Finishing the OU Wellness 5K Fun Run September 30, 2017

Michael Kramer
Runner and Professor
Myths #1 about a 5K “Race”

- You must be fast to enter a Fun Run.
- Fact: The average time for OKC Memorial 5K in 2017 was over 44 minutes.
Myth #2 about a 5K “Race”

- You must run the whole time to enter a Fun Run.
- Fact: The average participant alternates walking and running.
Myth #3 about a 5K “Race”

- You must look like an athlete to enter a Fun Run.
- Fact: A “Couch To Finisher Club” picture indicates otherwise.

https://biggleswadeacnews.files.wordpress.com/2016/08/c25k-30-july-2016_2-2-e1470486218411.jpg
Myth #4 about a 5K “Race”

- You must train every day.
- Fact: You should intersperse rest days with exercise days.
5K EQUIPMENT

1. Running versus walking versus court shoes
2. Comfortable clothes
3. Water bottle
4. Surface options
   A. Outdoors
   B. Indoor track
   C. Treadmill
   D. Elliptical machine
Set Goals

1. Race Day: September 30, 2017 OU Wellness Fun Run
2. Calculate Training Time: 7+ Weeks
3. Set pace goal:
   1. Walk the whole way/finish
   2. Combine walking and jogging
   3. Run the whole way
   4. Improve time from last 5K
Walkers: Week 1

1. Commit to walking three times alternating with rest days
2. Day 1: Walk for 15 minutes without stopping
3. Day 3: Walk for 20 minutes without stopping
4. Day 5: Walk for 25 minutes without stopping
5. Day 7: Rest or walk
Walkers: Week 2

1. Day 1: Walk farther for 15 minutes without stopping
2. Day 3: Walk farther for 20 minutes without stopping
3. Day 5: Walk farther for 25 minutes without stopping
4. Day 7: Rest or walk
Walkers: Weeks 3-4

1. Day 1: Walk farther for 20 minutes without stopping
2. Day 3: Walk farther for 25 minutes without stopping
3. Day 5: Walk farther for 35 minutes without stopping
4. Day 7: Rest or walk
Walkers: Weeks 5-6

1. Day 1: Walk farther for 30 minutes without stopping
2. Day 3: Walk farther for 40 minutes without stopping
3. Day 5: Walk farther for 45 minutes without stopping
4. Day 7: Rest or walk
Walkers: Week 7

1. Day 1: Walk 45 minutes without stopping
2. Day 3: Walk fast for 30 minutes without stopping
3. Day 6: Walk the Healthy Sooner Fun Run at your favorite pace
Walker/Joggers: Week 1

1. Commit to walking and running three times a week alternating with rest days
2. Day 1: Alternate walking 8 minutes and running 2 minutes for 30 minutes
3. Day 3: Alternate walking 8 minutes and running 2 minutes for 30 minutes
4. Day 5: Alternate walking 7 minutes and running 3 minutes for 30 minutes
5. Day 7: Rest or train
Walker/Joggers: Week 2

1. Day 1: Alternate walking 7 minutes and running 3 minutes for 30 minutes
2. Day 3: Alternate walking 6 minutes and running 4 minutes for 30 minutes
3. Day 5: Alternate walking 6 minutes and running 4 minutes for 40 minutes
4. Day 7: Rest or train
Walker/Joggers: Week 3-6

1. Week 3: Alternate walking 5 minutes and running 5 minutes up to 40 minutes
2. Week 4: Alternate walking 5 minutes and running 5 minutes for 40 minutes
3. Week 5: Alternate walking 4 minutes with running 6 minutes for 40 minutes
4. Week 6: Alternate walking 3 minutes with running 7 minutes for 40 minutes
Walker/Joggers: Week 7

1. Day 1: Alternate walking/jogging at favorite pace for 40 minutes
2. Day 3: Alternate walking/jogging at favorite pace for 30 minutes
3. Day 6: Walk/jog Heathly Sooner Fun Run at your favorite pace
Jogger/Runners: Week 1

1. Commit to jogging/running three times
2. Day 1: Jog/Walk/Run 2 miles
3. Day 3: Jog/Walk/Run 2 miles
4. Day 5: Jog/Walk/Run 3 miles
5. Day 7: Rest or jog
Jogger/Runners: Week 2

1. Day 1: Jog/Run 2 miles
2. Day 3: Jog/Run 3 miles
3. Day 5: Jog/Run 3 miles
4. Day 7: Rest or jog
Jogger/Runners: Weeks 3-6

1. Day 1: Jog/Run 3 miles at an easy pace
2. Day 3: Do speed work
3. Day 5: Jog/Run 3 miles at an easy pace
4. Day 6: Jog/Run 2 miles at an easy pace
Jogger/Runners: Week 7

1. Day 1: Jog/Run 3 miles
2. Day 3: Jog/Run 2 miles
3. Day 6: Jog/Run Healthy Sooner Fun Run at favorite pace
Personal Best

1. Day 1: Jog/Run 3 miles
2. Day 3: Speed Work
3. Day 5: Jog/Run 3 miles
4. Day 6: Job/Run 4 miles
Entering A 5K Race

1. Pick a target race date
2. *Register* for the race (online or in person/cost)
3. Begin or keep training
4. Be careful to avoid *dehydration* during and after training
5. *Taper off* the week of the race
6. Do not practice the day before the race
RACE Day

1. Pick up race packet according to instructions
2. No alcohol the day before the race
3. Eat extra carbohydrates the evening before
4. Get a good night of sleep or rest
5. Expect some race day jitters
6. Arrive early dressed appropriately
7. Have race number and/or timing chip
8. Use proper race etiquette
9. Start slow and finish strong
10. Do better the next time
Tangible Rewards

1. Loss of weight or able to eat more
2. Participation medals
3. Age group trophies
4. T-shirts galore
Intangible Rewards

1. Sense of accomplishment
2. Improved self-image
3. Improved mental alertness
4. Better sleep
5. New circle of acquaintances and friends