



# JERSEY STRONG<sup>®</sup>

## 5K TRAINING PROGRAM

DESIGNED BY JERSEY STRONG PERSONAL TRAINERS

# 5K TRAINING PROGRAM

This 5K Training Program was designed by Personal Trainers here at JERSEY STRONG – it is a recommended training regimen designed to get you ready for one of your first 5K runs. It incorporates running, strength training and flexibility.

Doing a 5K run can add a new level of challenge and interest to any exercise program. A 5K run is 3.1 miles and is a great distance for a beginner (as well as veteran runners looking to improve their times). You can prepare for a 5K run in just two months. If you find the weather too cold or rainy, search out a treadmill for your training days and be sure to incorporate some strength training and flexibility to round out your program.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

## UNDERSTANDING YOUR TRAINING ROUTINE

This 5K training schedule incorporates a mix of running, walking and resting along with strength training and flexibility. This combination helps reduce the risk of injury, stress and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this 5K training schedule.

Under this 5K run schedule, you'll spend a portion of your training walking. For instance, during week one on run/walk days, you'll run for 15 seconds and then walk for 45 seconds, repeating that cycle for 30 minutes. It is important that you listen to your body, as well as, your brain. If you need to adjust the intervals to add in extra walking time, do so. Keep the pace realistic BUT challenging. If you feel the urge to jump ahead in the running program, do so with caution! Allowing your body to rest is the most important part of the program. Without enough rest you can expect slow improvement and an increase chance of illness and injury.

As the weeks progress, you'll gradually increase the amount of time running and reduce the amount of time walking. If you're adapting the training for a 5K walk, then you always walk, even on run days.

Friday is designed to be your rest day. You can move your rest day up or down in the week to better accommodate your personal schedule and/or give your body some additional rest.

# RUNNING & STRENGTH TRAINING SCHEDULE

## WEEK 1 & WEEK 2 – BEGINNER

**Intervals:** Run for 15 Seconds / Walk for 45 Seconds

**Monday:** Run 30 minutes

**Tuesday:** Strength Training / Walk 30 Minutes

**Wednesday:** Run 30 Minutes

**Thursday:** Strength Training / Walk 30 Minutes

**Friday:** Rest

**Saturday:** Run 2.5 Miles

**Sunday:** Rest or Active Exercise

## WEEK 3 & WEEK 4- BEGINNER

**Intervals:** Run for 20 Seconds / Walk for 40 Seconds

**Monday:** Run 30 minutes

**Tuesday:** Strength Training & Stretch / Walk 30 Minutes

**Wednesday:** Run 30 Minutes

**Thursday:** Strength Training & Stretch / Walk 30 Minutes

**Friday:** Rest

**Saturday:** Run 3.0 Miles

**Sunday:** Rest or Active Exercise

## WEEK 5 & WEEK 6- BEGINNER

**Intervals:** Run for 25 Seconds / Walk for 35 Seconds

**Monday:** Run 30 minutes

**Tuesday:** Strength Training & Stretch / Walk 30 Minutes

**Wednesday:** Run 30 Minutes

**Thursday:** Strength Training & Stretch / Walk 30 Minutes

**Friday:** Rest

**Saturday:** Run/Walk 3.5 Miles

**Sunday:** Rest or Active Exercise

## WEEK 7 & WEEK 8-BEGINNER

**Intervals:** Run for 30 Seconds / Walk for 30 Seconds

**Monday:** Run 30 minutes

**Tuesday:** Strength Training & Stretch / Walk 30 Minutes

**Wednesday:** Run 30 Minutes

**Thursday:** Strength Training & Stretch / Walk 30 Minutes

**Friday:** Rest

**Saturday:** Run 4.0 Miles or EVENT DAY!

**Sunday:** Rest or Active Exercise

## ADD STRENGTH TRAINING TO IMPROVE YOUR RESULTS

Both novice and veteran runners can greatly benefit from adding strength training days to their running program. Strength training can help you run faster, longer, and more efficiently.

A study published in 2014 showed that runners who add three days of resistance training exercises to their weekly program increase their leg strength and enhance their endurance. Obviously, runners with better endurance can run longer, burn more calories and maintain a healthy metabolism. You'll also be able to recover faster from those long runs because strength training makes your body more efficient at converting metabolic waste into energy. It's like being able to convert car exhaust into gas.

If you increase your strength, you'll also increase your joint stability, reducing your risk of repetitive stress injuries. By incorporating moves such as squats, single-leg hops, and abdominal work into a workout can not only prevent lower-body injuries, but improve performance as well. Leg exercises are particularly important when it comes to reducing injury: These exercises strengthen muscles around the knees and hips — two areas that often cause problems for runners.



Our Personal Trainers designed this workout to be a complimentary workout to any strength workout you are currently doing. If you are not currently performing a strength training workout, then this a great place to start. This workout is best performed in a circuit format, one exercise right after another with a work- to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

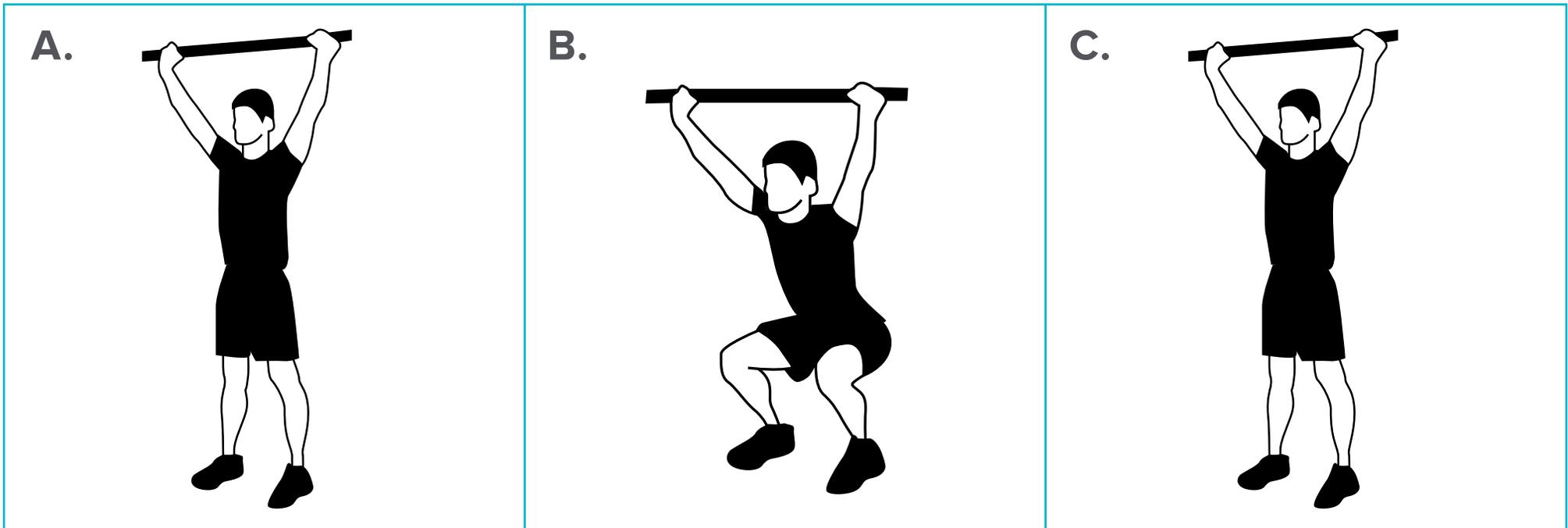
# OVERHEAD SQUAT

**Main Muscles Worked:** Gluteus, Quadriceps, Hamstrings, Hip Flexors

**Secondary Muscles Worked:** Deltoids, Triceps, Abdominals

## Description

The Squat is widely recognized as being the very best exercise for strength conditioning and total body muscular development. Begin the movement by standing with your feet shoulder width and arms over your head. When performing the overhead variation of the squat you can use a band, tubing or light bar. Descend into a squat position focusing on achieving the proper “sitting” position and keeping your weight on your heels and not your toes. To better visualize this “sitting” position pretend you are sitting into a seat or toilet. Rise up from the bottom of the squat position. The overhead squat requires a good amount of flexibility in your shoulder complex and lats. If you find your arms falling too far forward during this exercise remove the overhead component and bring your arms to your sides or in front of your body with your hands clasped together.



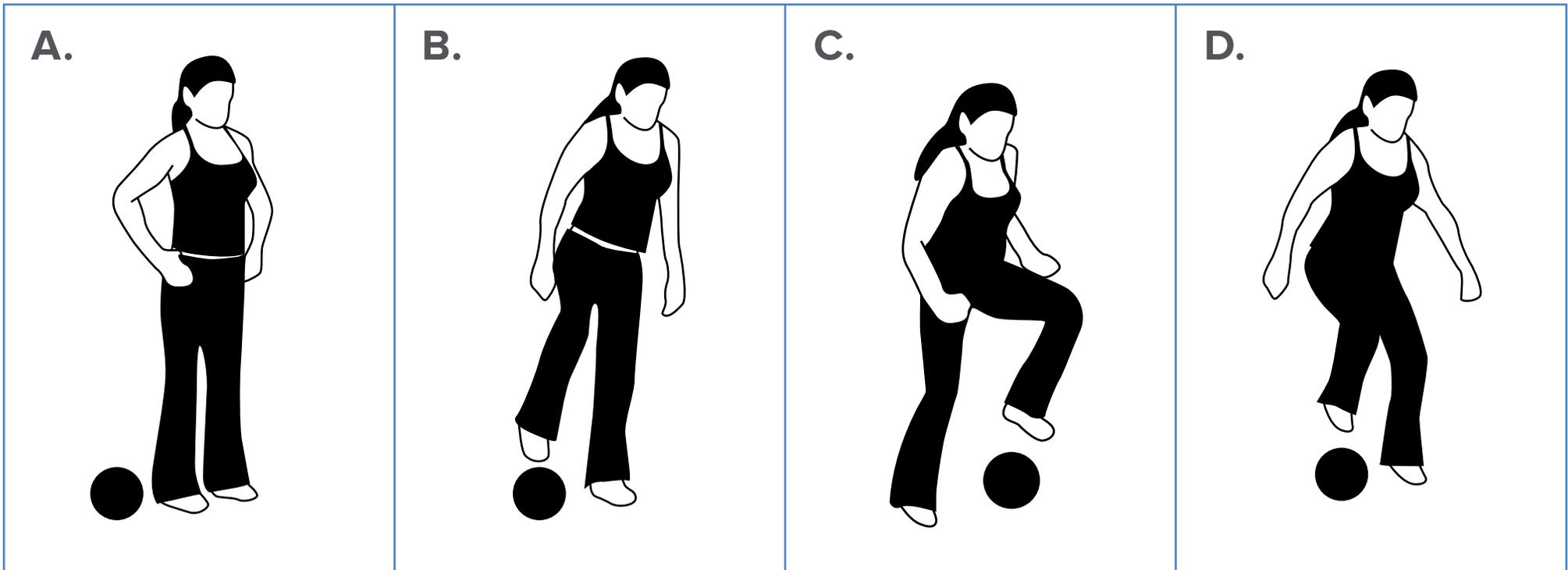
# SINGLE LEG HOP & TOUCH TO MEDICINE BALL

**Main Muscles Worked:** Gluteus, Quadriceps, Hamstrings, Hip Flexors

**Secondary Muscles Worked:** Adductors, Calves

## Description

The single leg hop and touch to medicine ball is an exercise that will require good foot quickness as well as coordination of keeping that ball still as you're moving side to side. You'll start with one foot on the ball and then quickly hop to the other side where you'll tap with the opposite foot and then return. So the outside foot is the landing foot and the inside foot controls the ball as it taps down. To reduce the difficulty of this movement substitute a stationary object like a step or stability disc.



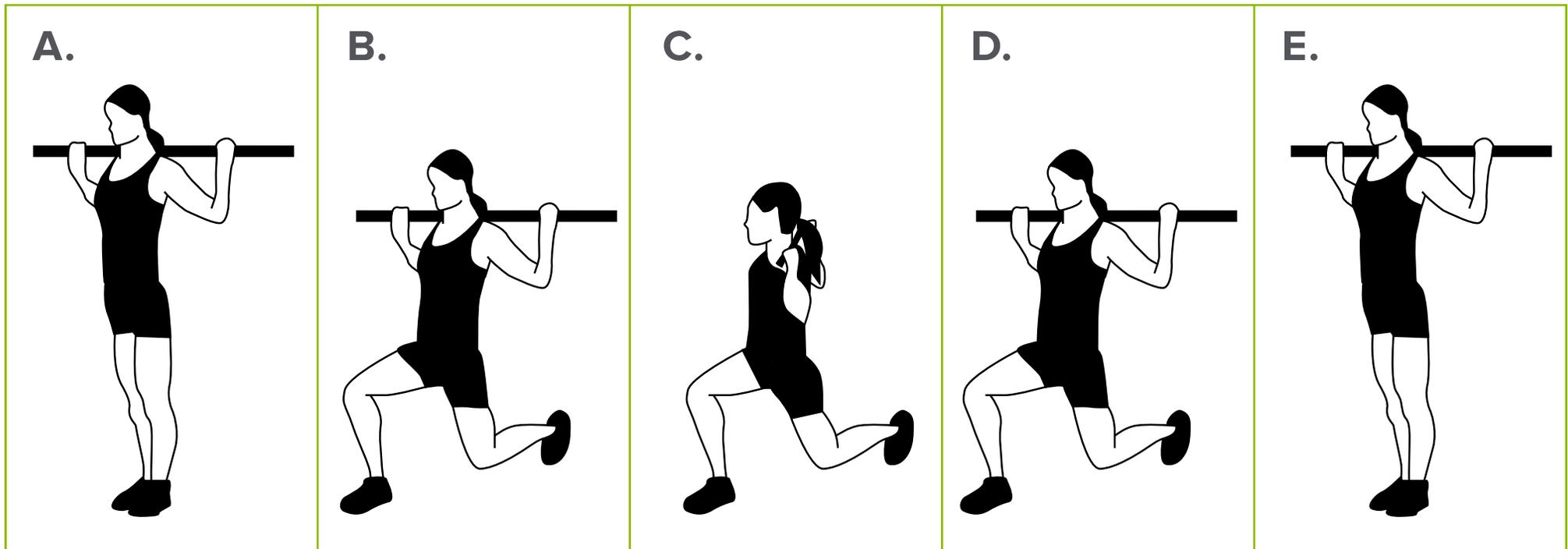
# LUNGE WITH ROTATION

**Main Muscles Worked:** Gluteus, Quadriceps, Hamstrings, Hip Flexors, Obliques

**Secondary Muscles Worked:** Adductors, Calves

## Description

This movement can be performed with or without a bar on your shoulders. Begin in a neutral stance, bar across your upper back below your neck. Step forward to a lunge position. Your right foot should land flat against the ground. Rotate your torso to the right while keeping your lead leg steady and torso tall. Rotate back to center position. Propel yourself back to the starting position. When driving backwards with your lead leg keep your weight back on to your heel to activate your glutes and keep unwanted stress away from your knee. Repeat the movement with your opposite side and rotating to the left.

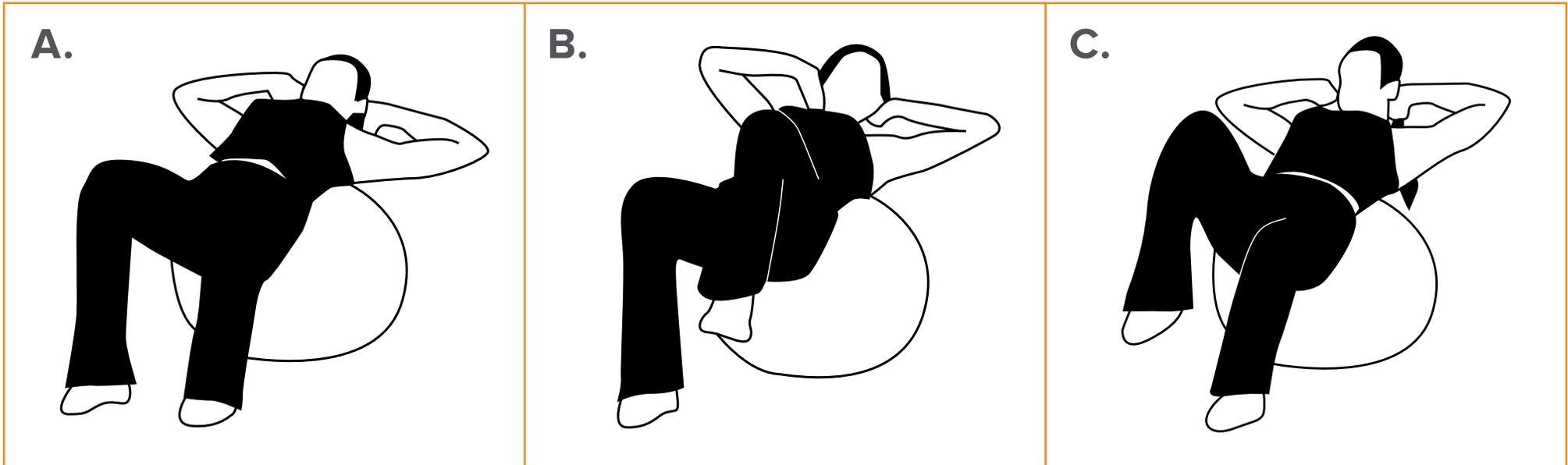


# STABILITY BALL CRUNCH W/OPPOSITE KNEE LIFT

**Main Muscles Worked:** Abdominals, Obliques

## Description

Abdominal oblique crunches on a stability ball will create an imbalance between the distribution of stability each time you lift a foot. So raise one foot off the ground and as you do, cross over the opposite side of the body, creating an oblique crunch alternating sides each time and stability of the foot that's still on the floor. You'll also want to minimize the motion of the stability ball as you curl up.



## STAY FLEXIBLE, FIT AND FAST BY INCORPORATING KEY STRETCHES

All runners know the benefits of stretching to aid in their race performance, as well as, recuperation after the race. But did you know that incorporating a few key stretches into your program will help your body perform better during your strength training days by allowing your body to use more of its primary muscles and less of the weaker secondary muscles. Stretching will also improve your posture and make you a more efficient runner.

For example, as a runner one of your primary muscles used are your hip flexors. These muscles also get very tight (and short) if you find yourself in a seated position most of the day. Tight hip flexors can not only cause back discomfort but also cause your gluteus maximus to not function 100% when performing lower body exercises such as the squat and lunge. The workload is distributed to other secondary muscles such as your hamstrings. This in turn causes excess stress and tightness in these areas.

Here are 3 top stretches you can incorporate into your training program routine. Our Trainers here at JERSEY STRONG designed this stretch program to be performed right after your strength training program, or as a standalone stretch program that you can sneak-in periodically throughout the week. You can rotate through the full sequence of stretches 2-3 times.

# KNEELING HIP FLEXOR STRETCH

## Description

The kneeling hip flexor stretch is a static flexibility exercise for both the one- and two-joint hip flexor muscles. Start on one leg with your left leg being the back leg. Make sure the left heel is directly in line with your left hip. Prior to beginning the movement, do a posterior tilt to the pelvis, tucking the tailbone under and removing any lordosis (excessive arch) in your low back. Hold that there and move your pelvis forward, bringing the right knee toward the right toe, only as far as you can go while maintaining that lack of lordosis or stabilization in your low back. At that point, the stretch will increase through those hip flexors in the front. Push to the point of slight to moderate discomfort. Hold the stretch for roughly 10 seconds, then relax. Repeat 3 times, then alternate to other side. If you want to simplify this exercise, you'll want to provide some external stability. Get a chair next to the front leg and focus more on the actual stretch and worry less about balancing side to side in this position.

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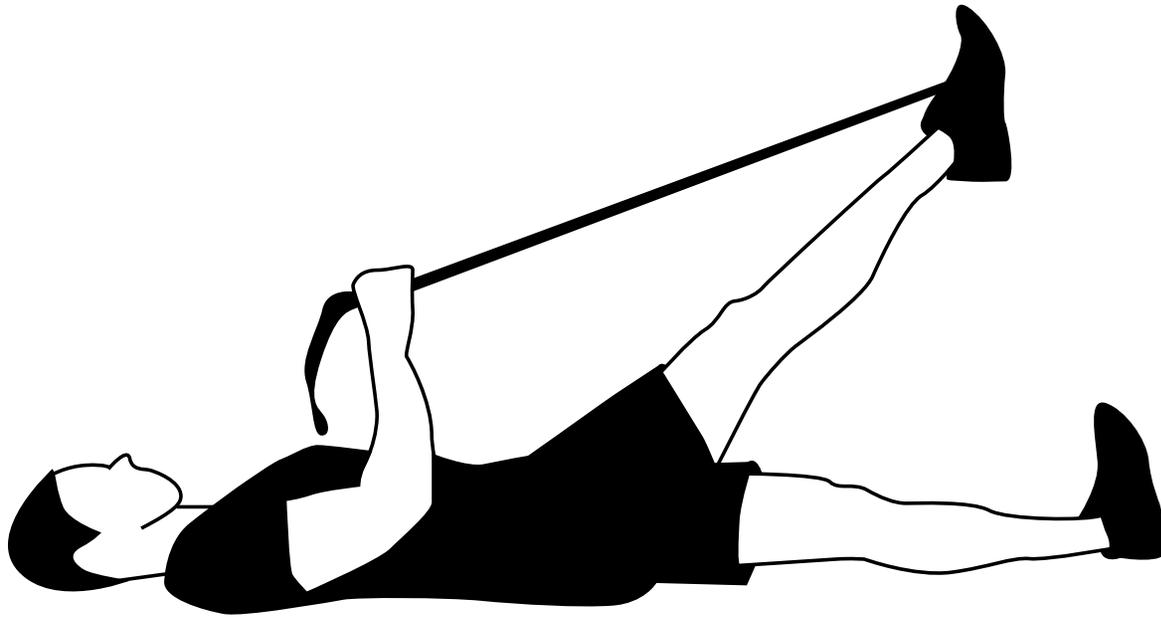
# CALF STRETCH

## Description

Lie on your back with a rope wrapped around your foot and your leg raised 45 degrees in the air.

Holding the ends of the rope in your hands, pull your foot toward your shin, and then gently pull the rope to increase the stretch. Hold the stretch for 1 to 2 seconds. Relax and return to the starting position. Perform 6-10 repetitions. Complete the set on one side before repeating with the opposite leg. Focus on breathing normally during the stretch and avoid holding your breath at any point. You can substitute the rope for a towel or stiff band.

A.



# ONE ARM LAT STRETCH ON STABILITY BALL

## Description

The one arm lat stretch on the stability ball is a great exercise for creating length through the lat, as well as teaching you to control your lumbo-pelvic region with your abdominals. Keep your abdominals tight to keep your lumbar spine neutral. Put the arm out on the ball with the elbow extended. You will be supinated (palm up) and externally rotated, which will start the lat on a stretch already.

From here, bend your left elbow, lower your chest parallel to the floor and increase the length through the lat. Keep yourself square to the floor and hold the stretch for 20-30 seconds. Breathe normally during the stretch. Switch arms after each repetition.

A.

