CCRI CAMPUS TO 5K
TIPS FOR TRAINING FOR A 5K

JUST START: but make sure you start slowly. Don’t overdo your first couple of sessions. Gradually over time you’ll be able to do the distance you want, but learn how to listen to your body. After all, it’s the only thing that is truly yours and it’s very good at giving you information. Don’t be afraid to walk once you get SOB (short of breath). It will get easier.

FOOTWEAR: as 3 to 8 times your body weight goes over your support leg in running (jogging, etc.), you need a supportive shoe. Skippies will not work well for you. Things to look for in a shoe will include wiggle room, room for swelling, a strong heel counter and flexibility in the instep area. Not to worry—we’ll show you.

WARMUP: the first ten minutes of your run will usually be atrocious. Expect it! It’s the body’s method of asking you if you’ve lost your mind. This can be avoided by prepping your body for the workout by doing the warmup. If you have asthma or exercise-induced asthma, you might need to warmup for approximately 20 – 30 minutes. By now, you are asking, “What is a warm-up?” Take 10 to 15 minutes and do dynamic stretches so you get your body and mind working together. The other option is to slowly get your heart rate and respiration rate up by running slowly.

SPACE OUT YOUR WORKOUTS: as tempting as it may be to want results fast, unfortunately it doesn’t work. It is best to start with two to three days a week and try to spend 20 – 30 minutes in your session (including warm-up and cool down). Increase your time by approximately 10% per week.

DON’T BELIEVE EVERYTHING YOU HEAR: no pain, no gain is a prime example. It’s a fallacy. Try to enjoy the movements, and when you train, you train movements, not muscle. Remember not to do more than you can.

CHECK YOUR FORM: make sure that you have a buddy look at you while you are running. Don’t carry your shoulders—they should be relaxed. Try to swing your arm so they brush your hips; if they start to cross your midline you’ll be adding distance! Not exactly what you wanted when you are just beginning.

ENJOY WHAT YOU DO: please take the time to enjoy the scenery, let your mind wander, or just enjoy the moment. If it isn’t enjoyable, you won’t do it again, and what you want to do is create a lifelong appreciation for the participation in your own health.

COOLDOWN: please don’t sit down or lie down immediately after exercise. We don’t want your blood pooling—it would be better for you to walk slowly, and after your heart rate has come down, gradually you can use the foam roller to get rid of all the knots, etc. Be safe; have fun!

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