

# Client Handout – Volume 9

## Walk before you Run

### 10 Tips to transition from walking to running.

1. **Get fitted for an appropriate shoe.**  
This is your only serious investment for jogging or running. Make it. If you get the wrong type of shoe, injuries can occur and your running days are over. Go to a specialty store, have someone look at your running gait by having you run on a treadmill or down the block. They should also measure your foot length and width (in the afternoon, when your foot is at its maximum size). Wear an old pair of walking or running shoes so they can see where you strike hardest as your feet make impact with the ground.
2. **Follow the 8 week training program and adjust it to meet your time schedule.**
3. **Stretch 2-3 times per week.**  
Hold each stretch for at least 30 seconds and be sure to stretch the major muscles used in running: quadriceps, hamstrings, calves, Achilles tendons, hip ab/adductors and shins.
4. **Strengthen the hamstrings and shins.**  
These muscles tend to sit back and let the quadriceps and calves do the majority of the work while running, therefore it is very important to balance out the muscles. You can strengthen the shins with toe taps. You can strengthen the hamstrings by going uphill, upstairs, at an incline, standing on one leg, doing leg curls, bridges or hip extensions.

5. **Choose soft surfaces – dirt and grass over cement, asphalt and treadmills.**
6. **Complex carbohydrates make up 55-60% of your diet.**  
Choose smart carbs – whole grains, brown rice, sweet potatoes, whole wheat pasta, fruits and vegetables.
7. **Make a commitment to yourself and your goal.**
8. **Have a buddy.**  
Make sure you do your runs by holding yourself accountable to someone else. And you can be there when your buddy needs you for support.
9. **Get adequate sleep and water.**  
Sleep and water are two necessities to healthy living. Without them, your regular daily routine becomes harder. Add a new running program into the mix when you are tired and/or dehydrated and your workouts will suffer right along with you. Likewise, don't start a running program when your life is particularly stressful.
10. **Keep a positive frame of mind.**  
The power of the mind is stronger than the body. Believe that you will succeed. Know that you can do it. It is easy to accomplish anything.

# 5 K Training Schedule

Do each workout 3-4 days each week.

Aim for non-consecutive workouts.

Add in one day of cross training – yoga, weight lifting or swimming is ideal.

## Eight Weeks to go...

Warm up: Walk 10 minutes.

Run 2 minutes. Walk 1 minute. Repeat this 3 times.

Cool down: Walk 10 minutes.



## Seven Weeks to go...

Walk 6 minutes. Run 4 minutes. Repeat 3 times.

Cool down: Walk 5-10 minutes.

## Six Weeks to go...

Walk 5 minutes. Run 5 minutes. Repeat 3 times.

Cool down: Walk 5-10 minutes.

## Five Weeks to go...

Walk 3 minutes. Run 7 minutes. Repeat 3 times.

Cool down: Walk 5-10 minutes.

## Four Weeks to go...

Walk 2 minutes. Run 8 minutes.

Cool down: Walk 5-10 minutes.

## Three Weeks to go...

Walk 1 minute. Run 9 minutes. Repeat 3 times.

Cool down: Walk 5-10 minutes.

## Two Weeks to go...

Walk 1 minute. Run 14 minutes. Repeat 2 times.

Cool down: Walk 5-10 minutes.

## One Week to go...

Run 25-30 minutes.

Cool down: Walk 5-10 minutes.

