

The Get Moving
5K TRAINING PLAN

8 WEEKS
TO A HEALTHIER YOU

YOUR COMPLETE GUIDE
TO WALK, WALK/RUN, OR
RUN A 5K

Full
PROGRAM





➤ WELCOME

Welcome To Your 8-Week Training Plan!

Congratulations on deciding to train for a 5K/3.1 mile walk, jog, or run!

Completing a 5K is a GREAT goal for so many reasons.

Of course, it will help you to get fitter, but it can also bring a new purpose to your workouts, which can help you get – and stay – motivated.

It can also help improve your health, reduce stress, increase your energy levels, and decrease fatigue.

Plus, if you're running in an organized event or training with a group of people, it's a fun way to socialize with people who are working towards similar goals.

This ebook will guide you through the basics and what you need to know to successfully complete your first 5K – whether you participate in an organized event or do it by yourself right in your own neighbourhood.

NOTE

You'll find a handy weekly training journal at the end of this ebook. Print out 8 copies and use them to track your progress!

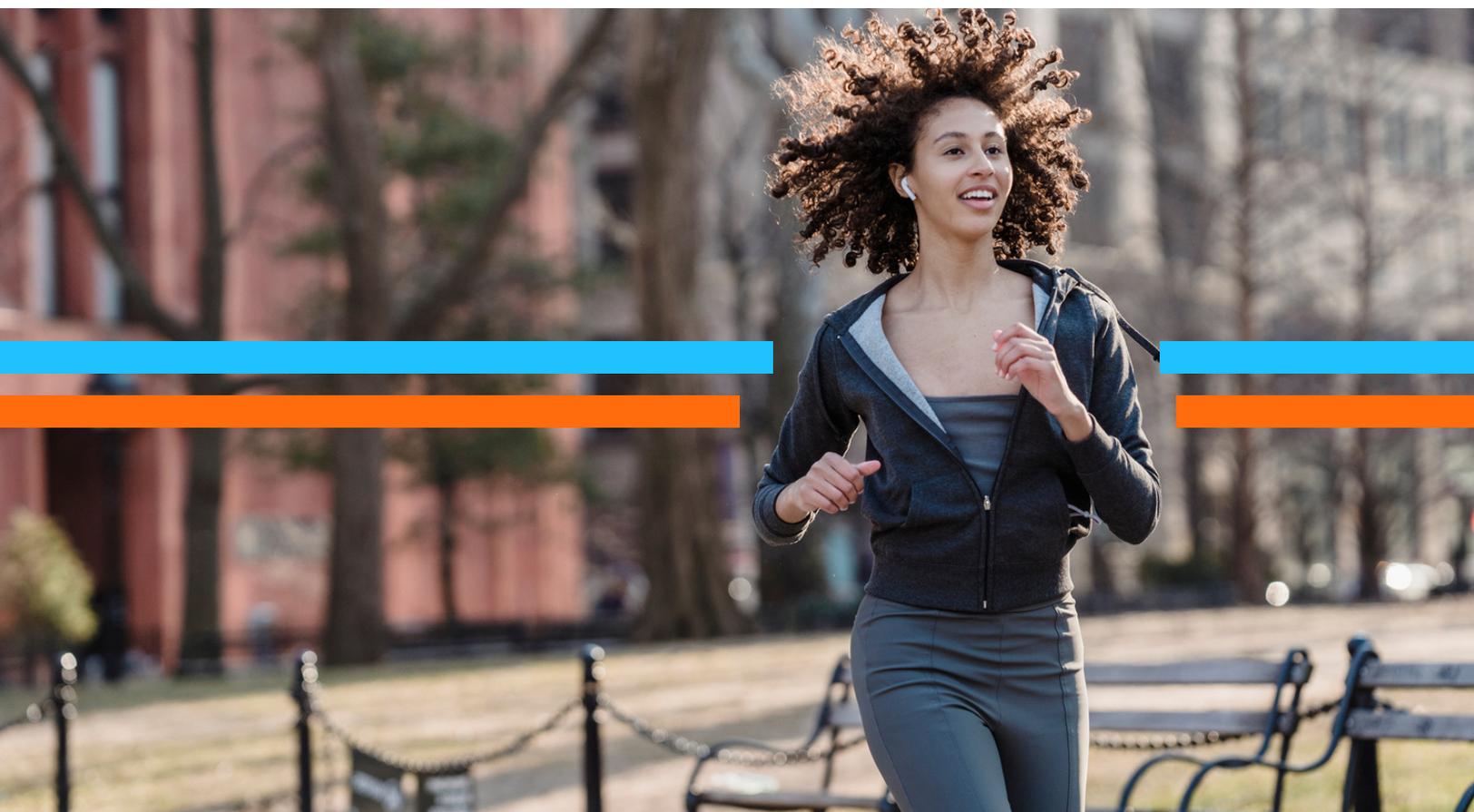


At DESIGN FITNESS CENTRE we help people just like you create healthy lifestyles so they can do what they want, when they want. Join us and find fitness that lasts a lifetime.

Let's get started!

TERRY

[DESIGNFITNESSCENTRE.COM](https://www.designfitnesscentre.com)





Walking & ➤ YOUR HEALTH

If you're just starting out (and even if you're not), walking is one of the best forms of cardiovascular exercise you can do.

It's linked with a huge list of health & well-being benefits, and all you need to get started is a good pair of walking shoes!



12 REASONS TO START WALKING ASAP

- 1 Heart Health:** Walking at least 30 minutes a day, 5 days a week can reduce your risk for coronary heart disease by almost 20%.
- 2** It helps your body balance blood sugar.
- 3** It can help prevent arthritis and ease joint pain.
- 4** It can help you build and maintain bone as you get older.
- 5** Walking outside in the sun can help boost your vitamin D levels.

- 6 It boosts your immune system: one study found that people who walked 30-45 minutes a day had 43% fewer sick days & less upper respiratory infections.
- 7 It helps your digestive system do its job. Walking and other exercise can speed up the pace at which food moves through your system, as well as help protect your gastrointestinal tract. Studies show it can help prevent ulcers, heartburn, constipation, irritable bowel syndrome, and more!
- 8 It boosts your energy.
- 9 It lifts your mood.
- 10 It can help lower your blood pressure.
- 11 It may help you live longer, especially if you pick up the pace! Boost a slow walk to an average pace and cut your risk of death by 20%. Walk even faster (at least 4 mph 6.4 km/hr) and cut the risk factor by 24%.
- 12 It burns calories, which can help you maintain or lose weight.
- 13 **BONUS REASON:** It can help you be more creative. One study compared people who were trying to think of new ideas while they were walking or sitting. The people who walked (especially outside) outperformed the sitters.



Why Walk, Run, or Jog ➤ A 5K?

Nearly 9 million people participated in 5K events in North America in 2019, and there are just as many reasons to participate in a 5K as there are people doing it.

Here are just a few reasons:

- 1 It can be a fun new personal challenge.
- 2 You'll improve your cardiovascular fitness with a goal that's challenging AND attainable (the best kinds of goals!)
- 3 You can do it just about anywhere without any equipment.
- 4 It will give your workouts a new sense of purpose.

PLUS... 5K training can help you meet (or even exceed) activity guidelines for health.

Scientists recommend getting 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combo of both.

The training plan in this guide will help you reach those goals, especially if you are pushing yourself a little outside your comfort zone as your fitness improves.





Slow & Steady ➤ **WINS THE RACE**

Here's a shocking stat: at least 50% of runners get injured every year, according to Yale Medicine.

Many of these injuries are caused by overuse. But you don't have to fall into those stats.

Whether you are walking, jogging, or running during this training program, the most important thing you can do is to be patient and deliberate – and to listen to your body.

While your muscles and cardiovascular system may be up for the challenge of running or jogging, your bones and tendons need time to get used to the repetitive pounding.



Always listen to your body.

If you do too much, too soon, you can set yourself up for injuries like shin splints, knee and back pain, or foot issues, to name just a few.

To avoid injury:

- ✓ Make sure you're using good shoes. If possible, get fitted at a running store.
- ✓ Make time to warm up before your walk/jog/run sessions and stretch afterward. (We'll show you how.)
- ✓ If possible, train on softer surfaces like a track or smooth trail.
- ✓ Slowly ramp up your walking/jogging/running regimen. (We'll show you how.)
- ✓ Cross-train with other activities. Strength classes, MobilityFit Rx, Cardio, Barre, 20-20-20, and Yogilates classes are all good cross-training modalities. www.designfitnesscentre.com to get on board if you aren't.
- ✓ Progress at a pace that feels good for your body.

Build

➤ A BASE

TIP

Before you start any new exercise program, be sure to check with your doctor first.

If you're new to exercise or restarting after some time off, the first portion of your training program will be dedicated to **building a foundation** of fitness with an emphasis on endurance and stamina.

YOUR FIRST GOAL:
Being able to exercise for **30 minutes nonstop**.

Depending on your fitness history, this could mean starting with one or two 10- to 15-minute walks a day, slowly ramping up your time and speed as you gain stamina.





Taking this time to build a base of fitness is important both physically and mentally. It can help you enjoy the process even more by avoiding aches and pains... plus there's nothing more motivating than feeling yourself become fitter and stronger!

>>> Once you're able to complete a 30-minute walk or other workout without taking breaks, you're ready to dive into the 8-week training program!



For even faster results...

Schedule in classes - working at your own fitness level, with little space, and using household items if you have no equipment

- ✓ **Don't practice improper posture while walking, because practice does make permanent.**

We address proper posture throughout all classes, especially MobilityFit Rx classes.



How to ➤ WARM UP

It's important to warm up your body before you start your walk/jog/run session to get the blood flowing to your muscles, loosen any tight muscles or joints, and let your body know that it's about to go to work.

Your warm-up should consist of active exercises (vs. passive stretches) such as:

- ✓ Arm circles
- ✓ Leg swings
- ✓ Walking lunges
- ✓ Inchworms
- ✓ Hip openers

Follow those dynamic exercises with a 5-minute brisk walk or light jog (depending on your fitness level) to slowly bring up your heart rate.

During Your

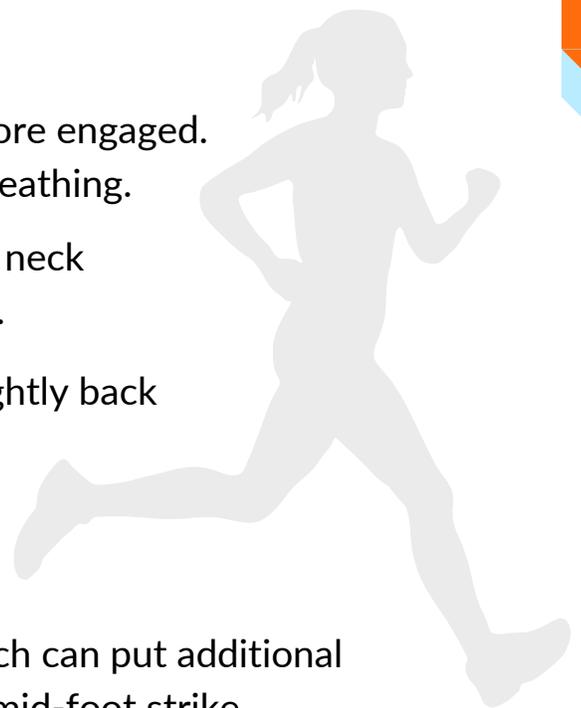
➤ WALK/JOG

While walking, jogging, and running might seem like they should be second nature, paying close attention to your form can help prevent injuries AND improve your performance.

The more you walk/jog/run and the stronger you get, the easier this will become!

FORM CHECKLIST:

- ✔ Walk/jog/run with good posture, with your core engaged. This has a bonus benefit of improving your breathing.
- ✔ Look forward, not at the ground, so that your neck stays aligned, and your shoulders don't slump.
- ✔ Open your chest and draw your shoulders slightly back and down, while remaining relaxed.
- ✔ Your arms should swing relaxed by your sides and your hands should remain loose.
- ✔ Avoid striking the ground with your heel, which can put additional stress on your lower body. Instead, aim for a mid-foot strike.



MobilityFit Rx

This class is designed for everyone - help create motion at joints, get blood flowing to under utilized areas, move with more fluidity, improve breathing capacity, find imbalances and exercises that help, become more stable, improve balance ... and much more.



Why All The Walking

➤ BREAKS FOR RUNNERS?

There is a long list of reasons to take regular walking breaks during your runs, especially when you're first starting out.

- 1** You'll be able to keep going for a longer period of time or distance.
- 2** It gives your joints a break, which means you can recover faster from your walk/jog/run sessions.
- 3** It's easier to walk/jog/run with better form, which cuts your risk of injuries.
- 4** It's more enjoyable. When you're first starting out, running can be hard! Knowing you have a break coming up makes it less mentally taxing.
- 5** You may end up being even faster. As you become tired, your running pace can slow. Taking short walking breaks to recover means you can pick up your pace when you're running.

Use a

➤ FITNESS TRACKER

Many people find that using a smartwatch (Apple Watch, Samsung Galaxy Watch) or fitness tracker (Fitbit, Garmin, or Polar) can be super motivating.

Using a tracker can help you:

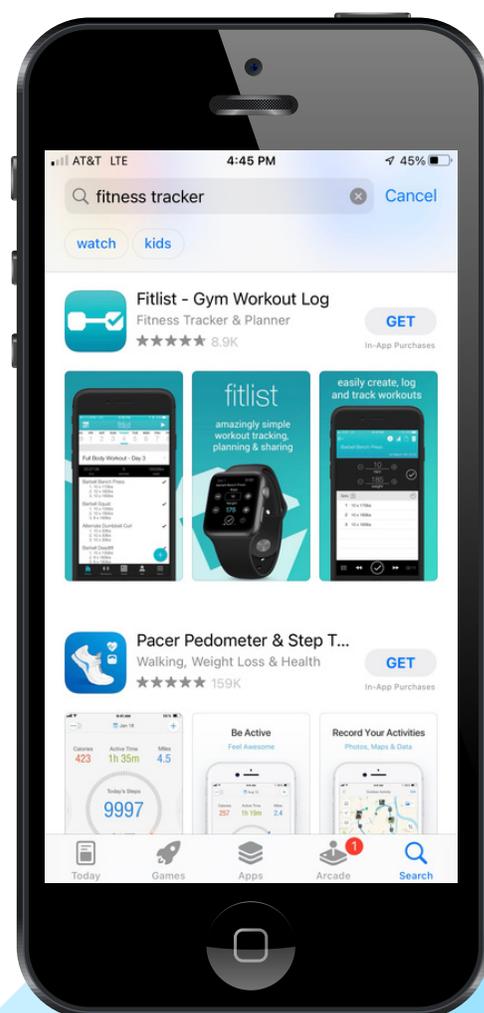
- ✔ Track your time & mileage, plus other variables (depending on the device)
- ✔ Monitor your heart rate (more on that coming up)
- ✔ Make sure you're working hard enough (and not too hard)

All of that can be great for accountability and motivation because it gives you immediate and long-term feedback.

You can literally watch your progress right in front of your eyes!

Plus ... you can use apps like Strava or Map My Run to help you track and map your course, your time and speed, along with your distance.

Outside of your workouts, using an activity tracker can also help you more accurately understand how much you're moving (or not moving!) during the day.





Tracking Your ➤ HEART RATE

This is completely optional, but if you're a data lover, learning how to track your heart rate during exercise can be a game-changer!

You've probably already seen charts for working within your target heart rate either online or on cardio machines.

Most of those charts are oversimplified and don't take into account your personal fitness level.

With some (fairly) simple math, you can figure out the right zones for you.

You just need two things:

- ✓ A calculator
- ✓ To know your resting heart rate (your pulse before getting out of bed in the morning). If you use an activity tracker you probably already know this.



First: If you don't already know your resting heart rate, tomorrow morning before you get out of bed, count your pulse for a full minute.

The easiest way to do this is to take your pulse at your neck: gently place your index and middle fingers on your neck to the side of your windpipe and count for a full 60 seconds.

My resting heart rate = _____

> STEP 1

Calculate your maximum heart rate (MHR)

$220 - \text{your age} = \text{MHR (maximum heart rate)}$

My MHR = _____

> STEP 2

Calculate your heart rate reserve (HRR)

You do this by subtracting your resting heart rate from your max heart rate (MHR above):

$\text{MHR} - \text{resting heart rate} = \text{HRR (heart rate reserve)}$

My HRR = _____

➤ STEP 3

Calculate your training zones

$(\text{HRR} \times \text{target zone \%}) + \text{resting heart rate} = \text{target heart rate}$

TIP

The AHA recommends a target heart rate of:

- **Moderate intensity: 50% to 70%**
- **Vigorous intensity: 70% to about 85%**

Example: Let's say you are 40 years old and your resting heart rate is 65. Here is how you'd calculate your zones:

$$\begin{aligned} 220 - 40 (\text{age}) &= 180 (\text{or, MHR}) \\ 180 - 65 (\text{resting heart rate}) &= 115 (\text{HRR}) \end{aligned}$$

♥ For moderate intensity (50% to 70%)

$$\begin{aligned} (115 \times .50) + 65 &= 122 \\ (115 \times .70) + 65 &= 145 \end{aligned}$$

For a moderate intensity workout, you would aim for a heart rate between 122 and 145 during the workout part of your session (not cooldown or warmup).

↑♥ For vigorous intensity (70% to 85%)

$$\begin{aligned} (115 \times .70) + 65 &= 145 \\ (115 \times .85) + 65 &= 163 \end{aligned}$$

For a more challenging workout, you would aim for a heart rate between 145 and 163.

NOTE

Some meds (like certain blood pressure drugs) can interfere with your heart rate, so it's a good idea to talk to your doctor before kicking up your intensity, especially if you have any heart disease risk factors, or are over 45 (for men) or 55 (for women).

After Your

➤ WALK/JOG/RUN

Make sure you cool down from your training session by slowing to a walk for a few minutes when you're done so that your heart rate can return to normal.

Then, stretch your muscles while they are warm and more receptive to flexibility work.

Here are some sample stretches to add to your routine:

- ▶ Standing Calf Stretch
- ▶ Hip Flexor Stretch
- ▶ Side-Lying Quadriceps Stretch
- ▶ Supine Hamstring Stretch
- ▶ Leg Crossover Stretch



Active Recovery

➤ WORKOUTS

You will notice “active recovery workouts” in your 8-Week Walk/Jog/Run plan. These optional workouts will help you become even fitter and stronger by challenging your body in new ways.

Some workout ideas:

- ✓ Resistance training
- ✓ Yogilates, MobilityFit Rx
- ✓ Swimming
- ✓ Biking or other cardio machine



As always, listen to your body... and if it's telling you to take a rest day, listen!

MY MISSION



If I didn't believe that MOVING, FITNESS, and good NUTRITION wasn't the way to an amazing lifestyle - I would not do what I do!

No matter where you are right now, you can become fitter and healthier than you are today in some purposeful way.

What is that way for YOU then MOVE, WALK, OR RUN WITH IT!

Your 8-Week Walk/Jog/Run

➤ TRAINING PLAN A



NOTE

You should be able to exercise for at least 30 minutes nonstop before beginning this program. Follow guidelines. Continue leisurely walks throughout the week.

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1 Run/Walk Days Walkers: walk only Runners: run for 15 sec/walk 45 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2 miles
WEEK 2 Run/Walk Days Walkers: walk only Runners: run for 15 sec/walk 45 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2 miles
WEEK 3 Run/Walk Days Walkers: walk only Runners: run for 20 sec/walk 40 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2.25 miles
WEEK 4 Run/Walk Days Walkers: walk only Runners: run for 20 sec/walk 40 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2.5 miles
WEEK 5 Run/Walk Days Walkers: walk only Runners: run for 25 sec/walk 35 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2.75 miles
WEEK 6 Run/Walk Days Walkers: walk only Runners: run for 25 sec/walk 35 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 2.75 miles
WEEK 7 Run/Walk Days Walkers: walk only Runners: run for 30 sec/walk 30 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	Run/walk 3 miles
WEEK 8 Run/Walk Days Walkers: walk only Runners: run for 30 sec/walk 30 sec	Rest or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Run/walk 30 minutes	Walk 30 mins or do an active recovery workout	Rest	It's the big day! Walk, run, or run/walk for 5K (3.1 miles)

Your 8-Week Walk/Jog/Run

▶ TRAINING PLAN B



NOTE

You should be able to exercise for 30 - 50 minutes nonstop before beginning this program, and are taking Design Fitness Centre classes. Switch classes to suit your schedule and weather!

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1 Run/Walk Days Walkers: walk only Runners: run for 15 sec/walk 45 sec	Walk 30 mins	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 2 Run/Walk Days Walkers: walk only Runners: run for 15 sec/walk 45 sec	Run/walk 2 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 3 Run/Walk Days Walkers: walk only Runners: run for 20 sec/walk 40 sec	Run/walk 2.25 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 4 Run/Walk Days Walkers: walk only Runners: run for 20 sec/walk 40 sec	Run/walk 2.5 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 5 Run/Walk Days Walkers: walk only Runners: run for 25 sec/walk 35 sec	Run/walk 2.75 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 6 Run/Walk Days Walkers: walk only Runners: run for 25 sec/walk 35 sec	Run/walk 2.75 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 7 Run/Walk Days Walkers: walk only Runners: run for 30 sec/walk 30 sec	Run/walk 3 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	Run/walk 30 minutes	Strength & Yogilates Class
WEEK 8 Run/Walk Days Walkers: walk only Runners: run for 30 sec/walk 30 sec	Run/walk 3 miles	Walk 30 mins + Strength Class or other	Walk 30 mins + MobilityFit Rx Class	Walk 30 mins Strength Class	Walk 30 mins + MobilityFit Rx Class	REST OR Run/walk 30 minutes	It's the big day! Walk, run, or run/walk for 5K (3.1 miles)

Your 8-Week Walk/Jog/Run

➤ TRAINING PLAN C



NOTE

Make your own schedule! Combine Walk, Running, or Run/Walk, along with your fitness class schedule!

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Your 8-Week Walk/Jog/Run

TRAINING JOURNAL

WEEK _____

WORKOUTS

SUN

MON

TUE

WED

THU

FRI

SAT

ACHIEVEMENTS THIS WEEK

HOW DO I FEEL?

AREAS TO FOCUS ON NEXT WEEK

Step Up to a Fitter & **HEALTHIER LIFE**

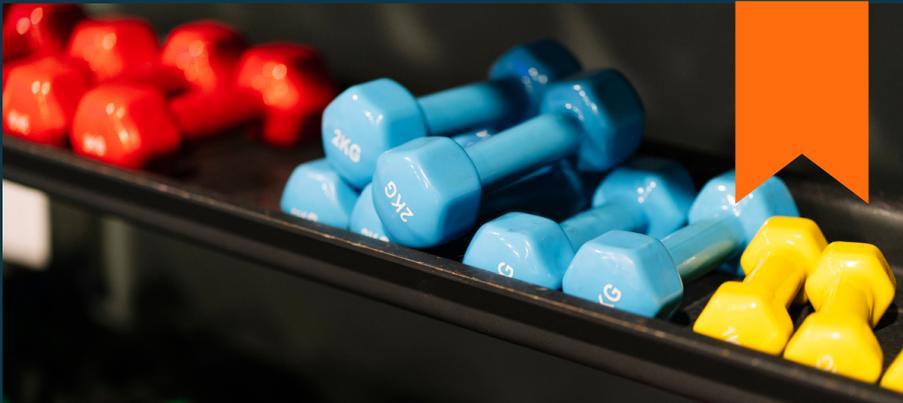


At Design Fitness Centre we help members feel fit, healthy and strong – and have fun every step of the way!

We'd love to be part of your fitness/wellness journey.

Terry

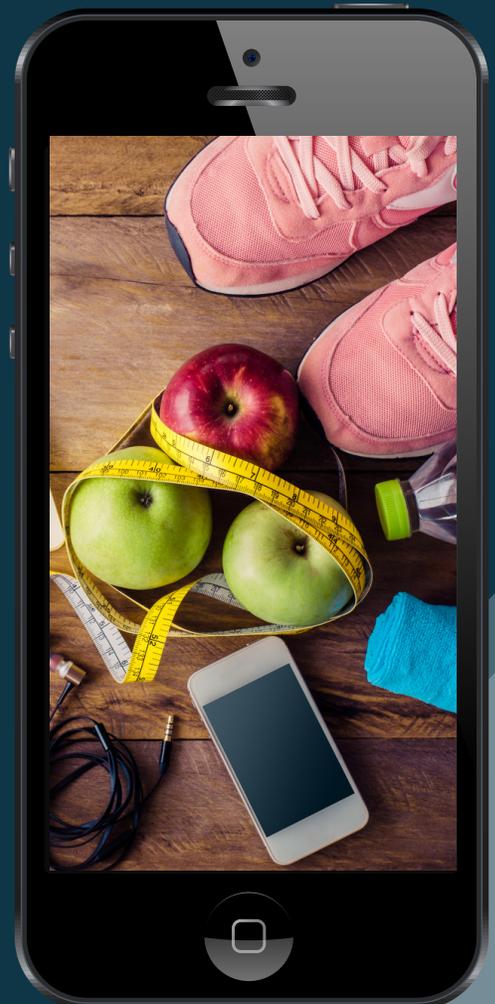
DesignFitness@sentex.net



SMALL GROUP & VIRTUAL CLASSES

**UNLIMITED INTRO
MONTH**

No Obligation - Intro Month limited to
NEW MEMBERS to Design Fitness





REFERENCES

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/5k-run/art-20050962>

<https://www.yalemedicine.org/conditions/running-injury>

<https://www.runnersworld.com/training/a20865088/pre-run-warmup/>

<https://www.healthline.com/health/running-injuries>

<https://www.popsugar.com/fitness/Benefits-Walking-Breaks-During-Long-Runs-43837548>

<https://www.womenshealthmag.com/fitness/a28564918/runner-walking-breaks-opinion/>

<http://www.gallowaynyc.org/walk-breaks--the-long-run.html>

<https://pubmed.ncbi.nlm.nih.gov/8304358/>

<https://www.healthline.com/nutrition/walking-after-eating>

<https://www.healthline.com/health/benefits-of-walking>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>