

DASH TO THE VIRTUAL RYE Y DERBY ON SUNDAY APRIL 26, 2020

COUCH TO 5K RUNNING CHALLENGE – CHECK OFF EACH DAY COMPLETED TO ENTER

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	5 min walk 5 min jog 5 min walk	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	Race Day!

RACEDAY TIPS FROM ACTIVE.COM

1. Get Fitted

Pay a visit to your local independent running store. Often these smaller stores have more knowledgeable staff than the big box retail stores. Many provide gait analysis which reveals your foot strike pattern. Knowing this will determine whether you overpronate, under-pronate or have a neutral gait which will help in selecting the best shoe for your foot type. Don't skimp on your shoes. Be prepared to pay \$80 to \$100 for a good pair of running shoes.

2. Get a Group

Motivation, inspiration, accountability, and commitment increase dramatically when you're a part of a running group or at least have a running buddy. Everyone experiences times when they don't want to run, but if you know you have buddies counting on you, it can make all the difference in the world when it comes to rolling over and getting out of bed. Check with your local running store. Many provide beginning running groups or know of running coaches in the area that work with beginning runners.

3. Get Acclimated

Whenever you begin new exercise your body's fitness level will actually dip a little while you acclimate to the new demands you're putting on your body. This is when most new runners give up. I've heard many a new runner say, "If I feel this tired, drained, and wiped out, what's the point in running?" Understand before you take up running that it takes your body about four to six weeks to acclimate to the new demands. Anticipating that "wiped out feeling" can actually make it less of a shock. Just know that you're going to feel the effects of your new activity. Hang in there and before you know it, you'll pull out of that dip and begin to feel stronger than before you started. Also, start slowly. Many new runners experience shin splints, pulled calf muscles, cramping quads, or sore hips from going out too fast or from doing too much too soon. Take it slow and ease into your new activity.

4. Get Hydrated

Being well-hydrated is just as important as being well fueled. Be sure to drink about 20 oz. of water about two hours prior to running. This will give it time to pass through your system and be voided before your run. During your run, drinking water is fine. Once you're running more than 45 to 60 minutes, you'll need to switch to a sports drink to help replace vital electrolytes which are minerals (sodium, potassium, magnesium, calcium, and phosphorus) that play a major role in helping to maintain proper water balance in your body. Electrolytes can be lost through your perspiration. Sports drinks such as Gatorade contain these important minerals.

5. Get Warmed-Up

Before you head out on your run, be sure to warm-up your muscles with a dynamic stretch. A five-minute walk is a great way to do this. This will help decrease the chance of your muscles feeling tight during your run. Save the traditional stretch-and-hold stretches for after your run.

6. Get In Tune With Your Body

Listen to your body. If you're feeling something other than regular workout-related muscle soreness, don't run. Running through the pain is never a good idea. If you're experiencing pain along your shin, hip, IT Band or any area of the body that's beyond normal muscle soreness, ice it, elevate it, and use your normal choice of anti-inflammatory medication and rest. When you no longer feel any pain, ease back into your running. If the pain persists, don't let it linger. Go see your doctor.

7. Get Rest

Rest allows your body time to rebuild and recover. When you run or do any type of exercise, you actually create little micro tears in the muscle tissue. Your body then rushes in to rebuild and repair the tears. This is the normal muscle-building process that makes you stronger. However, if you don't take the proper rest, your body may not have time to fully repair before your next run causing you to feel sore, tired, and sluggish. When you first start your beginning running program, it's a good idea to have at least one day of rest in between runs.