

## Be Well Utah Walk, Run, & Roll

You can get ready to participate in the **5K Run** (3.1 miles) by following this simple 8-week plan.

The best approach in training for a 5K is to **gradually increase the time** you spend running *before* you try to increase your speed.

University of Utah strongly recommends that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise, run or race program, that there is the possibility of physical injury. If you engage in this exercise, run or race program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the University of Utah from any and all claims or causes of action, known or unknown.

### 5K Run Training Schedule – Begin July 1<sup>st</sup>

| Week   | Mon   | Tue   | Wed  | Thu   | Fri   | Sat   | Sun  |
|--|---|---|------|---|---|---|------|
| <b>Goal: 75 min total</b>  | Walk/jog<br>15 min<br>Warm up &<br>alternate<br>1 min jog<br>2 min walk | Walk/jog<br>15 min<br>Warm up &<br>alternate<br>1 min jog 2 min<br>walk | Rest | Walk/jog<br>15 min<br>Warm up &<br>alternate<br>1 min jog<br>2 min walk | Walk/jog<br>15 min<br>Warm up &<br>alternate<br>1 min jog<br>2 min walk | Walk/jog<br>15 min<br>Warm up &<br>alternate<br>1 min jog<br>2 min walk | Rest |
| <b>Goal:<br/>100 min total</b>   | Walk/jog<br>20 min<br>alternate<br>Like above                           | Walk/jog 20 min   | Rest | Walk/jog<br>20 min  | Walk/jog<br>20 min  | Walk/jog<br>20 min  | Rest |
| <b>Goal:<br/>125 min total</b>   | Walk/jog<br>25 min<br>alternate<br>Like above                           | Walk/jog 25 min   | Rest | Walk/jog<br>25 min  | Walk/jog<br>25 min  | Walk/jog<br>25 min  | Rest |
| <b>Add one<br/>longer day<br/>Alternate<br/>2 min jog<br/>G: 160 min</b> | Walk/jog<br>30 min<br><br>alternate<br>2 min jog<br>1 min walk          | Walk/jog 30 min<br><br>alternate<br>2 min jog<br>1 min walk             | Rest | Walk/jog<br>30 min<br><br>alternate<br>2 min jog<br>1 min walk          | Walk/jog<br>30 min<br><br>alternate<br>2 min jog<br>1 min walk          | Longer<br>Day<br><br>Walk/jog<br>40 min                                 | Rest |
| <b>1 Long day<br/>Alternate<br/>3 min jog<br/>G: 165 min</b>             | Walk/jog<br>30 min<br><br>3 min jog<br>1 min walk                       | Walk/jog<br>30 min<br><br>3 min jog<br>1 min walk                       | Rest | Walk/jog<br>30 min<br><br>3 min jog<br>1 min walk                       | Walk/jog<br>30 min<br><br>3 min jog<br>1 min walk                       | Longer<br>Day<br><br>Walk/jog<br>45 min                                 | Rest |
| <b>1 Long Day<br/>4 min jog<br/>G: 165 min</b>                           | Walk/jog<br>35 min<br>4 min jog<br>1 min walk                           | Walk/jog 35 min<br>4 min jog<br>1 min walk                              | Rest | Walk/jog<br>35 min<br>4 min jog<br>1 min walk                           | Walk/jog<br>35 min<br>4 min jog<br>1 min walk                           | Longer<br>Day<br>Walk/jog<br>45 min                                     | Rest |
| <b>1 Long Day<br/>5 min jog<br/>165 min total</b>                        | Walk/Jog<br>35 min<br>5 min jog<br>1 min walk                           | Walk/Jog 35<br>min<br>5 min jog<br>1 min walk                           | Rest | Walk/Jog<br>35 min<br>5 min jog<br>1 min walk                           | Walk/Jog<br>35 min<br>5 min jog<br>1 min walk                           | Longer<br>Day<br>Walk/jog<br>45 min                                     | Rest |
| <b>Jog 3 days<br/>Walk day<br/>before<br/>180 min total</b>              | Jog<br>25 min   | Jog<br>25 min   | Rest | Jog<br>25 min   | Walk<br>35 min<br>Brisk pace  | <b>Day of<br/>Event!<br/>5K Run</b><br>😊                                | Rest |

**Remember to:**

- ❖ **Wear good shoes** with arch support.
- ❖ **Stretch your legs** –especially calves and shins- *before and after* walking to avoid cramping and the feeling of “shin splints”.
- ❖ **Warm up** before going too fast. Walk at an easy pace for 5-10 minutes and then speed up to a brisk pace.
  - A brisk pace means: *“I’m a little out of breath, but can still carry on a conversation.”*
- ❖ **Stay hydrated!**

**Tips for Avoiding Shin Splints:**

<https://www.verywellfit.com/how-to-prevent-and-treat-shin-splints-3432863>

**How to Prevent Blisters:**

<https://www.verywellfit.com/blisters-begone-seven-strategies-to-prevent-blisters-3432491>

Stretches for Shin Splints:



redefiningstrength.com