

Are you ready for the Breaking Out 5K?

By Kim Siegel, Personal Trainer

So you want to participate in the “Breaking Out” foundation’s 5K on November 4th but you have never walked, much less run, 3.1 miles at one time. If you start training now you will not only be able to complete the 5K but you will begin to reshape your body and mind, the first steps to getting in shape.

I won’t kid you, if you have never walked over 3 miles before you should not expect to place in the 5K competition, but if you put your mind to this very worthy cause you will not only finish the race, but will do so without embarrassing yourself. In order to run competitively you would need at least 10 weeks of training. We have 4 weeks to get you to the finish line.

There is no better way to get in shape than to commit to participate in a specific event. First of all, you have a specific goal with a specific deadline to meet. Second, you have registered for the event, thus committing your name on paper along with your entry fee, and don’t forget about all the friends and family you have told that you were going to complete this race!

Your 4 weeks of training for this 5K should begin with your commitment to train a minimum of 4 days per week. Be sure to keep an exercise journal to record your progress.

Week 1	
Day 1	20 minute run/walk at a pace that you can still carry on a conversation (foundation run)
Day 2	30 minute elliptical or bike workout, still being able to converse
Day 3	30 minute run/walk varying the speed (interval training)
Day 4	walk/run 3 miles as fast as you can comfortably – record your time to complete in your journal
Day 5	(optional) 30 minutes your choice of equipment

Week 2	
Day 1	30 minute foundation run/walk
Day 2	40 minute elliptical or bike workout, moderate pace
Day 3	20 minute walk/run at your maximum to still converse
Day 4	walk/run 3 miles as fast as you can – record your time
Day 5	(optional) 30 minutes your choice

Week 3	
Day 1	40 minute foundation run
Day 2	30 minute elliptical or bike workout moderate to intense pace
Day 3	20 minute walk/run
Day 4	walk/run 3 miles as fast as you can – record your time

Day 5	(optional) 30 minutes your choice
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Week 4 – Race Week	
Day 1	20 minute foundation run
Day 2	20 minute run/walk varying your speed
Day 3	Rest
Day 4	(day before race) 15 minute foundation run/walk
Day 5	

Ready, Set, GO! See you at the finish line!

Remember to warm up slowly before running, and always stretch after you finish!

Good Luck!

Questions can be sent to Kim Siegel at kim@kimsreallifefitness.com