

NOW THAT YOU'VE COMMITTED TO A 5K WHAT NEXT? Maybe this is your first 5K or maybe you've run multiple races but you're looking to improve your time; regardless of your running experience and ability, this 5 week program is sure to increase your endurance, your speed and your confidence. Follow our simple 5 week training schedule and these 5 tips to a successful race day!

1. FIND A FRIEND: Training for a 5K can be challenging but doing it with a friend, family member or in a group can make it fun. Keeping one another accountable, offering encouragement and sharing experiences is key to your success.

2. FUEL & HYDRATE: Fueling the body with the right foods at the right times will give you the energy and stamina you need to complete your run. Be sure to stay away from sugars and foods with a high glycemic index so that your glucose levels remain steady. Also, the more you exercise the more fluid you need to replace. Again, stay away from sugary sports drinks and aim to drink a gallon of water each day.

3. STRENGTH TRAIN: Building strength, especially in the lower body will help you to avoid injury, increase your muscle efficiency, and ultimately help to lengthen your stride which will improve your time

4. STRETCHING & FOAM ROLLING: When muscles get worked, they expand in size and as they recover they retract. This fluctuation in muscle size can lead to the pulling of other muscles in the body. Most commonly when we feel weak in the lower back the pain does not stem from the lower back, but from the gluteus muscles, hamstrings and I.T Bands being tight, knotting up and pulling on the lower back. Stretching and foam rolling can help alleviate the tension and soreness and protect you from injury.

5. REST: Giving your body time to rest from running is another key to a successful training regime. Remember that the recovery part of fitness is just as important, if not more important, than what exercises we do, we must listen to the body and help it become its healthiest by giving it what it needs!