Couch to 5K:
Preparing for Your First Race

April 2017
PEBTF
Jayne Guare, MPH and
Jim Meister, RD, LDN, CPT
Learning Objectives

Couch to 5K

• **Introduce** the physical activity recommendations
• **Learn** how to prepare before your race
• **Discover** strategies for proper form and footwear
• **Understand** logistics such as training programs and race day info
Recommendations

Only 20% U.S. adults meet both of these recommendations

5K = 3.1 miles
How to Prepare *Before* Your Race

- Medical Clearance
- Proper Form
- Proper Shoes
- Warm-Up and Cool-Down
- Following a Program
- Race Logistics
Medical Clearance

<table>
<thead>
<tr>
<th>Condition</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>Diabetes or Kidney Disease</td>
</tr>
<tr>
<td>Asthma or Lung Disease</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Discomfort in chest, neck, jaw or arms during activity</td>
<td>Night time ankle swelling</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Heart Murmur</td>
</tr>
<tr>
<td>Shortness of breath with mild exertion or at rest</td>
<td>Muscle pain walking up stairs or uphill that goes away with rest</td>
</tr>
</tbody>
</table>
Proper Form

Looking straight ahead
Shoulders relaxed
Upright torso
Hands held in unclenched fist
Arms relaxed, swinging at sides
Hips pointing straight ahead
Legs beneath body, knees slightly bent
Landing between heel and midfoot

Head looking down
Shoulders high and tight
Leaning too far forward
Hands too tight
Arms held too tight
Hips turned out
Stride too long
Landing on heel
Proper Shoes

Why can’t you just dust off the old pair in your closet?

INJURY!

Replace shoes every 400-500 miles

• Shoe Size/Width
  • Try on later in the day, with appropriate socks

• Environmental Conditions
  • Will you be on trails, pavement, treadmill?

• Biomechanics
  • Determine arch height
  • Previous injuries?
### WHY

- **Warm-Up**: Dilates blood vessels to supply muscles with oxygen and minimizes stress on heart
- **Cool-Down**: Allows heart rate and blood pressure to gradually fall, avoiding light-headedness

### HOW

- **Warm-Up**: 5-10 minutes of brisk walking, very light jogging, or marching
- **Cool-Down**: 5-10 minutes of walking or jogging slowly. Stretch fully after your cool-down, when the body is warm
Following a Program
# Running 8 Week Program

## Week 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Walk for 5 min</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate running and walking, 60 seconds each for 5-10 minutes (Run at a slow pace)</td>
<td>2. Alternate running and walking, 60 seconds each for 5-10 minutes (Run at a slow pace)</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate running 2 minutes, walking 1 minute for 5-10 minutes (Run at a slow pace)</td>
<td>3. Walk for 5 min</td>
</tr>
<tr>
<td>3. Walk for 5 min</td>
<td>4. Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Week 2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Walk for 5 min</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate 2 minute run, 1 minute walk for 10-15 minutes</td>
<td>2. Alternate 3 minute run, 1 minute walk for 20 minutes</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate 3 minute run, 1 minute walk for 20 minutes</td>
<td>3. Walk for 5 min</td>
</tr>
<tr>
<td>3. Walk for 5 min</td>
<td>4. Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Week 3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Walk for 5 min</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate 4 minute run, 1 minute walk for 10-15 minutes</td>
<td>2. Alternate 4 minute run, 1 minute walk for 20 minutes</td>
<td>1. Walk for 5 min</td>
<td>2. Alternate 4 minute run, 1 minute walk for 20 minutes</td>
<td>3. Walk for 5 min</td>
</tr>
<tr>
<td>3. Walk for 5 min</td>
<td>4. Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Race Logistics

**Preparation**
- Review the course, when to pick up your bib, parking
- Race day list: hat, snacks, water, sunglasses, sunscreen
- Volunteer at another race

**Race Morning**
- Dress in layers; wicking fabric
- Pre-race food: “Nothing new, only tried and true”
- Bring your support team

**Get There Early**
- Parking
- Check-in: timing chip, race bib (pin to front of shirt)
- Warm-up, bathroom break, relax nerves
In Summary

Check with your doctor before starting any exercise program

Proper form, shoes, warm-ups and cool-downs are critical for injury prevention

Following a training program gives you guidance and can keep motivation levels high

Be prepared on race day and ready to have fun!
Visit MyActiveHealth today!

Sync your devices or apps, access trackers, videos, webinars, action items and more!
Like PEBTF on Facebook to:

- Stay informed on upcoming Get Healthy events
- Stay up-to-date with information on your PEBTF benefits
- Stay educated via health and wellness news
Let’s Rock ‘n Roll

Don’t waste another minute – head over to www.pebtf.org and sign up for American Adventure, a team challenge that will have you on your feet, virtually walking from coast to coast. Join a team and work together to make it to California – and get healthy in the process.

Registration begins:
March 15, 2017

Challenge runs from:
April 10, 2017 to June 4, 2017

Start a team at www.pebtf.org.

Customer support: 1-877-561-8739

The American Adventure is offered to PEBTF covered employees, spouses and domestic partners.

The information provided by ActiveHealth Management’s health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc. © 2016 ActiveHealth Management, Inc. All Rights Reserved.
Thank you!