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Cantrell Wellness Center ***“Couch” to 5K*** ***8 Week Training Plan***

Designed by: Jason Barker
Director of Cantrell Wellness Center



34th Annual Macon Labor Day Road Race 5K/10K/Fun Run

You can get fit, even if you have never run a step! Follow the step by step guide and you will be able to complete the 3.1 mile course on September 6, 2010!

Important things to remember:

- 1. Start Slowly** - You should ease into your running program. Do not skip any of the sections provided in the program. Sometimes, beginners are impatient and try to do more. Even if you think you can do more, hold yourself back. If you start a running regimen without a gradual build-up, your body will rebel and you're more likely to suffer from an injury.
- 2. Too Strenuous?** - Should you find the routine too difficult, you can slow down each section. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.
- 3. Warm-up & Cool Down** - It is so important to begin each workout with a five minute warm-up walk and to conclude with a five minute cool-down walk. This adds 10 extra minutes to your workout session.
- 4. Stretch & Stretch** - Many beginners tend to overlook the importance of stretching! Stretching is critical, but it is NOT the warm-up! As we get older, we begin to lose elasticity in our tendons and ligaments. When stretching, think of a rubber band. If you try to pull it while it's cold, there's a good chance that it will tear. It is important to stretch after increasing heart rate, blood flow and muscle temperature. If the rubber band is warm, there's less chance of tearing. Stretch after your five minute warm-up or after cool-down. This WILL HELP PREVENT INJURY!!
- 5. Proper Gear** - Make sure you have supportive running shoes and a decent running watch. Measuring time is an essential part of monitoring progress. Drink plenty of water before, during, and after each workout!
- 6. Ask Your Doctor** - You should consult your physician before beginning any exercise regimen. If you have heart disease, high blood pressure, back problems, arthritis, joint pain, diabetes, or if you are recovering from an illness or pregnant; it is especially important for you to contact your physician!

GET MOVING Middle Georgia!



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