

## MONTLAKE TURKEY TROT – INTRODUCTORY 5K TRAINING PROGRAM

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### Introduction

This program is intended for those who are aiming to go from little to no endurance running to complete the 5k. Each individual's comfort level and needs range drastically, and by no means should you feel obligated to complete each individual workout. Go your own pace, and most importantly, have fun!

### Before you begin...

#### Common sources of injury & discomfort

When training for any endurance race, there are three common mistakes that I frequently see which may lead to an increased likelihood of injury or discomfort that may be unnecessary. Identifying these mistakes early will help you avoid them! Here

1. **Attempting to run a distance that you used to be able to do a few months or years ago.** I commonly see athletes who used to be able to run 5k or 10K consecutively a year ago give that a shot again right out of the gate. DO NOT DO THIS. Your body adapts to the training and workouts that you've been doing lately. If you're looking to start back up the habit, go slow, take your time and don't push your limits just because it was something you could do 1 year ago; your joints and muscles aren't quite ready for it yet, but we'll get you there!
2. **Improper footwear.** Each foot and running stride and person are unique, and thus your needs for athletic and running shoes differ from person to person. Go to your local running store, get an in-store assessment (they're free!) and find the right shoe and arch support that you need. Also, keep in mind that shoe support degrades over time... if you've been using the same running shoes for an extended period of time, think about treating yourself!
3. **Improper warm-up and cool-down.** Running is A LOT of impact on your knees, joints and muscles, even for a brief amount of time. Taking the time to get your body ready for that impact and, just as importantly recovering from that impact, will change entirely how you feel during your workout and in to the next few days. If you're time crunched, I would rather you warmed up and cooled down well than completing the full run!

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**Training Plan**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>OCT 28</u></b> <b>Attend Running Clinic</b> - Run 1 mile – 2:1 run:walk ratio	<b><u>OCT 29</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>OCT 30</u></b> <b>Strength workout</b>	<b><u>OCT 31</u></b> Run 1 mile – 2:1 run:walk ratio	<b><u>Nov 1</u></b> 20-30 minutes of <b><u>cross training</u></b>	<b><u>Nov 2</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 3</u></b> Strength workout
<b><u>Nov 4</u></b> <b>Attend Running Clinic</b> - Run 2 miles – 3:1 run:walk ratio	<b><u>Nov 5</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 6</u></b> Strength workout	<b><u>Nov 7</u></b> Run 1 mile – 4:1 run:walk ratio	<b><u>Nov 8</u></b> 30 minutes of cross training	<b><u>Nov 9</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 10</u></b> Strength workout
<b><u>Nov 11</u></b> <b>Attend Running Clinic</b> - Run 2 mile – 5:1 run:walk ratio	<b><u>Nov 12</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 13</u></b> <b>Strength workout</b>	<b><u>Nov 14</u></b> Run 1.5 mile – 6+:1 run:walk ratio	<b><u>Nov 15</u></b> 35 minutes of <b><u>cross training</u></b>	<b><u>Nov 16</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 17</u></b> Strength workout
<b><u>Nov 18</u></b> <b>Long run – 2.5 miles</b> <b>5+:1 run:walk ratio</b>	<b><u>Nov 19</u></b> Rest – aim for 8,000 -10,000 steps throughout the day	<b><u>Nov 20</u></b> Run 1 mile – 8+:1 run:walk ratio	<b><u>Nov 21</u></b> REST- walk day!	<b><u>Nov 22</u></b> Race day! 5K! Do your best and have fun!	<b><u>Nov 23</u></b> Recover!! Congrats!	<b><u>Nov 24</u></b>

**KEY**

**Run:Walk ratios** are the amount of time running vs the amount of time you spend walking. A 2:1 run:walk ratio is running for 2 minutes, and walking for 1. A 5:1 ratio is a 5 minute run to a 1 minute walk, and so on.

**Cross training** is any form of endurance exercise that is not running. This includes the elliptical, the spin bike, rowing or swimming. They all work, but try to not have too much impact on your body and joints!

**Running clinics** will be held at Montlake Playfield track – specific dates and times are

- October 28th 10-11 am
- November 4th: 12-1 pm
- November 11th: 11-12 am

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**Strength training** – Strength training consists of a few key exercises, but not much weight has to be used or involved. For each of these exercises, aim to do 12-15 reps a set, 3 times. This means no or low weight and high repetition! Total amount of time should be approximately 30 minutes. Don't feel like you need to finish EVERYTHING quickly or all at once. Go at your own pace and load.

Strength training includes (videos and or pictures included):

- [Wall Squats](#)
- [Lunges](#)
- [Calf raises](#)
- [Side Plank](#) + crunches– (core)
- [Toe Taps](#)
- [Leg Extension](#)
- [Leg Curl](#)

Disclaimer: Please keep in mind that application of this plan is a personal choice, and in no way is the author responsible for those choices. Readers and athletes are encouraged to only operate within their scope of practice. Examination, treatment, intervention, and rehabilitation for athletes should only be performed by a licensed medical professional.