RUN FOR IT

The following 10 week guide is flexible in its delivery - you can choose where to start based on the fitness levels of the students. We suggest using weeks 5 through 10 for your 6 week training program but if students find this too challenging they can start at an earlier week. Students can train for 2 days/week with their Run for It group and train for one day on their own. For additional resources visit runforitprogram.ca or Runningroom.com.

Running Room LTD.

# YOUTH 5K RUN/WALK TRAINING PROGRAMS

5K RUNNING PROGRAM

| | | | | | | | | Run | Walk |
|---|---|---|---|---|---|---|---|---|---|
| Week 1 | Rest | walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min | Rest | walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min | Rest | walk 1 min; run 1 min, walk 2 min (6 sets); run 1 min, walk 1 min | Rest | 7 | 14 |
| Week 2 | Rest | walk 1 min; run 1 min, walk 1 min (10 sets) | Rest | walk 1 min; run 1 min, walk 1 min (10 sets) | Rest | walk 1 min; run 1 min, walk 1 min (10 sets) | Rest | 10 | 11 |
| Week 3 | Rest | walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min | Rest | walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min | Rest | walk 1 min; run 2 min, walk 2 min (6 sets); run 2min, walk 1 min | Rest | 14 | 8 |
| Week 4 | Rest | walk 1 min; run 3 min, walk 1 min (5 sets) | Rest | walk 1 min; run 3 min, walk 1 min (5 sets) | Rest | walk 1 min; run 3 min, walk 1 min (5 sets) | Rest | 15 | 6 |
| Week 5 | Rest | walk 1 min; run 4 min, walk 1 min (4 sets) | Rest | walk 1 min; run 4 min, walk 1 min (4 sets) | Rest | walk 1 min; run 4 min, walk 1 min (4 sets) | Rest | 16 | 5 |
| Week 6 | Rest | walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min | Rest | walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min | Rest | walk 1 min; run 5 min, walk 1 min (3 sets); run 2 min, walk 1 min | Rest | 17 | 5 |
| Week 7 | Rest | walk 1 min; run 6 min, walk 1 min (3 sets) | Rest | walk 1 min; run 6 min, walk 1 min (3 sets) | Rest | walk 1 min; run 6 min, walk 1 min (3 sets) | Rest | 18 | 4 |
| Week 8 | Rest | walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min | Rest | walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min | Rest | walk 1 min; run 8 min, walk 1 min (2 sets); run 2 min, walk 1 min | Rest | 18 | 4 |
| Week 9 | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | 20 | 3 |
| Week 10 | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | walk 1 min; run 10 min, walk 1 min (2 sets) | Rest | 20 | 3 |
| Week 11 | Rest | Rest | | | | | | | |

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JOHN STANTON'S

# YOUTH GUIDE TO TRAINING FOR THE 5K

RUN FOR IT

www.runforitprogram.ca

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Running Room LTD.
RUNNING PROGRAM

# STRETCHING

## CALF

- Stand about a meter from a wall, rail, or tree
- Place your feet flat on the ground toes slightly turned inward
- Bend your forward leg
- Keep your opposite leg back and straight and feel the tension in the calf
- Bend the straight leg at the knee to work the Achilles tendon

## HAMSTRING

- Use a corner, doorway, or tree and lie flat on your back
- Raise one leg on the doorway, corner, or tree
- Your other leg should be flat on the ground
- With breathing relaxed and both legs straight, do not bend your knee
- You can increase the stretch by moving your butt closer to the doorway or tree
- Hold the stretch and relax
- Repeat with your other leg

## QUADRICEPS

- Place one arm on a wall or rail to balance yourself
- Use the other hand to pull the foot back
- The bent knee should touch the other knee
- To protect the back, pull your abdominal muscles in with a pelvic tilt
- Watch your alignment, heel back toward your buttocks, knees together
- Stretch, breathe, and relax
- Repeat with your other leg

## LOWER BACK

- Lie flat on your back with your legs straight out
- Bring your bent knees up to your chest
- Grasp your legs behind the knees
- Keep your knees together
- Gently pull your knees to your chest
- Keep your back flat on the ground
- Breathe, hold the stretch, and relax

## ILIOTIBIAL BAND

- Stand parallel to a wall, an arm's length away
- With feet together, extend your arm sideways, wrist bent, with your palm against the wall
- Lean towards the wall with your opposite hand on the outside of your hip
- Breathe in and out with your legs straight
- Tighten your buttocks and push your hips towards the wall
- Push, feeling the stretch on the outside of the leg nearest the wall
- Hold the stretch—breathe and relax
- Repeat on the other leg

## GROIN

- Sit upright with your back straight
- Sit with knees up, then let them drop open to the sides with the soles of your shoes facing each other
- Hands on your ankles, pull your feet towards your buttocks
- Rest your arms on the insides of your legs
- Gently push your knees toward the ground
- Feel the stretch in your groin area, breathe, relax

## BUTTOCK

- Sit up straight with one leg straight and the knee of the other leg bent
- With the foot of the bent leg on the outside of the straightened leg
- Slowly bend the leg towards the opposing shoulder
- Feel the stretch high in the hip and buttock area of the bent leg
- Hold the stretch, breathe, and relax

## HIP FLEXOR

- Kneel on one knee and place the other forward at a 90-degree stance
- Keep your back straight and maintain a pelvic tilt
- The rear knee is planted to stretch the hip in front
- Keep your knee on the ground and shift your hips forward
- You should feel the stretch in the hip of the rear leg
- Switch legs and repeat



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# 10 WEEK TRAINING LOG

## WEEK 1

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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| | | | | |
| | | TOTAL DISTANCE | | |

NOTES

## WEEK 2

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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| | | TOTAL DISTANCE | | |

NOTES

## WEEK 3

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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| | | TOTAL DISTANCE | | |

NOTES



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# TRAINING LOG

## WEEK 4

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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TOTAL DISTANCE

## NOTES

## WEEK 5

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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TOTAL DISTANCE

## NOTES

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# TRAINING LOG

## WEEK 6

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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| | | TOTAL DISTANCE | | |

| GOAL RACE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| SHOPPERS LOVE. YOU. RUN FOR WOMEN | 5K | | | e.g. THE MOST AMAZING TIME! |

## WEEK 7

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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| | | TOTAL DISTANCE | | |

## WEEK 8

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
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| | | TOTAL DISTANCE | | |

## NOTES

## NOTES



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# TRAINING LOG

## WEEK 9

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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TOTAL DISTANCE

## NOTES

## WEEK 10

| DATE | DISTANCE | TIME | LOCATION | COMMENTS |
|---|---|---|---|---|
| | | | | e.g. Weather, hills, aches and pains, etc. |
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TOTAL DISTANCE

## NOTES

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