



SUMMER 5K TRAINING

LET'S PREPARE FOR A SUMMER YOU WILL REMEMBER

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SOCIAL EVENT: 05/09/24 BYOF 6:30 PM BRING YOUR OWN FOAM ROLLER

TRAINING START: 05/13/24

TRAINING DAYS: MONDAY & WEDNESDAY 6:00 AM or 7:00 PM BERRY LANE OR LINCOLN PARK

RACE DAY: AUGUST 4, 2024

RUNNING LEVELS:

NOVICE	INTERMEDIATE
As a novice, maintaining an increased heart rate for a prolonged period of time may be new to you. There is an expectation that you may need to walk or take short breaks while you are adjusting to the new sensations in your body.	An intermediate runner has a base foundation of running and its' terms and is comfortable following the daily training requirements. For example: if we say 26 minutes out at 7 effort level half way turn back and finish at 8 effort level you can continue without stopping.

WORDS TO KNOW

RUNNING TERMS	Definition
Acceleration	Accelerations are 20 to 30-second efforts building from an easy jog to a relaxed hard effort. They're followed by a full recovery and are typically run at the end of easier runs or before an intense session or race.
Threshold	A threshold run is simply one that feels comfortably hard - you should not be completely out of breath as if you were taking part in a 5K race, but it should certainly be tougher than a casual jog. The point is that you should be able to continue running many miles at this speed without needing to stop.
Sustained Effort	Typically you would find a pace that you can maintain for at least 20 minutes, but ideally for a 45-60 minute period of time
Fartlek	A workout that involves varying your pace as you run by adding in bursts of fast running interspersed into your run without stopping after each on interval.
Negative Split	Running the second-half of your race faster than the first or ending faster than you started
Endurance	Endurance refers to your body's physical capability to sustain an exercise for an extended period. It's made up of two components: cardiovascular endurance and muscular endurance.
Cadence/ Foot Turn Over	The amount of steps you are taking per minute as you run measured in steps per minute an ideal running cadence is typically said to be around 170 to 180 steps per minute. Running cadence is also referred to as turnover or step rate.
Sprint	The competitive athletic sport of running distances of 400 meters or less.
Running Economy	A measure of how efficiently you run.
Mental Endurance	Involves how your brain and mind overcome stress, like how long can you focus on reading or writing before you grow tired, your concentration wanes, or you lose focus.
Warm Up	Elevates your heart rate which increases circulation and loosens your muscles to prepare for more intense exercise
Runners Choice	Choose your warm-up.
Static Stretch	Static stretches are performed without movement. Static stretching is performed by placing the body into a position whereby the muscle (or group of muscles) to be stretched is under tension.
Splits	The time it takes you to run a specific sub distance of the distance you're running.
Cool down	The cool down helps gently guide your heart rate back to resting levels and helps flush out metabolic by products in your muscles from heart exercise.
Cross Training	any type of exercise other than running that you add to your training plan.
Form	How your dynamic body posture looks and moves when you run. Proper running form is an

	<p>upright posture, head and spine neutral, very slight forward lean of the trunk ,engaged core, arm swinging back and forth, with a 90 degree angle at the elbows, mid foot strike and an even stride length.</p>
<p>Pace</p>	<p>How fast you are running usually in terms of how long it would take you to run a mile at the speed you're running.</p>
<p>Tempo Run</p>	<p>Involves running at a comfortably hard pace around 80 to 85 of your Max heart rate. A sustained effort run that builds up your body's ability to run faster for longer periods of time. Arguably, the biggest benefit is mental endurance, teaching you to run hard through pain.</p>
<p>Taper</p>	<p>A reduction in training volume mileage and intensity leading up to a race. the purpose of a taper is to allow your body to rest and recover a bit before the hard effort of a race enabling you to feel fraction have more energy fewer physical aches and less fatigue.</p>
<p>Runners High</p>	<p>Described a state of euphoria brought about by running</p>