

Train for your first 5K in 6 weeks following these easy 7 steps for first time runners.

Get shoes that fit! - This is really important. It will help your comfort level and prevent injury.

1st) Sign up for the Super Cooper Heart Run early - Signing up by Oct 23rd guarantees you a race day shirt and saves you money off the registration fee. The early registration fee is only \$20 for the 5K.

2nd) Come up with a plan - A very easy goal pace of 10 or 11 minutes per mile. This means your 5K should take you about 32 minutes to 35 minutes if you never walk. Your goal time for finishing can vary and should be determined the morning of the race based upon how well you did with your training.

If you've never run before, consider the below schedule (Tues, Thurs, Sat, & Sun are recovery days):

Week 1:

- Mon: 5 min run with 5 min cool down
 - (Cool down can be a 5 min walk/light jog)
- Wed: 5 min run with 5 min cool down
- Fri: 10 min run, cool down

Week 2:

- Mon: 7 min run, cool down
- Wed: 7 min run, cool down
- Fri: 15 min run, cool down

Week 3

- Mon: 12 min run, cool down
- Wed: 15 min run, cool down
- Fri: 20 min run, cool down

Week 4

- Mon: 15 min run, cool down
- Wed: 18 min run, cool down
- Fri: 25 min run, cool down

Week 5

- Mon: 20 min run, cool down
- Wed: 25 minute run, cool down
- Fri: 30 min. run, cool down

Week 6

- Mon: 15 min run, cool down
- Wed: 20 min run, cool down
- Fri: Rest, Rest, Rest
- Sat: **Nov 6 -- Go race!**

3rd) Execute your plan – Set yourself a personal accomplishment reward for reaching your goal of finishing in a certain time, such as a new CD, a new shirt, or treating yourself to a nice lunch or a glass of wine. But only if you reach the goal you set for finishing the race. This will help to motivate you to stay on track. Another important part of this step is to realize that it is OK to miss one workout. Just move it to another day! Just try to make sure you still have your recovery days in between...especially in the first couple of weeks.

4th) Start slow – Remember to take it easy, especially the first two weeks. Stretch often and ice down if you feel sore. Don't be afraid of a walk break if needed. Just cool down and stretch some more before continuing.

5th) Diet -Don't go *on* a diet, just pay attention to what you're eating. Chances are, when you start running, your appetite will increase. Don't let that increased intake be ONLY junky snack foods. If you do eat lots of carbs try and do it before a run. Afterward: A cold glass of milk is awesome to drink because it is protein and calcium rich. Get some chocolate milk so it's a treat. And eat plenty of proteins. It will fill you up more than sugar and carbs to satisfy your growing appetite, plus it will help to build your muscles.

6th) Show up on race day no matter what - Don't be scared! You can do it. Even if you didn't hit your training exactly, you can do it. Plenty of first-timers don't quite live up to their training regimen, and they were still able to do it. Some call it a race day high. It's also a lot of fun to be part of something with a lot of other people and the rush will give you a boost once you get going. There's also some fun stuff after the race, like food & drinks & music. This is the favorite part of the race for many people. It's also a great place to meet other first time runners just like you.

7th) Wear your Super Cooper Heart Run shirt with PRIDE. Congratulations, you did it!