NORTON SPORTS HEALTH'S

COUCH to race

5K TRAINING MANUAL

The finish line is just the beginning!

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Welcome

Welcome to Norton Sports Health's Couch to Race training program. This program has been designed to help you get off your couch and across the finish line! It offers the opportunity to train for eight weeks to prepare for a 5K.

In this training manual, you will find:

- Safe training tips
- Injury-prevention information
- Cross-training advice
- Nutritional support
- Training calendars

To achieve your best results, it is important to follow the training schedule closely. Keep track of your training progress each week to see how far you've come and help you stay motivated!

Consult your sports health or primary care physician before beginning any training program to ensure you are healthy enough to properly train and complete the program.

We look forward to seeing you on the road!

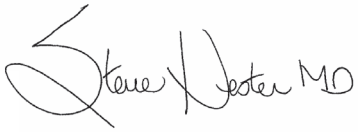
We're here to help you train!

Congratulations on taking your first steps toward completing a 5K race. We're glad you've chosen to train with Norton Sports Health. We want to help you succeed in your running or walking goals while having fun and improving your health and fitness along the way.

The Norton Sports Health training team includes athletic trainers, physical therapists, nutritionists, a sports psychologist, and orthopedic surgeons and nonsurgical orthopedic specialists — all with experience in training athletes of all ages and levels. We also provide specialized care for sports teams and organizations from around the region, including Ironman Louisville, Churchill Downs, Bellarmine University, the Louisville Bats and Jefferson County public high schools and middle schools. Of course, we've also helped thousands of individuals just like you achieve their fitness goals, and we are out there pounding the pavement ourselves.

As part of Norton Healthcare, Norton Sports Health is grounded in a mission not only to care for those who are sick and injured, but also to improve the health and wellness of our community. That's why we're here to help you train.

Now let's get started!



Steven T. Hester, M.D., MBA
Division President, Provider Operations
System Chief Medical Officer
Norton Healthcare

train

About Norton Sports Health

Norton Sports Health, a part of Norton Healthcare, is one of the Louisville area's leading sports-related injury prevention and treatment programs. From professional, collegiate and high school competitors to those who simply want to stay fit, Norton Sports Health provides advanced care for athletes and active individuals of all ages. The Norton Sports Health team members are specialists in minimally invasive procedures and advanced surgical techniques that allow patients to return to their sport, activity or job with minimal downtime.

In addition to treating sports injuries, these specialists are involved in research to gain a better understanding of why athletes become injured. The Norton Sports Health team includes fellowship-trained orthopedic surgeons, neurologists, certified athletic trainers, physical therapists and sports psychologists who work together to design customized programs to meet each patient's specific needs.

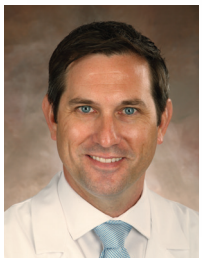
To learn more about Norton Sports Health or to find a sports health specialist, visit **NortonSportsHealth.com** or call **(502) 559-5500**.

Meet your training team

The Norton Sports Health training team is here to help you train and race safely to avoid injuries. Our team includes orthopedic surgeons and nonsurgical orthopedic physicians specializing in sports health, athletic trainers, nutritionists and physical therapists with specialized experience in caring for athletes. Our goal is to help you get the most from your training and achieve optimal performance and fitness by incorporating cross training, flexibility, conditioning and good nutrition into your routine.

Robin G. Curry, M.D.
Nonsurgical Orthopedics and Sports Medicine Physician
Norton Sports Health

Dr. Curry currently is a team physician for Bellarmine University, Jefferson County Public Schools and Louisville Collegiate School, and previously served as a team physician for the University of Louisville. She is an avid runner and has served as medical co-director for the Kentucky Derby Festival miniMarathon/Marathon and Ironman Louisville, as well as on the Norton Sports Health training team.



Ryan E. Modlinski, M.D.
Nonsurgical Orthopedics and Sports Medicine Physician
Norton Sports Health

Dr. Modlinski is a team physician for Bellarmine University, Spalding University, Jefferson County Public Schools and Kentucky Country Day School. He has served as team physician for many high school and college sports teams, as well as the Atlantic Coast Conference men's and women's basketball tournaments, minor league baseball, semipro football, rugby and the Marine Corps Marathon, among others. Dr. Modlinski has served as medical co-director for the Kentucky Derby Festival miniMarathon/Marathon and Ironman Louisville.

Stephanie Fish
Training Program Manager
Norton Sports Health

Stephanie Fish is an Ironman finisher, ultrarunner and road- and trail-running enthusiast. While she specializes in endurance training, yoga and cycling also are favorite pastimes. Stephanie serves as a program manager for Norton Sports Health and the Norton Healthcare Foundation. She is a member of the Louisville Landsharks and Tri-Loco. You may see her out running with one of the local run clubs and with her dog, Ivy.

Safe training tips

Running injuries are common, but they don't have to be. Reduce your risk by following these guidelines to maximize your safety.

If you experience injuries or issues while training, you have access to preferential appointment services with our Norton Sports Health team. To take advantage of this service, call **(502) 559-5500**, and our staff will work to get you an appointment with a sports health specialist as soon as possible.

Before you begin the program

- Always consult with your physician before beginning any new exercise routine.
- Develop a running/walking plan and strategy that is compatible with your goal and your current level of fitness.
- Set safe, achievable goals and advance slowly and cautiously.

What to wear

Shoes

A local running or sports shoe store is a good place to help you find the right shoes. These specialty stores have educated staff who can evaluate your feet and running patterns to help find the best shoe for you. Also keep these tips in mind:

- Buy shoes at the end of the day. Your foot expands throughout the day, so you will want to try on shoes when your foot is the largest.
- Orthotic shoe inserts can be valuable for people with flat feet, high-arched feet, unstable ankles or foot conditions.
- A shoe loses 60% of its shock absorption after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 9 to 12 months.

Clothing

- Wear lightweight, breathable clothing, which will prevent perspiration buildup and allow for better body heat regulation.
- Dress in layers. The inner layer should be material that draws perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jacket, wear a hat and cover your neck.

Keeping your skin safe

- Always wear sunscreen with SPF 15 or higher when training outdoors, regardless of time of year.
- In cold weather, protect exposed areas, such as the nose, with petroleum jelly.

Before you train

- Drink 14 to 20 ounces of water or a sports drink two to three hours before your run to ensure you're hydrated.
- Start with easy walking or jogging to warm your muscles and increase your blood flow. This will optimize your transition from rest to running, which can help improve your performance. Walk easy for one minute, then walk briskly (on the edge of running) for one to two minutes before you start to run.
- Increase your speed slowly.

During your training

- In cool weather, you are less likely to get chilled if you run/walk into the wind when you start and run/walk with the wind at the finish.
- Use extra caution if you run/walk when it's dark outside. Wear reflective material, stay in well-lit areas and, if possible, run with a friend.
- Whenever possible, run/walk on a clear, smooth, resilient, even and reasonably soft surface.
- Run/walk with a partner when possible. If alone, carry identification.
- Avoid using headphones, especially if you are running/walking on the street, so you can hear traffic and warning sounds.
- Stop training if you are hurt; pushing through pain can make an injury worse, which will keep you from training for a long time.

After you train

- It's important to cool down after your run. Walk to help prevent tight muscles and injuries.
- You can lose between 6 and 12 ounces of fluid for every 20 minutes of running. Drink 10 to 15 ounces of fluid every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink 16 ounces of fluid.
- Inspect your shoes periodically during training; if they have worn thin or are angled, purchase new shoes before your next run/walk.

Preventing and treating injuries

There are four periods of time when you are most vulnerable to injury:

- Upon returning to training after an injury
- When the quantity of training is increased (distance)
- When the quality of training is increased (speed)

Most injuries are caused by recurring factors that runners can often prevent or avoid. Improper training is the most common source of injury, particularly inadequate warmup, rapid changes in mileage, a sudden increase in hill training and insufficient rest between training sessions.

Signs of an injury

Signs that you may be injured or need to alter or stop your training:

- Pain or discomfort while running/walking
- Pain at rest
- Inability to sleep
- Limping
- Shortness of breath after little exertion (exercise asthma)
- Stiffness
- Headaches during or after running
- Dizziness or lightheaded feeling any time

Common injuries and treatment

If you experience an injury, it is important to work with a sports medicine specialist to determine what caused the injury and follow the proper course to prevent it from recurring. Use the downtime to get refreshed mentally, strengthen your major muscle groups and come back stronger than before the injury.

Stress fractures

Stress fractures can be caused by overtraining, inadequate calcium in the body or by a basic biomechanical flaw in the runner's gait. Common stress fractures in runners occur in the tibia, femur and metatarsal bones in the foot. Stress fracture treatment means no running to allow the bone to heal. This can take four to six weeks for most bones but will depend on the affected bone and treatment plan. You must not begin running again until there is absolutely no pain when you press on the area. Rushing things can cause reinjury. The good news is that you usually can cross-train with a stress fracture by doing any activity that doesn't cause pain. Swimming, deep-water running, biking and using an elliptical machine are all excellent alternatives for most people.

Shin splints

The term *shin splints* describes pain felt along the inner edge of your shin bone. Shin splint pain concentrates in the lower leg between the knee and ankle. A primary cause of shin splints is a sudden increase in the distance or intensity of a workout schedule. This increase in muscle work can be associated with inflammation of the lower leg muscles, which are used in lifting the foot (the motion during which the foot pivots toward the tibia). In most cases, you can treat shin splints simply by resting and avoiding activities that cause pain, swelling or discomfort. You do not have to give up all physical activity.

While you're healing, try low-impact exercises such as swimming, bicycling or water running.

Apply ice packs to the affected shin for 15 to 20 minutes at a time, four to eight times a day for several days. To protect your skin, wrap the ice packs in a thin towel.

To reduce pain, try an over-the-counter pain reliever such as ibuprofen (Advil, Motrin IB and others), naproxen sodium (Aleve) or acetaminophen (Tylenol and others). Return to your usual activities slowly.

Achilles tendinitis

Achilles tendinitis is an inflammation of the Achilles tendon that usually occurs either due to repetitive stress or from a runner pushing to do too much too fast. If you start experiencing pain in your Achilles tendon, stop running. Take aspirin or ibuprofen and ice the area for 15 to 20 minutes several times a day until the inflammation subsides. Massage also can help.

Once the inflammation is gone, stretch the calf muscles and try some alternative exercises, including swimming, pool running and bicycling, but stay away from weight-bearing exercises. You shouldn't start running again until you can do toe lifts without pain. Next, you can work your way to skipping rope, then jumping jacks and then gradually begin running again. You should be back to easy running in six to eight weeks.

If the injury doesn't respond to self-treatment in two weeks, see a physical therapist or a sports medicine physician.

Plantar fasciitis

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is the thick tissue on the bottom of the foot. It connects the heel bone to the toes and creates the arch of the foot. If you strain your plantar fascia and the tissue becomes swollen or inflamed, it is called *plantar fasciitis*. It causes your heel or the bottom of your foot to hurt when you stand or walk, especially first thing in the morning. You may be prone to plantar fasciitis if your feet roll inward too much when you walk, known as excessive pronation; if you have high arches or flat feet; if you walk, stand or run for long periods of time, especially on hard surfaces; if your shoes don't fit well or are worn out; or if you have tight Achilles tendons or calf muscles.

To prevent plantar fasciitis, run on soft surfaces when you can and keep mileage increases during your training to less than 10% per week. It's important to go to a specialty running store to ensure you're wearing the right shoes for your foot type and gait. It's also important to stretch the plantar fascia and Achilles tendon.

At the first sign of soreness, massage (roll a golf or tennis ball under your foot) and apply ice (roll a frozen bottle of water under your foot). You'll usually experience pain in just one foot, but massage and stretch both feet. Do it first thing in the morning and three times during the day. What you wear on your feet when you're not running makes a difference too. Arch support is key, and walking barefoot or in flimsy shoes can delay recovery.

If pain continues for more than three weeks, see a sports medicine physician.

IT band syndrome

Iliotibial band syndrome, or IT band syndrome, is a common overuse injury in runners. It affects tissue that runs from the side of your hip down past your knee. Most of the time, the inflammation causes pain on the outside of the knee. It can be quite painful and stubborn to heal. IT band syndrome most often is caused by overuse but also flares up as a result of tight tissue, weak hip muscles, poor running form or worn shoes.

Here are some steps you can take to get back on the road: Stop running. Running will increase IT band pain. A good rule of thumb: If it hurts to run, don't run. You can, however, cross-train with nonimpact exercising, such as cycling or pool running, to maintain fitness, keep blood flowing and help speed recovery. Start slow and make sure the exercise does not cause pain to your IT band. In many cases, massaging the injured area with a foam roller or a tennis ball will help to work out tightness. Finally, work to strengthen the gluteus and hip muscles, which can be the underlying cause of IT band issues.

Strains and sprains

Strains happen when you stretch or tear a muscle or tendon — the fibrous tissue that attaches muscle to the bone. *Sprains* occur when you stretch or tear a ligament that supports a joint. Both can be caused by repetitive activity or by a single injury. Both injuries are often best treated using RICE protocol: rest, ice, compression and elevation. (See page 10 for more on RICE.)

Dizziness, fatigue and nausea

These are usually caused by improper hydration, not taking in enough calories or not replacing the sodium your body eliminates when you sweat.

One of the most important things you can do before a run is to eat a nutritious meal. Not eating properly before running will cause low blood sugar, which causes nausea and a general feeling of weakness. Eat a bowl of cereal, a sandwich or fruit to fuel your body before a run.

Dehydration also contributes to dizziness or nausea when running. Try to drink at least 8 ounces of water at least two hours before you run to hydrate the body in preparation. Why is water so important? It keeps the lung tissue moist, and breathing heavily causes water to be expelled from the lungs. The body uses water to keep you cool through sweating; because of heat produced from muscle activity, sweat is critical in keeping the body from overheating. Water plays another important role in helping your muscles operate and keeps muscle cells hydrated. Not drinking enough water can lead to fatigue.

Fatigue and nausea during a run also can be caused by pushing yourself too hard. The best way to run is relaxed. If you're clenching your teeth or your shoulders and arms are tight, stop the run and take a few deep breaths to relax yourself.

RICE for minor injuries

Mild injuries, such as most sprains and strains, can be treated using the RICE protocol:

- **Rest** – Stop running and do not return while symptoms persist. When you do return, gradually ease in, increasing distance by no more than 10% per week.
- **Ice** for 20 minutes at a time several times a day until swelling subsides.
- **Compression** dressings, such as an Ace elastic bandage, may help.
- **Elevate** the injured area above your heart when possible to reduce swelling. Over-the-counter nonsteroidal anti-inflammatory medications can be used as directed to help relieve pain and reduce swelling.

For more serious injuries, it is important to see your physician in order to properly evaluate and diagnose your injury. Your physician will discuss treatment options with you at that time.

Cross-train, rest to be a better runner/walker

You can improve your performance by balancing runs/walks with cross-training and rest days. Cross-training with low-impact activities is a great way to prevent injuries. A cross-training session should last between 30 and 90 minutes and should be done at a moderate level or pace. Below are a few examples of cross-training activities. We recommend trying each of them.

Cycling or spinning

Cycling is one of the best cross-training activities for runners/walkers. Cycling builds your aerobic/cardiovascular endurance while maintaining range of motion in your muscles. It allows leg muscles to contract and increases blood flow, helping flush out any toxins that may have caused running fatigue. Cycling is low impact; and if the weather does not allow you to go outside, it can be done at your local gym or at home on a stationary trainer. Spinning is a more vigorous workout using stationary bikes and is available at most gyms.

Yoga

There are a variety of reasons to add yoga to a cross-training routine. Yoga helps loosen tight, contracted muscles, making it the ideal counterpart to the repetitive strains of running/walking. Yoga is a low-impact mind and body workout; it helps relieve tension, reduces stress and promotes balance. If you're looking for a workout to rejuvenate your exercise program and motivate you from the inside out, yoga might be right for you.

Swimming

Swimming is an excellent cross-training activity because it is a nonweight-bearing exercise. Swimming allows your joints to recover and muscles to contract and release soreness. It also allows you to build strength and endurance, and improve flexibility. Swimming is a great balance for running/walking because you'll work predominantly your upper body while giving your leg muscles a break. Swimming is recommended especially for people who are prone to running injuries or are recovering from an injury. With the help of a simple pool float, you can take your legs completely out of the equation and get a great cardiovascular workout.

Elliptical machine

The elliptical machine is a total-body cardiovascular workout and a great option for cross-training. The oval-like range of motion provides the feel of cross-country skiing, stair climbing or walking with no or little impact on your joints. Because the muscles used during elliptical training are similar to those used during running, the machine is a good low-impact cross-training option when an injury prevents you from running or you just need a change-up in your routine.

Interval training

Once you have established a base of long distance running, add interval training to complete your program for improved racing fitness. Interval training refers to workouts in which you run hard for certain distances or times repeatedly with intervals of rest between.

Three main reasons to add interval training to your routine:

- Intervals are used to increase anaerobic threshold levels. By repeating sustained hard efforts, you will improve your ability to run hard without going into oxygen debt.
- Interval training also increases your endurance, allowing you to continue at a certain pace for an extended period of time.
- Interval training builds muscle strength. During typical distance running exercises, your leg muscles move in a certain range of motion. By running at faster speeds, you exercise all of your leg muscles, improving flexibility and muscle performance in races. This makes running at your race pace easier and improves your speed for sprint finishes.

The importance of rest days

Training for race day is hard work, mentally and physically. We all need a day off and here's why:

- When you exercise, you put strain on your muscles, tendons, ligaments, bones and joints. If your body doesn't get a break from continual work, it doesn't have time to repair. Rest days give your body the time it needs to recuperate.
- Not taking rest days increases your risk for injury. Running puts stress on your joints and lower extremities. When you don't take a day off here and there, tight calf muscles or tendons in the feet can lead to shin splints, muscle tears, overuse injuries and more.
- What you do on rest days depends on how fit you are. If you're training for your first race, your rest day should be no exercise at all. A more seasoned athlete can do some light exercise on a rest day. Nutrition also is an important consideration with rest days. Cut down on carbohydrates on days when you do light or no exercise. Stick to your nutrition plan, but make it a light day. This will be different for everyone, so listen to your body. Remember to eat well, eat right, eat on time and drink plenty of water. Use your day of rest to reflect on the progress you've made and celebrate your dedication.

Stretching: How and when

The combination of dynamic and static stretching, when done properly, can help increase flexibility, improve performance and reduce the risk of injury.

Dynamic stretching

Dynamic stretching should be done as part of your warmup, before running or other exercise. It involves repetitive movement and should mimic what your body does during exercise. Dynamic stretching helps your muscles become more elastic and relaxed, and prepares your joints for movement. This increases range of motion and flexibility, reducing chances of injury.

Static stretching

Static stretches are designed for flexibility and to help you cool down after exercising when you are standing still. These are best done after your run or other workout. With static stretches, focus on relaxing the part of the body you are stretching and letting the stretch go further on its own. Holding the position without bouncing or forcing the stretch for 30 to 60 seconds can help increase flexibility in the tissue. Examples include quadriceps, hamstring and Achilles stretches.

Foam rollers

Foam rollers can be a valuable part of your warmup and cooldown. Using a foam roller improves circulation, which gets your body ready for a workout and helps it recover afterward. They are designed to help relieve overworked muscles through soft-tissue therapy, or myofascial release, providing the same type of benefits as deep-tissue massage. Rolling helps prevent injury and improve performance through increased flexibility and decreased muscle tension. Rolling also breaks down knots that can limit your range of motion and gets muscles ready to stretch.

Tips for making your training more fun

Hitting the pavement for a training run can get mundane. You can fall into a rut doing the same thing and running in the same places. Here are some tips to shake it up a bit and have a little fun:

- Run with a group or a partner. Fast or slow, most everyone likes company on their runs — especially the long ones. The miles go faster when you have someone to chat with or share a laugh along the way.
- Have a four-legged friend that needs some exercise? Bring your dog on your run. Be sure your dog is fit enough for your route and that there's a place along the way to stop for a drink of water. You both need to stay hydrated.
- Make a new playlist. Music can help motivate you through the tougher miles, plus who doesn't like to play "air drums" while running? Remember, if you are in a high-traffic area or running with a partner, keep the volume low or use only one earbud so you can hear your surroundings.

- Instead of music, listen to a podcast or an audiobook when your playlist starts getting stale.
- Change up your pace during your run. Open up your stride for a block and then bring it back for the next block. You'll cover ground a bit faster, too.
- Leave your watch at home. Just run. You might concentrate a bit more on how your body is feeling and you might enjoy the scenery rather than checking on your distance and pace.
- Want to spend time with a friend who doesn't run? Have them ride a bike to keep you company. Better yet, have them bring along a backpack with your nutrition and hydration needs.
- Run somewhere new. Go to another part of town. Run through a park you've only read about. Remember to be smart by mapping your route and taking safety precautions.
- Take a "selfie" every mile or so and then post your best poses when you're done. It's OK to let folks know about your progress.
- High-fives for everyone! Make it a mission to high-five at least five strangers on your run. You'll make someone smile and it will help take your mind off your miles.

Fueling your training

Proper nutrition is a key component in achieving optimal athletic performance — not just for race day, but every day. It is always important to maintain a healthy, balanced diet, but it is especially important now that you're in training. Just as a car needs fuel to run, so do our bodies. If you've ever felt like you're "running on empty," it could mean you have not fueled your body with the proper nutrition. By including the right amount of carbohydrates, proteins and fats into your diet, as well as essential vitamins and minerals, you can make the most out of your fitness routine and training by allowing your body to produce energy most efficiently for peak performance and endurance.

Carbohydrates

Carbohydrates are a crucial fuel source. The sugars and starches found in carbohydrates are the building blocks your body uses to produce energy. They are the most important source of quick and long-lasting energy. Carbohydrates should make up about 60% to 65% of your daily calories.

Good sources of carbohydrates include whole-grain bread, bagels, pasta, rice and cereal. Fruits and vegetables are another great source of carbohydrates, with the added benefit of potassium, vitamin C and many other vitamins and minerals. Vitamins and minerals can help you use food more efficiently for fuel, as well as keep your immune system strong to protect you from illness.

Proteins

Proteins are used to rebuild and repair damaged muscle tissue that may develop during training. Protein should make up 15% to 20% of your daily calorie intake. Good sources of protein include poultry, fish, lean beef, peanut butter, beans and tofu. Dairy products also are a great source of protein, as well as carbohydrates. Top choices are low- or nonfat milk and yogurt, and low-fat cheese.

Fats

Fats are needed as an alternative energy source, and they perform other functions. However, too much fat can lead to health complications, including heart disease and obesity. For this reason, your fat intake should be limited to 20% to 25% of your daily calories. Choose foods that are low in saturated fat, such as canola and olive oil, nuts and avocados.

Hydration

Drinking adequate amounts of fluid is vital for proper athletic performance. Drink at least eight to 10 8-ounce glasses of fluid daily, regardless of your workout plans. Choose water most often unless you are exercising for 60 minutes or longer. For those longer workouts, choose a sports drink with electrolytes.

fuel

Basic fueling guidelines

Before exercise

- Drink 14 to 20 ounces of water or a sports drink two to three hours before your run to ensure you're hydrated.
- Drink 8 ounces just prior to your workout or run, especially if it's hot or humid.
- Check the color of your urine — it should be light yellow. If it is dark, you need to drink more.
- Two to four hours before your run, have a snack or light meal (400 to 800 calories):
    - High carbohydrate, moderate protein, low fat, low fiber
    - Good snacks are a smoothie, peanut butter and honey on toast, oatmeal with fruit and almonds, low-fat cottage cheese, or crackers and fruit
- One hour before your run, have a light snack, such as an energy bar or fruit (30 to 60 grams carbohydrates). For an early-morning workout, eat something smaller, such as half an energy bar or a sports drink.

During exercise

- Hydrating: Drink regularly during exercise to replace fluids lost through sweat.
- Eating: If your workout will be shorter than 60 to 90 minutes, there is no need to take along a snack.

After exercising

- Fifteen to 30 minutes after exercising, consume carbohydrates, protein and 16 ounces of fluid for every pound lost, for example, 8 to 16 ounces low-fat chocolate milk, a smoothie with yogurt and berries, or a sports drink and sports bar.
- Repeat two hours after exercising.

Race day

- Eat a carbohydrate-rich meal one to four hours before the race, such as toast, bagel or English muffin with jam or jelly, cereal, fruit, low-fat yogurt, sports bar, fruit juice and skim milk.
- Avoid high-fiber and high-fat foods on race day, as they may cause abdominal cramping. Don't try any new foods, sports bars or gels on race day.

Sample meal plan for training

Breakfast: Bagel or two slices of toast with 2 tablespoons peanut butter, fruit, 8 ounces of milk or 1 cup of yogurt

Snack: 1 to 2 ounces of cheese with six to eight crackers

Lunch: Turkey sandwich (3 ounces turkey, two slices whole-wheat bread or bun, lettuce, tomato), pretzels, side salad and 8 ounces of fruit juice

Before working out: Energy bar (200 to 250 calories), peanut butter and honey on toast or bagel, cereal with milk or fruit.

After working out: 2 cups low-fat chocolate milk

Supper: 3 to 4 ounces of lean meat (fish, chicken, lean beef or pork), 1 to 2 cups cooked pasta with marinara sauce or olive oil, 1 cup cooked vegetables or 2 cups of salad

Snack: Two to three fig bars with 8 ounces of low-fat yogurt

Training schedule

First four weeks of training

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Walk 20 minutes	Jog .25 mile	Walk .5 mile	Jog .5 mile	Walk .5 mile	REST	Walk/jog 1 mile
Week 2	Walk 20 minutes	Jog .5 mile	Walk .75 mile	Jog 1 mile	Walk .5 mile	REST	Walk/jog 1.25 mile
Week 3	Walk 25 minutes	Jog .5 mile	Walk .75 mile	 Take an easy recovery walk	Walk .75 mile	REST	Walk/jog 1.75 miles
Week 4	Walk 30 minutes	Jog .75 mile	Walk .75 mile	Jog 1.5 miles	Walk 1 mile	REST	Walk/jog 2 miles

Training schedule

Last four weeks of training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5 Walk 35 minutes	Jog 1 mile	Walk 1 mile	Jog 2 miles	Walk 1.5 miles	REST	Walk/jog 2 miles
Week 6 Walk 45 minutes	Jog 1.25 miles	Walk 1.25 miles	 Take an easy recovery walk	Walk/jog 2 miles	REST	Walk/jog 2.25 miles
Week 7 Walk 50 minutes	Jog 1.5 miles	Walk 1.5 miles	Jog 2 miles	Walk/jog 2 miles	REST	Walk/jog 2.5 miles
Week 8 Walk 1 hour	Jog 1.5 miles	Walk/jog 1.75 miles	Jog 2 miles	Walk 1 mile	REST	5K race day! 

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