walk 2min, repeat 3x
4	Rest	run 8 min, walk 2 min, repeat 3x	Rest	run 10 min, walk 2 min, repeat 5x. Run 5 min.	Rest	Rest	Run 8 min, walk 2 min, repeat 3x
5	Rest	Run 9 min, walk 1 min, repeat 3x	Rest	Race	Rest	Rest	Run 8 min, walk 2 min, repeat 3x
6	Rest	Run 15 min, walk 1 min, repeat 2x	Rest	Run 8 min, walk 2 min, repeat 3x	Rest	Rest	Race