

PRO.ACTIVE FOR LIFE 5K - BEGINNER'S TRAINING PROGRAM

The Beginners Program is for anyone new to running or getting back into running after some time off from regular running and/or walking. If it is too easy, increase the middle 15 minutes of run/walking. If it is too difficult, do 2 non-consecutive days of walking the entire time instead of doing the run/walk intervals for those days. Questions? Email me at any time: ptmomdb@cwweb.net. I am happy to answer any questions you may have!

| WEEK OF | SUN | MON | TUES | WED* | THUR | FRI | SAT* |
|---------|-----------------------------------|--------------------------|---------------------|------------------------|---------------------------|-----------------|---------------|
| FEB 19 | Warm up 10 + 15 + Cool Down 5* | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 |
| FEB 26 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 | 10-15-5 |
| MAR 5 | 10-15-5 | Strength Training | 10-15-5 | 10-15-5 | Strength Training | 10-15-5 | 10-15-5 |
| FEB 28 | 10-15-5 | Strength Training | 10-15-5 | 10-15-5 | Strength Training | 10-15-5 | 10-15-5 |
| MAR 5* | 30-60' Walk or 20' run | Strength Training | Run for the Gold 3K | 1.50 mile run, easy | Rest or R/J 20-30" | 1 mile run | 1.75 mile run |
| MAR 12 | 60 minute walk | Rest or Run/Jog 20-30' E | 2.0 mile run/walk | Rest or Run/Jog 20-30' | 1.5 mile run/walk or Rest | RunForTheGold3K | 2.0 mile run |
| MAR 19 | 60 minute walk | Rest or Run/Jog 20-30' E | 2.25 mile run/walk | Rest or Run/Jog 20-30' | 1.5 mile run/walk | Rest Day | 2.25 mile run |
| MAR 26 | 60 minute walk | Rest or Run/Jog 20-30' E | 2.50 mile run/walk | Rest or Run/Jog 20-30" | 1.5 mile run/walk | Rest Day | 2.50 mile run |
| APR 2 | 60 minute walk | Rest or Run/Jog 20-30' E | 2.75 mile run/walk | Rest or Run/Jog 20-30' | 1.5 mile run/walk | Rest Day | 2.75 mile run |
| APR 9 | 60 minute walk | Rest or Run/Jog 20-30' E | 2.75 mile run/walk | Rest or Run/Jog 20-30' | 1.5 mile run/walk | Rest Day | 3.0 mile run |
| APR 16 | 60 minute walk | Rest or Run/Jog 20-30' E | 3.0 mile run/walk | Rest or Run/Jog 20-30' | 1.5 mile run/walk or rest | Pro.Active 5K | Celebrate! |

FIRST 4 WEEKS: DAILY 30 minute workout – 10 minutes walking (warm up), 15 minutes of alternating run/walk/run/walk, etc. at a pace comfortable for you. Finish with 5 minutes of walking to cool down. In the 3rd week start some strengthening exercises. You can still walk/run on those days, but if you only have time for one or the other, do the strengthening! **The next 6 weeks** are a progressive series of days where you will either 1) Run (or run/walk) a certain DISTANCE 3x/week, progressing each week to further distances, 2) have one **long** walk/week, 3) Run/Jog for 20-30' E (easy) 1-2x/week and 4) have at least one rest day/week (or up to 3 rest days). On the **REST OR RUN/JOG DAYS, (Mon & Wed)**, you may substitute some form of **CROSS TRAINING** (X-Training) such as cycling, gardening, or other aerobic activity or strengthening. It is okay to simply walk instead of running. It is recommended to continue with strength training throughout your training time (throughout your life, actually!) ☺

RUNNING 101: A Beginners Guide to Getting Started....

When: Saturday, March 18, 2017 from 8:30-Noon

Where: ProActive Therapy Clinic, 1004 Leawood Drive

What: Presentations on different beginner training programs, injury prevention, healthy eating, strength training and stretching. All topics presented by the physical therapists of ProActive Therapy. Continental breakfast provided.

RSVP: Text or call 502-320-9168 or email ptmomdb@cwweb.net

This seminar is free and open to the public. Whatever your fitness level, we hope you will join us! Any questions? Just call our Race Director, Debbie Brown, at the number above.

WEEKLY GROUP RUNS IN FRANKFORT*

Mon- 5:00 a.m.: leave from B's Bakery/Main St

Tues-7:30 p.m.: leave from the KY History Center parking lot (Broadway & Ann)

Wed-5:00 a.m.: B's Bakery

Fri-5:00 a.m.:B's Bakery

Sat- 8:00 a.m. Leave from Health Ease, 1100 US 127, Ste C-3

*Group Runs are subject to change based upon weather. For more info, contact ForWord Running Coach Linda Word @forwordrunning@gmail.com or text 520.219.7513

FRANKFORT STRIDERS RUN/WALK SERIES & CLUB: For information on the Striders Club, meeting dates, contact:

- ❖ Leesa Unger, president, at frankfortstridersclub@gmail.com
- ❖ Sara Jackson @ saraelysejackson@gmail.com
- ❖ www.frankfortstriders.com