

WKFA Running Program –Waterloo 10K Classic!

Getting Started

If you haven't been active – get a physical

The right shoes – go to a specialty running store (Running Room, Runners Choice)

Expect to spend some time having a gait analysis and trying on shoes

Running Program

Follow the program – don't add to it! “Plan the run, run the plan”

Follow every run with stretching!! Do Not Skip This Step!!!

Safety

- Don't wear headphones
- Dress to be seen
- Run against track
- Stay off trails sunrise and sunset
- Make sure someone knows where you're going and how long you're going to be gone
- Carry ID and cell/change
- Don't wear jewelry

SMART

Specific – e.g. “I will train for 10 weeks to run a 5K race on June 21st”

Measurable – keep a journal to track your runs and record your progress

Attainable – don't have a goal that's unrealistic (e.g. set a record for fastest 5k, qualify for Boston for the first marathon)

Relevant –set goals that mesh with your work schedule, values/beliefs, and/or other life commitments

Timely – have a time frame for completing goals & adjust it if necessary – life happens too!

When setting goals, keep the following in mind:

- Time available
- Degree of commitment
- Available facilities
- Present level of fitness
- Psychological demands – e.g. stress, family

Once you develop a schedule: Record it! Monitor it! Modify it as needed!

What are some barriers to completing your goals (e.g. completing your training)?

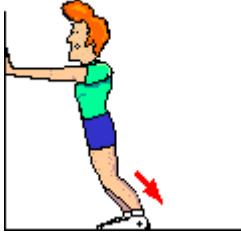
Injury, illness, time commitments, etc.

Think of these barriers ahead of time and have a backup plan in place

Cool Running (http://www.coolrunning.com/engine/2/2_1/126.shtml)

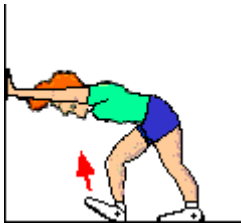
For a model stretching program, try out the 12 stretches recommended below. If you must abbreviate the routine, at least do the three types of [wall pushup](#), the [hamstring stretch](#), the [heel-to-buttock stretch](#), and the [groin stretch](#).

Repeat each stretch two or three times:



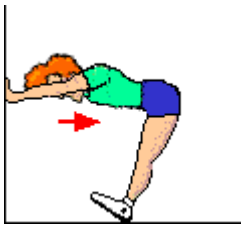
1. Wall Pushup #1

Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves.



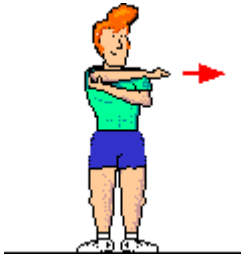
2. Wall Pushup #2

From the previous position, bend forward to lower your body to waist height. Bring one foot forward with your knee slightly bent. Lift the toes of the front foot to stretch the muscle under the calf. Stretch both legs.



3. Wall Pushup #3

Put your feet together, rocking back on your heels with your hands on the wall and your arms straight to form a jackknife with your body. This stretches your hips, shoulders, and lower back.



4. Back Scratch

Grab your elbow with the opposite hand and gently push the elbow up and across your body until your hand reaches down to "scratch" your back. Gently push on your elbow to guide your hand down your back as far as it will comfortably go, stretching your triceps and shoulders. Stretch both arms.

5. Hamstring Stretch

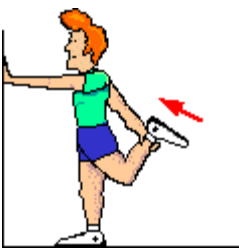


Lie down with one leg straight up in the air, the other bent with foot flat on the ground. Loop a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot. Push only to the point where your muscles contract. Stretch both legs.



6. Quadriceps Stretch

Kneel on your knees (without resting back on your heels). Lean back with your body erect and your arms to the side. Hold for 15 seconds.



7. Heel To Buttock

Stand on one foot, with one hand on a wall for balance. Hold the other foot with the opposite hand and raise the heel of the lifted foot to the buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Change legs and repeat.



8. Hip & Lower Back Stretch

Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat (i.e. looking over your left shoulder).



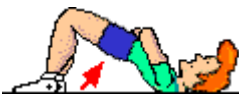
9. Iliotibial Band Stretch

Lie on your side with both legs bent in running position. Bring the bottom leg toward your chest and then bring the top one back toward your buttocks, so that the running position of your legs is exaggerated as possible. Hold for 30 seconds then flip sides and repeat.



10. Hamstring & Back Stretch

Lie on your back with your knees bent. Hug your shins to your chest to stretch your hamstrings and lower back.



11. Bridge

Lie on your back and, with your feet flat on the ground, lift your hips up until your body forms a flat plane. Repeat this one ten times for 30 seconds each to stretch your quads and lower back.



12. Groin Stretch

Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees toward the ground.