



## PREPARATION IS KEY

Perhaps you're thinking of running your first race? 5K? Maybe even a marathon! We're here to help you prepare. Learn the key components to finish strong (and safely) and how to prepare to reach your goal time.

Have no fear; this is for anyone thinking about walking, jogging, or running a race!

CAMPUS RECREATION



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## WHAT KIND OF RUNNER ARE YOU?



## What kind of runner are you?

- Mommy Stroller
  - You juggle the responsibilities of taking care of yourself and your family
- The Casual Runner
  - You know the keys to a healthy life are a good diet and exercise
  - You enjoy running, but are not competitive
  - You use this time to de-stress and improve your health
- The Fitness Runner
  - You eat, sleep and breathe fitness
  - You eat right and fitness is a part of your daily routine
- The Competitive Runner
  - You eat, sleep and breathe running
  - You don't care what you wear or where you're running-you're happy as long as you're running
- The Trail Runner
  - A lover of adventures and the outdoors
  - You can spend all day on the trails



## BASE TRAINING



## BASE TRAINING

- What is it?
  - Base training builds an aerobic base before transitioning to more intense training programs
  - Allows one to gradually build health performance to reach fitness goals
- Benefits
  - Improves VO<sub>2</sub> max
  - Increases muscular strength
  - Physical and mental regeneration
  - Allows one to progress to more specified training



## BASE TRAINING

- Examples of specified training programs
  - Weekly mileage
    - Running as often as possible to get the miles in
  - Longer runs
    - 1.5 times average daily distance
    - Helps build base building process
  - Tempo runs
    - Approximately 20-40 minutes
    - Run hard but relaxed
    - Focus on form
  - Speed work
    - Short sprints with recoveries
  - Strength and flexibility
    - Improve flexibility, muscular (and core) strength
    - Great for injury prevention



## BASE TRAINING

- Sample training program
  - Monday
    - Easy aerobic run
  - Tuesday
    - Easy aerobic run with intervals of acceleration
  - Wednesday
    - Easy aerobic run followed by a strength and flexibility program
  - Thursday
    - Tempo run
  - Friday
    - Easy aerobic run with intervals of acceleration
  - Saturday
    - Easy aerobic run followed by a strength and flexibility program
  - Sunday
    - Long run (1.5 times average daily distance)



# RUNNING RESOLUTIONS



## Running Resolutions

- Find a challenge you have not met yet
  - Run your first race
  - Set a personal record
  - Increase race length
  - Step outside of your comfort zone
- Make it manageable
  - Take a look at your current level and create a goal
- Create a plan
- Buddy up
- Stick with it



# RUNNING FEARS



## Running Fears

- I can't run that far
  - Change your state of mind
- I will finish last
  - It's rare to actually be the last person to finish a race
- I don't have enough time to train
  - Everyone is busy
    - Plan ahead
    - Schedule your training
- I will get injured
  - Stay hydrated, eat a balanced diet, get an adequate amount of rest, LISTEN TO YOUR BODY
- My training isn't good enough
  - Find a training plan tailored to you



## FIRST TIME RACERS



## First Time Racers

- Choose a training plan and stick with it
  - Build up to your goal
- Get appropriate footwear
  - Get fit for a pair of shoes based on your anatomical needs
- Choose your rest days ahead of time
  - Learn your running limits
  - Do not run seven days a week until you have consistently run for a few months
- Track minutes (not miles)
  - Keep a log
- Stretch
  - Stretching is essential to injury prevention
  - Stretch for at least 5 minutes every day that you run



## STRENGTH TRAINING



## Strength Training

- Strength training increases structural fitness
  - Allows bones, muscles, ligaments and tendons to endure impact
- Sample strength training exercises
  - Deadlifts
  - Squats
  - Pull-Ups
  - Chin-Ups
  - Bench Press
  - Step-Ups



## Strength Training

- Sample Core Training Exercises
  - Lunges
  - Planks
  - Pistol Squats
  - Push-Ups
  - Side Planks
  - Bird-dogs
  - Side Leg lifts
- How often?
  - 2-3 times per week
- How many?
  - 3-5 exercises
  - 4-8 repetitions of each



## TIME CRUNCHED?



## Time Crunched Workouts

- 10 minutes
  - Warm-up (1-2 minutes)
  - Run/walk intervals (2:00/0:30)x3
  - Cool down and stretch
- 15 minutes
  - Warm-up (2 minutes)
  - Jog/Run/Walk (1:00/0:30/0:15)x6
  - Cool down and stretch



## Time Crunched Workouts

- 20 minutes
  - Warm-up (2 minutes)
  - Jog/Run/Walk (0:30 each)x9
  - At your own pace (4:00)
  - Cool down and stretch
- 30 minutes
  - Warm-up (2 minutes)
  - Jog/Run/Walk (1:00 each)x8
  - Cool down and stretch



REMEMBER:  
PREPARATION IS KEY



Questions??

