



# DOWNTOWN DASH

## 5K TRAINING PLAN

**Nice Job! You've signed up for a 5k. Let's talk training.**

Use this program as a guide to running a 5k. The suggested start date of this program is **March 27th, 2023**, so you're ready to go on **May 17th!** Training days and rest days can be switched to accommodate your personal schedule.

**Run/Walk Days:** Start slow, and run at a pace that goes between the line of comfortable and uncomfortable. This means you're running but not trying to go as fast as you can.

**Distance Days:** Run or walk. Try your best to make it the distance assigned for that week.

**Yoga For Runners:** Stretch those sore muscles, and get a bit of relaxation with Paula!  
Link here: <https://www.youtube.com/watch?v=PiXOPi6tNsY>

<b>Week 1</b>	Rest	Run 1 Min Walk 1 Min Repeat 10X	Rest	Run 2 Min Walk 4 Min Repeat 5X	Yoga for Runners (optional)	Rest	.5 Mile
<b>Week 2</b>	Rest	Run 3 Min Walk 3 Min Repeat 4X	Rest	Run 5 Min Walk 3 Min Repeat 3X	Yoga for Runners (optional)	Rest	1 Mile
<b>Week 3</b>	Rest	Run 7 Min Walk 3 Min Repeat 3X	Rest	Run 8 Min Walk 4 Min Repeat 3X	Yoga for Runners (optional)	Rest	1.5 Mile
<b>Week 4</b>	Rest	Run 9 Min Walk 1 Min Repeat 3X	Rest	Run 11 Min Walk 2 Min Repeat 3X	Yoga for Runners (optional)	Rest	2.0 Mile



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<b>Week 5</b>	Rest	Run 10 Min Walk 2 Min Repeat 3X	Rest	Run 15 Min Walk 2 Min Repeat 2X	Yoga for Runners (optional)	Rest	2.5 Mile
<b>Week 6</b>	Rest	Run 11 Min Walk 2 Min Repeat 3X	Rest	Run 16 Min Walk 2 Min Repeat 2X	Rest	Rest	3.0 Mile
<b>Week 7</b>	Rest	Run 8 Min Walk 4 Min Repeat 3X	Rest	RACE DAY!!			

### Tips for Proper Running Form

**Look Ahead:** Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet.

**Land Midfoot:** Try to land on the middle of your foot and then roll through to the front of your toes to prevent injury.

**Keep Hands at your Waist:** Try to keep your hands at waist level, and arms bent to 90 degrees at your sides. Keep your shoulders relaxed.

**Relax Your Hands:** As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.

**Check Your Posture:** Keep your posture straight and erect. Your head should be up, your back straight, and your shoulder level.

**Avoid Bouncing:** Try to keep your stride low to the ground and focus on quick stride turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body.