

Be Well Utah Walk & Run

Saturday, August 24th, 2019

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

Begin training on July 1st.

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 1st

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
July 1-7 Goal: 75 min total	Walk/jog 15 min Warm up & alternate 1 min jog 2 min walk	Walk/jog 15 min Warm up & alternate 1 min jog 2 min walk	Rest	Walk/jog 15 min Warm up & alternate 1 min jog 2 min walk	Walk/jog 15 min Warm up & alternate 1 min jog 2 min walk	Walk/jog 15 min Warm up & alternate 1 min jog 2 min walk	Rest
July 8-14 Goal: 100 min total	Walk/jog 20 min alternate Like above	Walk/jog 20 min	Rest	Walk/jog 20 min	Walk/jog 20 min	Walk/jog 20 min	Rest
July 15-21 Goal: 125 min total	Walk/jog 25 min alternate Like above	Walk/jog 25 min	Rest	Walk/jog 25 min	Walk/jog 25 min	Walk/jog 25 min	Rest
July 22-28 Add one longer day Alternate 2 min jog G: 160 min	Walk/jog 30 min alternate 2 min jog 1 min walk	Walk/jog 30 min alternate 2 min jog 1 min walk	Rest	Walk/jog 30 min alternate 2 min jog 1 min walk	Walk/jog 30 min alternate 2 min jog 1 min walk	Longer Day Walk/jog 40 min	Rest
Jul 29 – Aug 4 1 Long day Alternate 3 min jog G: 165 min	Walk/jog 30 min 3 min jog 1 min walk	Walk/jog 30 min 3 min jog 1 min walk	Rest	Walk/jog 30 min 3 min jog 1 min walk	Walk/jog 30 min 3 min jog 1 min walk	Longer Day Walk/jog 45 min	Rest
Aug. 5-11 1 Long Day 4 min jog G: 165 min	Walk/jog 35 min 4 min jog 1 min walk	Walk/jog 35 min 4 min jog 1 min walk	Rest	Walk/jog 35 min 4 min jog 1 min walk	Walk/jog 35 min 4 min jog 1 min walk	Longer Day Walk/jog 45 min	Rest
Aug. 12-18 1 Long Day 5 min jog 165 min total	Walk/Jog 35 min 5 min jog 1 min walk	Walk/Jog 35 min 5 min jog 1 min walk	Rest	Walk/Jog 35 min 5 min jog 1 min walk	Walk/Jog 35 min 5 min jog 1 min walk	Longer Day Walk/jog 45 min	Rest
Aug. 19-25 Jog 3 days Walk day before 180 min total	Jog 25 min	Jog 25 min	Rest	Jog 25 min	Walk 35 min Brisk pace	Day of Event! 5K Run 😊	Rest

Angie L. Glauer 05/29/2019

Remember to:

BE WELL UTAH

- ❖ **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-blister-3432491>

Stretches for Shin Splints:



redefiningstrength.com