

Pro Tips to Get 5K-READY IN SIX WEEKS

CONGRATULATIONS

...on making the exciting decision to run a 5K! You're embarking on a new journey to fitness that will both challenge and change you.

The following running and training tips are from Pamela Nisevich Bede MS, RD, CSSD, LD, an expert from Abbott Nutrition's business with a focus on ZonePerfect and 22-time marathon runner. Her experience and insights can help you achieve optimal fuel for your training and effortless nutritional and physical recovery and provide some helpful hints in preparation for your upcoming 5k.

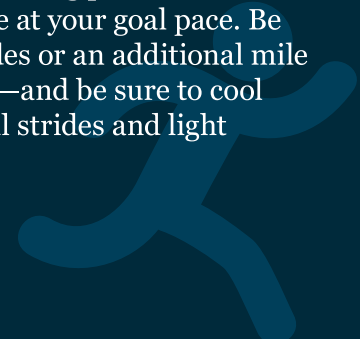
PRO TIP 1: THINK BIG, START SMALL

The beginning of any training plan can feel both intimidating and exciting at the same time.

IF THIS IS YOUR FIRST 5K and you're wondering how you can grow to comfortably cover 3.1 miles in one fell swoop, let me ease your worries right now by telling you that finishing is possible, reasonable, and just the right amount of challenge.

Throughout your journey, you will get stronger, faster, and fitter. The weeks of training are structured to take you from zero to finisher and at a pace that's slow enough to allow for recovery and injury prevention.

IF YOU'RE A SEASONED RUNNER, focus on taking your performance to the next level over the coming weeks. The training plan provided is likely less than what you are already doing, so consider how you might challenge yourself. Your goal will not only be to finish but to get faster. Choose one or two days a week to dedicate to speed work. Use the mileage listed in the training plan as the distance you want to tackle at your goal pace. Be sure to warm up with strides or an additional mile before you hit full throttle—and be sure to cool down with some additional strides and light stretches.



PRO TIP 2: DRINK UP!

Did you know that the majority of fitness fanatics arrive at workouts in a dehydrated state, setting themselves up for a workout that feels harder than it should?

IF YOU'RE BUILDING A NEW RUNNING ROUTINE, make water part of your training regimen from the start. Keep a water bottle close at all times and sip on fluids throughout the day. Water, water with electrolytes, and sports drinks can all be good choices.

You'll know your hydration status by considering the color of your urine. Aim for urine that is light straw in color; clear urine means you likely overdid it and dark urine (past the color of apple juice) means you're behind on your hydration.

IF HYDRATION HAS BEEN A CHALLENGE IN THE PAST, you can try the following adjustments. Aim for sports drinks or Pedialyte if you're a nervous eater (i.e. unable to eat prior to a workout) and need a quick pick-me-up. If your workout will be easy, less than 60 minutes or in a mild environment, water will suffice for hydration, but in warmer weather or a longer workout, something with electrolytes is key.

For comfort and performance, give yourself time to digest fuel and fluids. Remember to stop sipping about 15-20 minutes before go time to use the facilities as well!

PRO TIP 3: TIME TO RECOVER

Muscle repair and recovery is as important as exercise. By aiming for an intake of protein, carbohydrates and fluid in the hour post-workout, you enable your muscles to repair, recover, and get stronger.

ALWAYS AIM FOR AT LEAST 15 GRAMS OF HIGH-QUALITY PROTEIN, but the harder the workout or the bigger your body, the more protein you need.

CARBOHYDRATES WILL HELP REPLENISH YOUR ENERGY if you've got another workout lined up in the next 24 hours. If you're trying to cut calories (and carbs), it's ok to skip the carbs as long as you don't have another hard workout planned.

GRAB AT LEAST 16 OUNCES OF FLUIDS after your workout, but note that the sweatier you are, the more fluids you'll need. If you go for a smoothie or read-to-drink nutrition shake like *ZonePerfect CarbWise* shakes, you'll be getting the protein and the fluids you need. Add in a serving of fresh fruit and you're on your way to nutritional recovery!



PRO TIP 4: GO WITH THE FLOW

Feeling strong in the hours after your race isn't as simple as a change of clothes (although you should think about including some warm layers in that recovery bag). However, it can be as simple as improving your circulation.

FOAM ROLLING: Foam rolling flushes out toxins, improves circulation, and has been clinically shown to attenuate muscle soreness while improving range of motion. You'll want a good, firm roller or even a new vibrating roller.

PRO TIP: At Abbott Nutrition's Ross Park gym we rely on TriggerPoint products.

COMPRESSION: While some fitness fanatics wear compression during the workout or race itself, others swear by them for post-race recovery—and they'd be right! These gems are known to improve blood circulation by flushing out the waste that builds up over the miles. Many runners find them to be most helpful in preventing pain and swelling in the hours post workout.

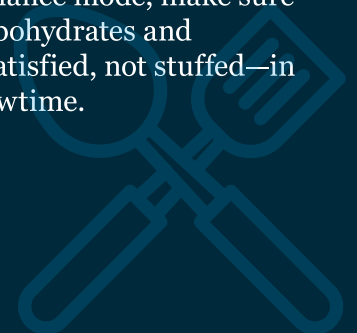
PRO TIP 5: FOOD IS FUEL

The foods consumed in the 12-24 hours before a race of this distance or before any important workout will impact your performance since you'll have time to digest, absorb, and store the nutrients that you will use to power your run. When fueling up pre-run, grab something low in fat, fiber, and spice; moderate in protein; high in carb; and familiar. Stick to what you know and save culinary adventures for your post-race celebration.

I'm often asked if it's mandatory to eat before a workout, and my answer is: it depends. This is my mantra:

LOOKING TO LOSE WEIGHT? DEplete BEFORE YOU EAT. Eat a small snack or nothing at all before your workout, but don't exercise for more than 45-60 minutes. You'll need more fuel for a longer or more intense workout.

LOOKING TO GET A PERSONAL SPEED RECORD? EAT BEFORE YOU COMPETE. If you want to be in peak performance mode, make sure you load up with some carbohydrates and fluids—your goal is to be satisfied, not stuffed—in the hour or two before showtime.



PRO TIP 6: RUNNER'S DRESS CODE

Just like you don't want to eat new things on race day, you also don't want to wear new things on race. I assure you these is nothing so painful as realizing your shirt or shorts chafe when you're miles from home or the finish line! Instead, grab tried-and-true clothing and make sure, from your head to your toes, that it's a wicking fabric.



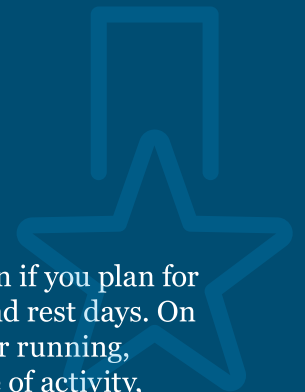
Here are my must-haves:

- 1 **SHORTS OR TIGHTS** made of wicking material—no matter how many layers you wear, they should all be wicking. Shorts are perfect for warm weather, but don't discount capri-length tights even when temps climb. Their benefits include compression, reduced chafing, and for some runners are simply more comfortable. If you want the best of both worlds, grab shorts that include a “bike short”-type liner.
- 2 **SHIRT**—always made of a wicking material—that offers a comfortable fit, length, and has sealed seams that don't rub in the wrong spots.
- 3 **SOCKS** made from a blend, like a cotton and polyester blend. Cotton socks are only good if you like blisters.
- 4 **SHOES** are the most crucial part of this puzzle. Visit your local running store as they're staffed with professionals who can guide you. They'll take your gait, body structure, and your goals into consideration before they set you up with the perfect pair.

PRO TIP 7: DON'T QUIT

Sometimes, during training, life gets in the way. We get busy, injured, or pulled in different directions. If you find yourself falling off the plan by a few days, get back on the horse as soon as you can. If you've fallen off for one or more weeks at a time, reassess and start back at a place that's comfortable, even if that means going back to the start. The most important thing is to keep moving forward, even if slowly.

Training will be easier to sustain if you plan for building days, recovery days, and rest days. On the days you won't be walking or running, consider adding in another type of activity, whether it's cross-training, strength training, or gentle stretching. But if your body is telling you to take a rest day, listen!



COUCH TO 5K TRAINING PLAN

Once again, congratulations on making the commitment to health and wellness, and making the decision to participate in a 5k! Below, you will find a comprehensive training plan to get you started on the journey to completing this awesome accomplishment.

If running is a new or unfamiliar activity, please consult your physician or other health care professional before starting this program to determine if it is right for your needs.

Tracking distance during your training can be difficult, but it doesn't have to be! If you are new to running or are unsure of where to start, below are some ideas to help as you tackle each training day:

HEAD TO A LOCAL TRACK at a nearby park or high school—almost all are 400 meters, so four times around and you hit a mile!

UTILIZE SMARTPHONE APPS such as the Health app on iPhones, Samsung Health, Nike+, or [Strava](#) to track your progress each day. On Strava, check out and join the Abbott Endurance Club to engage with your running colleagues.

ACTIVITY TRACKING DEVICES such as Fitbits or Apple Watches.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	.25 mi run/walk	Rest/XT	.5 mi run/walk	.5 mi run/walk	Rest/XT	.5 mi run	Active recovery*
WEEK 2	1 mi run/walk	Rest/XT	.5 mi run/walk	.5 mi run/walk	Rest/XT	.75 mi run	Active recovery*
WEEK 3	1.5 mi run/walk	Rest/XT	.75 mi run/walk	.75 mi run/walk	Rest/XT	1.25 mi run	Active recovery*
WEEK 4	2 mi run/walk	Rest/XT	.75 mi run/walk	.75 mi run/walk	Rest/XT	2 mi run	Active recovery*
WEEK 5	2.5 mi run/walk	Rest/XT	1 mi run/walk	1 mi run/walk	Rest/XT	2.5 mi run	Active recovery*
WEEK 6	2 mi run/walk	Rest/XT	1 mi run/walk	1 mi run/walk	Rest/XT	3.1 mi run	Active recovery*

* FOAM ROLLER, GENTLE STRETCHES