

# MOVE & NOURISH: TIPS FOR 5K TRAINING

Here are some tips to help you be successful as you begin your training:

- **Check Your Readiness:** If you have not been physically active in a while consider completing a Physical Activity Readiness Questionnaire (PAR-Q) to help you decide if you need to talk to your doctor before beginning an exercise plan.
- **Proper Footwear:** Replace running shoes every 300-500 miles or if they're older than 6 months. Before purchasing new ones, identify your arch type (high, low, or neutral). Visit a local store with knowledgeable staff to assist you in finding the right pair.
- **Warm Up:** Start with dynamic stretches to maximize your workouts. Scan the QR code for a plan.



## FUEL YOUR RUNS

**Breakfast is key.** If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. Studies suggest that eating or drinking carbohydrates before exercise can help you do better during your workout.

**Eat a combination of protein, fat and carbohydrates.** Think eggs, a banana with toast and peanut butter, or oatmeal with fruit and nuts. As a rule, choose whole foods rather than processed. When it comes to prerace fueling do **“nothing new on race day.”** Be sure to fuel yourself with foods you are accustomed to.

**Hydrate!** Drink half your body weight in ounces each day. For example, if you weigh 150 pounds you will want to consume 75 ounces of water.

## STAY MOTIVATED

Having a **training buddy** can help you stick to your plan. It is also helpful to **sign up for a race** to have a concrete goal to work toward.

### Check out these local events:

*RunVermont*

<https://www.runvermont.org/event-calendar/>

*VT Corporate Cup & Agency Race*

<https://www.vcccsar.org/>




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# MY 5K TRAINING PLAN:

|        | This week's workouts | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|----------------------|--------|---------|-----------|----------|--------|----------|--------|
| Week 1 |                      |        |         |           |          |        |          |        |
| Week 2 |                      |        |         |           |          |        |          |        |
| Week 3 |                      |        |         |           |          |        |          |        |
| Week 4 |                      |        |         |           |          |        |          |        |

|        | This week's workouts | Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday | Sunday |
|--------|----------------------|--------|---------|-----------|---|--------|----------|--------|
| Week 5 |                      |        |         |           |   |        |          |        |
| Week 6 |                      |        |         |           |   |        |          |        |
| Week 7 |                      |        |         |           |   |        |          |        |
| Week 8 |                      |        |         |           |  |        |          |        |