

5k FUN RUN

Key Takeaway:

Whether you're a novice at running or a seasoned competitor, completing a 5k is a great accomplishment!

Running Tips:

- Wear comfortable clothing and shoes
 - "Wicking" fabrics are best
 - Invest in footwear that makes your running comfortable and enjoyable
 - HOKA has a great shoe fitting guide you can check out:
 - <https://www.hokaoneone.com/shoes-101/>
- Nourish wisely with balanced, real food & water
 - 2-4 hours prior to run, eat a balanced solid food meal
 - Within 90 minutes of running, stick to soft foods or liquids for easy digestion
 - Drink water based on thirst
- Warm-up with dynamic stretching to improve mobility, posture, & range of motion
 - Cat/Cow, Hip Flexor, Downward Dog
 - Standing knee hug, Standing quad & glute stretch
 - Monster walk, split squats, side squats, windmills
- Choose a route and specific workout structure
 - Beginners: 15-30 minutes alternating run/walk
 - Experienced: 20-40 minutes alternating easy jog/run

Discover Your Abilities

- Measure your efforts when you first begin
- Track your distance, time, or heart rate for given workouts
- Take on another 5k with Life Time Events

Surpass Your Goals

- Increase your running distance/time by about 10% each week
- Challenge your fitness with higher intensity every 10-14 days or one race/event per month
- Join a Life Time Run training program or hire an individual coach
- Complete an AMA (Active Metabolic Assessment) to maximize your training
 - Learn more: <https://shop.lifetime.life/active-metabolic-assessment>

