****8033 - How to Train for Your First 5 K**

1. **Make the First Move**

Register for a 5K and it will serve as your motivation to get in shape and keep your training regular and consistent. When training for an event, every workout is purposeful and you're less likely to miss a session if you have a goal.

1. **One Step at a Time**

Always begin with a walking warm-up of 5 minutes and finish with a walking cool down.

If you are new to running, begin with sprinkling in running with mostly walking. This allows much easier adaptation for your body and mind making it a very enjoyable running experience.

For the running workout, start with 30 seconds to one minute of running and follow with at least double the time power-walking (1-3 minutes). Progress little by little, adding more running to the mix and less walking.

Focus on going farther, not harder. Include no more than three runs per week and alternate run days with rest or cross-training activities (cycling, swimming, yoga, etc.) to allow your body to adapt and recover run to run.

1. **Talk Test**

A good way to know you are running the right pace is by taking the "Talk Test". If you can talk while you run, you are at the right pace. When you run too hard, the fun factor drops, injury risk goes up and the chances of returning for another run are slim to none.

1. **Build a Strong Foundation**

Include total-body strength-training exercises 2-3 times per week. Developing strength supports your body as you run mile after mile. It will also improve efficiency and form while decreasing the risk of developing an overuse injury. Variety works a lot more muscle groups and keeps your workouts fresh and motivating.

## Food is Fuel

## Keep a Nutrition Log (7008) of what you consume daily and it will give you a better perspective of what goes into your system. If you have trouble dropping the weight you wanted or just not feeling strong while running, it could have something to do with what you eat.

## Eat smaller, more frequent meals well balanced with fruits, veggies, lean protein and even fats too. Skipping meals is the quickest way to gain weight and decrease the performance of your next workout.

*Resource:* [*http://www.active.com/running/Articles/10-Tips-for-Beginning-Runners.htm*](http://www.active.com/running/Articles/10-Tips-for-Beginning-Runners.htm)