

Kids 5K Training Guidelines

Step 1: Outline goal and prize! Write it down together and post it where you can see it!

Step 2: Make sure you have necessary equipment: shoes, clothing and timer.

Step 3: Take your child to a track (Mondauk is great) and see how long (not how far or fast) you or your child can jog or run—but *not sprint*. Use this time as the base run time to start your training, or you can simply start with the guidelines below. The following training program was taken from www.suite101.com/article/5k-training-with-children-a168114.

Always have a rest day between workouts. Remember to warm-up before (five minutes of brisk walk) and stretch after your work out!

WEEK 1: 1 minute run, 1 minute walk -- Five times Total run time: 5 minutes

WEEK 2: 2 minute run, 3 minute walk – Five times Total run time: 10 minutes

WEEK 3: 2 minute run, 2 minute walk – Six times Total run time: 12 minutes

WEEK 4: 3 minute run, 1 minute walk – Five times Total run time: 15 minutes

WEEK 5: 3 minute run, 1 minute walk – Six times Total run time: 18 minutes

WEEK 6: 4 minute run, 1 minute walk – Five times Total run time: 20 minutes

WEEK 7: 4 minute run, 1 minute walk – Six times Total run time: 24 minutes

WEEK 8: 5 minute run, 30 second walk – Five times Total run time: 25 minutes

WEEK 9: 7 minute run, 30 second walk, – Four times Total run time: 28 minutes

WEEK 10: 8 minute run, 30 second walk – Four times Total run time: 32 minutes

WEEK 11: 9 minute run, 30 second walk – Four times Total run time: 36 minutes

WEEK 12: 36 minutes of running, no walk breaks—ready for the 5K!

Actual 5K: So many adults and kids think that if they stop during a run that they have failed or not completed the race. That is just so not true---each person that completes the distance completes the race and achieves their own time. Depending on the age and ability of your child, set a goal that makes sense—whether its stopping not at all to walk---or stopping only three times or beating Dad up that hill. Set a goal that works for your family and it's ok to re-assess that goal if this is the first 5K for your family too!

Great Stretches for Runners!

A brief warm up and some stretches before and after each work out help reduce risk of injury. Never bounce in a stretch or hold your breath. Hold the position for at least 15-30 seconds, and warm up with a quick 5 minute walk before stretching. Here are some great ideas.

Warm-Up Silly Walks: You can combine a warm-up with these stretches.

High Knee Walk: Lift knee to hip height while foot on ground raises it's heel, so you are balancing on your toe. Drop knee down then switch feet. Repeat for 20-30 steps.

Lunge Walk: Step out, lunge down, bending the front knee, making sure knee does not extend over ankle, come up and then bring legs together, step out with other leg and repeat for 20-30 steps.

Shoulder roll: Roll shoulders five times going forward, five times backwards

Neck roll: Drop chin to chest, roll neck slowly side to side.

Quad stretch: Stand straight, lift your right foot up behind you, and grab your right foot with your right hand. Pull your heel gently toward your bottom, feeling a stretch in your quadricep (front thigh). Hold for 30-60 seconds—this is a big muscle, give it time to stretch!

Hamstring Stretch: Stand with your legs crossed and the outsides of your feet together. Bend over with your rear knee straight. Reach toward your feet or bring your torso toward legs. Hold stretch for 15 to 30 seconds. Repeat with your opposite leg.

Calf Stretch: Place both hands on a wall with arms extended. Lean against wall with one leg bent forward and the other leg extended back with knee straight and foot facing forward. Keep the heel of your rear foot on that floor. Feel the stretch in the calf of that leg, and hold 15 to 30 seconds. Repeat with the opposite leg.