



# RUN YOUR FIRST 5K

*Whether you are a daily jogger, weekend warrior or have never run a step, fitness goals can motivate you to keep moving.*

A 5K (3.1 miles) may sound daunting. But with the right preparation, you can conquer this course in five to ten weeks of training. Here's how to cross the finish line by fall.

## GEAR UP RIGHT

Running is a relatively inexpensive sport. To train comfortably and safely, you'll just need the following:

- **Proper shoes.** Go to a specialty running store ([www.runningroom.com](http://www.runningroom.com)) for help in picking the best pair for your feet.
- **Socks that wick moisture.** Unlike cotton socks, these keep your feet dry and reduce friction, protecting you from blisters.
- **A good running surface.** A route that's clear, smooth, even, and relatively soft will keep you striding injury-free.

## SMART TRAINING

Now that you have the gear, it's time to plan your training program. Search for one online that comes from a reliable source, starts slowly and builds over time. Run 3 times a week and if you want, do other 20-30 minute aerobic activities on the days you are not running to build endurance.

## Training Program Example:

Start each time with a brisk 5 minute warm-up walk. Be sure to stretch before and after.

- WEEK 1** Alternate 60 sec jogging and 90 sec of walking for a total of 20 min
- WEEK 2** Alternate 90 sec jogging and 2 min of walking for a total of 20 min
- WEEK 3** Do 2 reps of the following: Jog 90 sec, walk 90 sec, jog 3 min, walk 3 min
- WEEK 4** Jog 3 min, walk 90 sec, jog 5 min, walk 2.5 min, jog 3 min, walk 90 sec, jog 5 min
- WEEK 5** Jog 5 min, walk 3 min, jog 5 min, walk 3 min, jog 5 min
- WEEK 6** Jog 5 min, walk 3 min, jog 8 min, walk 3 min, jog 5 min
- WEEK 7** Jog 2.5 miles or 25 min
- WEEK 8** Jog 2.7 miles or 28 min
- WEEK 9** Jog 3 miles or 30 min

## Websites to check out:

[www.active.com](http://www.active.com)

[www.mapmyrun.com](http://www.mapmyrun.com)

[www.runnersworld.com](http://www.runnersworld.com)