



Couch to 5K: Preparing for Your First Race

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PEBTF

Jayne Guare, MPH and
Jim Meister, RD, LDN, CPT



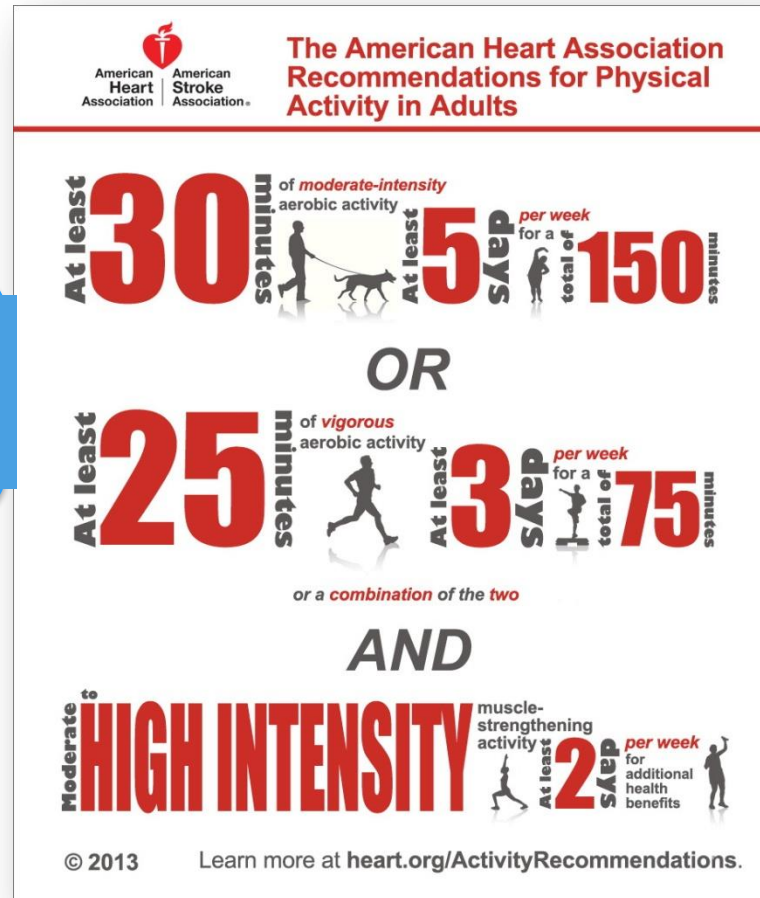
Learning Objectives

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



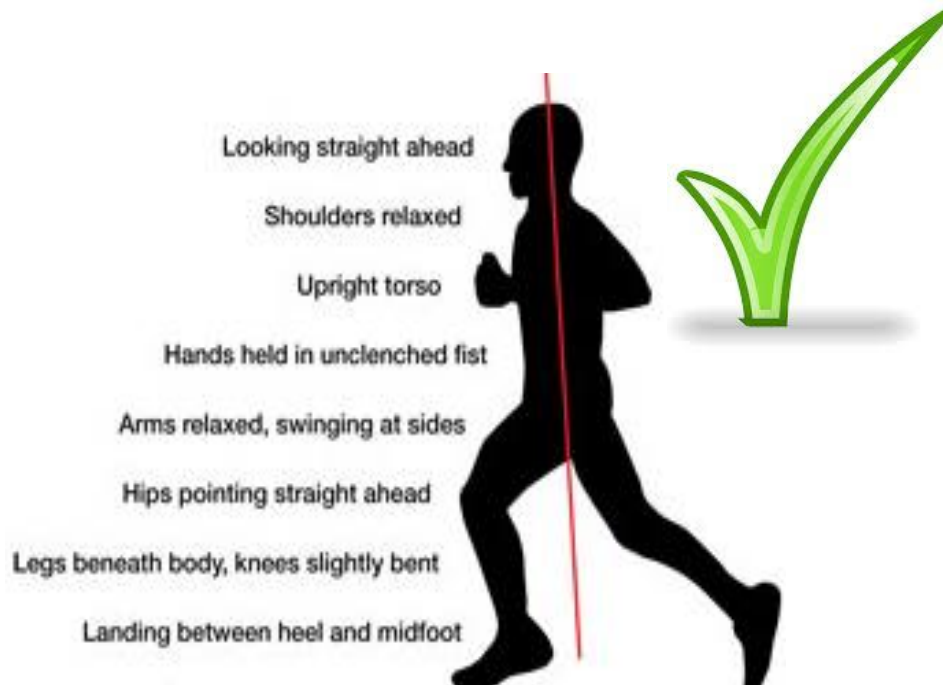
Medical Clearance

When To Get Medical Clearance

Heart Disease	Diabetes or Kidney Disease
Asthma or Lung Disease	Arthritis
Discomfort in chest, neck, jaw or arms during activity	Night time ankle swelling
Dizziness	Heart Murmur
Shortness of breath with mild exertion or at rest	Muscle pain walking up stairs or uphill that goes away with rest



Proper Form



Proper Shoes

Why can't you find a pair in your
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?

Book Ends: Warm-Up & Cool-Down



- | WHY | HOW |
|---|---|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• 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 |

HOW



Following a Program



RUNNING 8 WEEK PROGRAM

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. WALK FOR 5 MIN 2. ALTERNATE RUNNING AND WALKING, 60 SECONDS EACH FOR 5-10 MINUTES (RUN AT A SLOW PACE) 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE RUNNING AND WALKING, 60 SECONDS EACH FOR 5-10 MINUTES (RUN AT A SLOW PACE) 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE RUNNING 2 MINUTES, WALKING 1 MINUTE FOR 5-10 MINUTES (RUN AT A SLOW PACE) 3. WALK FOR 5 MIN 4. STRETCH		

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. WALK FOR 5 MIN 2. ALTERNATE 2 MINUTE RUN, 1 MINUTE WALK FOR 10-15 MINUTES 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE 3 MINUTE RUN, 1 MINUTE WALK FOR 20 MINUTES 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE 3 MINUTE RUN, 1 MINUTE WALK FOR 20 MINUTES 3. WALK FOR 5 MIN 4. STRETCH	

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. WALK FOR 5 MIN 2. ALTERNATE 4 MINUTE RUN, 1 MINUTE WALK FOR 10-15 MINUTES 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE 4 MINUTE RUN, 1 MINUTE WALK FOR 10-15 MINUTES 3. WALK FOR 5 MIN 4. STRETCH		1. WALK FOR 5 MIN 2. ALTERNATE 4 MINUTE RUN, 1 MINUTE WALK FOR 10-15 MINUTES 3. WALK FOR 5 MIN 4. STRETCH		

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

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

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

Be prepared on race day and ready to have fun!

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Sundance Wilkander
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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



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Thank you!

