



## 8-week Training Program/ Run Club

### 30 minute Run / Walk Program

Week 1	Run 30 sec., walk 1 min.
Week 2	Run 1 min., walk 1 min
Week 3	Run 2 min., walk 1 min.
Week 4	Run 3 min., walk 1 min.
Week 5	Run 5 min., walk 1 min.
Week 6	Run 7 min., walk 30 sec.
Week 7	Run 3 x 1 mile (10-12 min.), walk 1 minute between
Week 8	Complete the O'side Turkey Trot!

You can start wherever you are comfortable. For example, if you can already run 3 minutes, you can start there and go up from that point. At some point during the program, you may realize that you can shorten the rest interval and you can just run!

### Walkers

You should start walking for the amount of time you can comfortably walk and add time each week. For example, if you can walk for 20 minutes, add 5 minutes per week to your walk time. By then end of the program, you will be able to walk for an hour, which is enough time to complete the 3.1 miles of a 5k race!

### Cross Training

Cross training is a very important part of your running program. It involves doing another activity (not running) that will help improve you running performance, while minimizing impact on your body. Examples of good cross training exercises are swimming laps, biking, elliptical trainer, and weight training (upper and lower body including core). If you are not sure what to do, please see a certified trainer for some guidance on how to properly cross train. You can cross train 1-2 days per week during this program.

### Active Rest

Rest days are built into your training schedule. Light walking and walking in a pool are great rest activities. **You must rest a minimum of one full day per week to allow your body to get stronger and prevent injury!** If your body does not get the rest it needs, you will increase your risk of injury and may not be able to complete the event! You may use 1-2 of your other rest days to cross train if you choose. This program is designed to prepare you to complete a 5K with 3 days per week of race-specific training. Any other training that you do should be cross training, especially if you are new to running!

### Nutrition:

What you choose to eat everyday can have a dramatic effect on your health and how your body functions. Please make an effort to have 5 servings of fruits and vegetables every day and also try to have lean protein with a least two meals daily. Examples of lean protein are: chicken (not fried), Turkey, fish, nuts and any vegetable proteins.

Having a very colorful diet will improve your health immensely. Keeping a food diary helps to identify areas where you can make healthy substitutions if necessary.

**Training Locations: Tuesdays and Thursdays at 5:30 PM Oceanside Civic Center Library,**