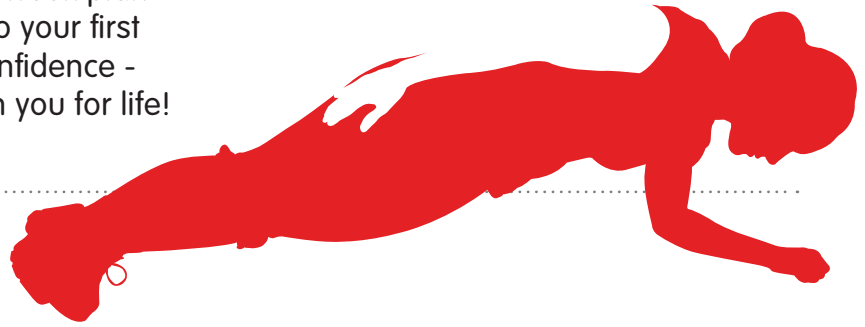


Powerade 5K training plan



Congratulations on taking on a 5k! Five kilometres is a great distance for beginners and this eight week plan will take you from your first running steps to your first 5k. You'll build strength, endurance and confidence - once the running bug bites, it can stick with you for life!



Getting started

These hints and tips will help you get off to a good start with your training programme. Remember, always consult your doctor before embarking upon any new exercise routine:

- 1 Run easy** - Always set off at a gentle pace at which you can hold a conversation. This may only be a little faster than a walk for some but as you gain in fitness and your endurance improves so will your speed. If you go too fast, the sessions will feel uncomfortable and unmanageable.
- 2 Footwear** - If you're digging out battered trainers that you last used several years ago, it's time for a new pair. Running is a high-impact sport so it's important to look after your joints and protect your feet. A good running shop will be able to advise you on the best pair of trainers to suit your running style. This will help to keep you injury free.
- 3 Apparel** - Running in the correct gear makes training more comfortable and safe. When the weather is warm a technical fabric that wicks sweat away from the skin is recommended. In the darker winter months choose clothing that helps you keep warm and visible. Women should wear a supportive sports bra.
- 4 Stretching** - It's important to warm up before a run and stretch down afterwards. This helps keep your muscles lean and long and reduces the risk of injury. A short stretching plan which keeps major muscle groups flexible is outlined later.
- 5 Resistance** - The running plan includes a short resistance session every week to strengthen major muscle groups used in running. This helps reduce the risk of injury.
- 6 Nutrition** - It's important to always make sure you're fuelled and hydrated properly. Drinking a sports drink such as Powerade before, during and after your run can top up energy stores while replacing lost fluids and minerals so you get more from your training session.

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This page takes you through what you should be doing week by week. Simply print it out and stick it on the fridge so that you can tick off your sessions and your family can encourage you.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	2 mins run, 2 mins walk. Repeat x 5	Rest	2 mins run, 2 mins walk. Repeat x 6	Rest	Resistance Circuit	Rest	2.5 mins run, 2 mins walk. Repeat x 5
Week 2	3 mins run, 2 mins walk. Repeat x 4	Rest	3 mins run, 2 mins walk. Repeat x 5	Rest	Resistance Circuit	Rest	4 mins run, 2 mins walk. Repeat x 4
Week 3	4 mins run, 2 mins walk. Repeat x 5	Rest	5 mins run, 2 mins walk. Repeat x 4	Rest	Resistance Circuit	Rest	5 mins run, 2 mins walk. Repeat x 5
Week 4	7 mins run, 2 mins walk. Repeat x 4	Rest	7 mins run, 2 mins walk. Repeat x 4	Rest	Resistance Circuit	Rest	8 mins run, 2 mins walk. Repeat x 4
Week 5	10 mins run, 2 mins walk. Repeat x 3	Rest	8 mins run, 2 mins walk. Repeat x 4	Rest	Resistance Circuit	Rest	12 mins run, 2 mins walk. Repeat x 2
Week 6	15 mins run, 2 min walk. Repeat x 2	Rest	8 mins run, 1 min walk. Repeat x 4	Rest	Resistance Circuit	Rest	20 mins run
Week 7	22 mins run	Rest	8 mins run, 1 min walk x 4	Rest	Resistance Circuit	Rest	24 mins run
Week 8	26 mins run	Rest	8 mins run, 2 min walk. Repeat x 3	Rest	Rest	Rest	5k race day!!

Resistance Circuit

This section takes you through the resistance workout. Aim to start with lowest number of reps and build up over time. Be sure to give yourself a one minute rest between exercises.

Exercise	Explanation	Sets and reps
Squats	<ul style="list-style-type: none"> Stand with shoulders hip-width apart. Keeping weight in your heels sit your hips out behind you until your thighs are almost parallel to the ground. Push your heels into the ground and squeeze your bottom to come back to standing. 	12-15 x 3
Lunge	<ul style="list-style-type: none"> Stand tall and take a big step forward with one leg. Allow your back knee to lower towards the floor (not touching the floor), directly below your hip. Push away with your front leg to come back to standing. Make sure you keep the weight evenly distributed between your back and front legs throughout the exercise. Take a big enough step forward so that your front knee doesn't poke out over your toes - it should stay directly over your ankle. 	8-10 each side x 3
Spiderman	<ul style="list-style-type: none"> Take a push-up position – feet together, hands directly beneath shoulders and a smooth diagonal line between your shoulders, hips and ankles. Lift one foot up and place it flat on the ground to the outside of your hand. Hold this position for a second allowing your hips to drop towards the ground. Bring your foot back to starting position and repeat with the other foot. Make sure your hips don't rise up towards the sky. 	4-6 each side x 2
Kegels	<ul style="list-style-type: none"> Lie on your back with your feet flat on the ground in line with your hips. Squeeze your glutes (bottom) to lift your hips off the ground bringing you into a bridge position. Hold for a second and slowly lower back to starting position. Make sure your knees remain in line with your hips throughout the movement. 	12-15 x 3
Side Plank	<ul style="list-style-type: none"> Lie on your side, propped up by your elbow, directly below your shoulder. Hold your feet stacked on top of each other. Lift your hips off the ground to form a straight line between shoulders, hips and ankles. Hold for the desired time and then slowly lower your hips back down. 	10-30 secs each side

Pre-run warm-up

Squats x 10, Lunges x 8 each side, Hip Flexor stretch x 10 seconds each side, chest stretch x 10 seconds each side.

Post-run stretch

Hold each stretch x 30 secs

Calves: Stand in front of a wall and lean against it with your palms as you step backwards with one leg. Push your back heel into the ground and feel the stretch in your calf.

Hamstring: Place heel up on a step. Keeping your leg straight and all the weight in your back leg, lean forward from your hips and feel the stretch in the back of your leg.

Quads: Stand tall and lift one heel up to your bottom, taking hold of it with the same hand. Keep your knees together and stomach drawn in whilst you pull the heel to your bottom and push your hips forward to feel the stretch down the front of your thigh.

Hip Flexor: Kneel down on one knee with one foot out in front of you. Now tuck your pelvis under to keep your back straight and lean forward through the front of the hip to feel the stretch.

Glutes: Sit on the ground with your legs out in front of you. Bring one foot across the other leg and place it on the ground next to the thigh. Now hug your knee and sit up tall to feel the stretch in your bottom/hips.

For greater detail and instructions on some of these exercises from Toni Minichiello, elite coach to heptathlete Jessica Ennis, watch the accompanying fitness video on www.coca-cola.co.uk/health/everyday-activities-toni-minichiello.html

