

ST LUKE'S/D&L RACEFEST TRAINING FOR RUNNING/WALKING 5K, RELAY, HALF MARATHON & MARATHON

1. How To Get Started

- A. Consult Your Physician Before Beginning A Running Program.
- B. Ease Into Your Program.
- C. 20 - 30 Minute Exercise Segments, 3 X Week, Days Rest In Between.
- D. Run For Time Or Distance.

2. Steps To Getting Started

- A. Begin With 30 Seconds of Jogging Every 2 Minutes for 20 Minutes. Add 5 Seconds Of Running Until You Can Run For 90 Seconds With 30 Seconds of Walking.
- B. Be Consistent. At Minimum Every Other Day.
- C. If You Experience Pain, Inflammation Or Loss Of Function Consult With A Physician.
- D. Increase Your Distance Slowly.
- E. Don't Eat Or Drink A Large Amount Of Food Before A Run.
- F. Run Or Walk At A Pace That You Can Still Carry On A Conversation.
- G. Reduce The Amount Of Time You Run As Well As The Intensity On Hot Days.
- H. Find Ways To Enjoy Each Workout.

3. Way To Improve As A Runner

- A. Run With Others
- B. Shoes - 300 - 500 Miles
- C. Try Something New
- D. Establish Pre-Run Ritual
- E. Run In The Morning Or During The Day
- F. Run Like A Tortoise
- G. Good Posture
- H. Take Breaks
- I. Stock Healthy Foods
- J. Hydrate
- K. Ice For Inflammation
- L. Schedule Yourself
- M. Find A Trainer
- N. Browse The Web & Join Running Websites
- O. Cross-Train
- P. Make Running Enjoyable Not An Obsession
- Q. Get Your Clothes Ready The Day Before
- R. Keep Records
- S. Change Running Surfaces
- T. Enter Running Events
- U. Take A Running Vacation - Run A Race Out Of Town
- V. Maintain Flexibility
- W. Find A Running Partner
- X. Set A Streak

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4. STRENGTH TRAINING - Balance Running & Strength Training

- A. Runners And Walkers Are Often Fearful Of Bulking Up.
- B. Others Are Intimidated To Go To Gym..

BENEFITS

1. Maintains Or Increase LBM

- A. Fat Burns Nothing At Rest, Muscle Uses Oxygen And Burns More Calories.
- B. Body Uses 4.5 - 7 Calories Per Pound Of Bodyweight.
- C. A 160 Lb Walker/Runner Who Reduces Body Fat By 5% By Increasing LBW Will Burn 36 - 56 Calories/Day.

2. Improved Performance

- A. Strength Training Can Improve Walking Or Running By Making You Faster, Go Longer And Or More Efficiently.
- B. JSCR Study Showed Increased Performance In Endurance And Leg Strength.
- C. Recovery From Exercise Is Improved Because Body Becomes More Efficient At Converting Metabolic Waste Into Energy.

3. Injury Prevention

- A. An Increase In Strength Provides An Increase In Joint Stability Reducing Risk Of Repetitive Stress Injuries According To A JSCR Study.
- B. Leg Exercises That Strengthen Muscles Around Knees And Hips Are Most Important.

EXERCISE ROUTINE

1. Squats
2. Box Step-Ups
3. Lunges
4. Straight Leg Deadlift
5. Heel Raises
6. Chest Press
7. Row
8. Lateral/Front Raise
9. Rear Delt
10. Arm Curl
11. Tricep Extension
12. Core: AB Crunch, Front Bridge, Side Bridge, Birddog

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CROSS TRAINING

1. Exercise Modalities
 - A. Stationary Bike - Upright or Recumbent
 - B. Elliptical
 - C. UBE
 - D. Rower
 - E. Nu-Step
2. Use of Intervals