

8 WEEK TRAINING PROGRAM TRAINING TIPS



Students, teachers and parents can utilize this eight week training program to prepare to run the 5K (3.1 mile) or the 10k (6.2 miles) race on Saturday, November 16. Runners can train during P.E. class, as part of a before or after-school program, or at home. This program is for anyone, regardless of your age or level. Be sure to check with your physician to make sure you're healthy enough to participate!

HELPFUL TIPS

- ✓ Always run in a safe, well-lit area
- ✓ Wear clothes and shoes that allow you to move freely
- ✓ Always do a warm-up and stretch before and after you run.
- ✓ Exercise with friends and family to make it fun
- ✓ Eat healthy foods so you'll have the energy to run
- ✓ Drink plenty of water each day to keep your body hydrated

WARM-UP

When your muscles are cold, they're not at their best. Much like a piece of bubble gum (it takes a few minutes of chewing before you can blow a great big bubble), muscles need a few minutes of activity to warm-up and reach their full potential. Do an easy jog and some light active stretching before you begin to run fast, jump high, or play your favorite sport. Warming up your muscles helps them stretch farther with less chance of injury. This extra stretch, just like a rubber band, helps your muscles create more power.

COOL DOWN

Follow your workout with another easy activity like walking and some light static stretching. This will make you feel better after your run and help you recover for the next day.

REST & RECOVERY

Believe it or not, rest and recovery are a huge part of a good fitness program. When you exercise, your body makes changes so that the next time you do the same activity, you can do it even better. However, your body can only make these changes if you allow it to rest.

Get up, get active and have fun!

