

Introduction to 5k Training

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Overview of run training

- Start slowly and build into the distance
- Be consistent!
- Wear appropriate running specific shoes
- Find a good training plan and stick with it
- Keep it easy for a few weeks while you build your strength and endurance
- Run with friends for motivation and fun
- Back off at signs of injury
- Be consistent! 😊

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How to train

- Beginners – walk/jog intervals, 1 mile total to start
- Intermediate – easy run with walk as need be, 1.5 to 2 miles to start
- Don't try to keep up with your fit friend
- Running fast out of the gate is bad
- Run slow and steady to begin

Progressive overload

- Increase your distance by 5-10% per week
- Take an easier week every 4 weeks or so
- As your fitness increases, your pace will increase and the relative effort will decrease
- Include cross-training like cycling, elliptical, swimming, or strength training (yoga, pilates, fitness classes)

Shoes and your feet

- Neutral gate - your arch/ankle do not roll inward
- Pronate- your arch/ankle roll inward (common)
- Supinate – your ankle rolls outward (rare)

Shoes and your feet

- Neutral shoe – for neutral gate
- Stability shoe – for mild pronation
- Motion control shoe – for severe pronation
- Fleet Feet, Raleigh Running Outfitters, Bull City Running, The Athlete's Foot, Inside-Out Sports & Trysports are local running stores that can identify your specific gait type.

Signs of injury and overuse

- Soreness lasting more than two days
- Swollen joints after a workout
- Sharp pain in a joint
- Severe exhaustion
- Loss of mobility or control
- Can lead to recurring and permanent injuries
- Common types

Pacing explanations

- Zone 1 – easy – less than 70% MHR
- Zone 2 – steady aerobic – 70-80% MHR
- Zone 3 – moderate hard – 75-85% MHR
- Zone 4 – hard – 80-90% MHR
- Zone 5a – hard plus – 85-92% MHR
- Zone 5b – really hard - 93-99% MHR

Diet and hydration

- Daily nutrition choices add up – soda, cookies, fast food, late night munching, frappuccino
- Drink lots of water during the day
- You don't have to have a drink during workouts lasting less than 30 minutes (unless it is scorching hot)
- Have a small snack before your workout
- Have a small snack after your workout

Questions?



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About Marty and One Step Beyond

- Marty has been an endurance coach, focused on triathlon, since 2002. He and his wife Brianne are the owners of One Step Beyond. Marty grew up as a swimmer and began competing in triathlons during college.
- One Step Beyond coaches individual athletes to personal goals like 5ks, marathons, & Ironman triathlons throughout the year. OSB also hosts a US Masters swim team, a triathlon group training program, and several swim clinics each season. You can read more about our coaches and programs at www.osbmultisport.com.

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