Couch-2-5K
Team Challenge
Why a 5K? Why me? Why now?
Well, there’s the obvious...
Well, there’s the obvious...
Well, there’s the obvious...
Well, there’s the obvious...
I’d like to start with a story...
I used to hate running...
1. go to graduate school
2. become a Peace Corps volunteer
3. get married
4. have children
5. travel
6. work for a non-profit organization
7. more travel
8. become a doctor
9. work for a non-profit organization
10. start a business
11. volunteer in Africa
12. write a book
13. travel
14. learn Italian
15. travel
16. visit Sydney
17. learn to speak French
18. travel
19. travel
20. more travel
21. live in New York
22. live in Rome
23. live in Paris
24. live in India
25.
1. Climb a mountain
2. Play in a rock band
3. Go to MacWorld
4. Travel to Italy
5. Do a triathlon
July 19, 2006
Don’t you want to do that triathlon before you turn 40?
July 29, 2007

.5 mile swim

12.7 mile bike

3.1 mile run
.9 mile swim
24.7 mile bike
6.2 mile run

I still hated running

13.1
half marathon
15 half marathons
4 sprint triathlons
6 Olympic distance triathlons
It’s about creating relationships
1. Commit
Tell a friend

Sign up for a race

Tell a friend

Print out a training plan

Share it with a friend
How long is the training cycle?

8-9 Weeks
HAVE to have a PLAN
This program is designed to get you running 3 miles in about 9 weeks. Each session should take about 30 minutes, 3 days per week. Be sure to stretch before and after, and start each session with a 5 minute warm-up walk or jog. The training plan for each week is indicated on the calendar – you do not have to run on the exact dates indicated, do what works best for your schedule. Use this calendar to keep you on track and help you plan for success. Practice runs will be at Inglenook Park on W. 12 Mile Road (between Lasher and Evergreen) in Southfield.

### April 2013

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<td><strong>Week 1</strong></td>
<td>60 seconds jogging 90 seconds walking X 8 or total of 20 min.</td>
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<td><strong>Week 2</strong></td>
<td>90 seconds jogging 2 minutes walking X 6 or total of 20 min.</td>
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<td><strong>Week 3</strong></td>
<td>90 seconds jogging 90 seconds walking 3 minutes jogging 3 minutes walking X 2</td>
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Don’t forget to track your daily or weekly progress on the HAP Couch to 5K Team page on [www.sparkpeople.com](http://www.sparkpeople.com). ?’s email us at hap4u@hap.org
2. Create
What is running?

Walking is controlled falling

Running is like a person on a pogo stick
How do I run?
5 Steps to Great Running Form

1. Chest Up
5 Steps to Great Running Form

2. Proper Stance

Toes straight ahead

2” - 4” between feet
5 Steps to Great Running Form

3. Slight forward lean
5 Steps to Great Running Form

4. Midfoot Strike
5 Steps to Great Running Form

5. Cadence

180 Strides per Minute
Wanna run **faster**?

Increase **stride length**

Increase **stride frequency** (cadence)
When preparing for a race, what are your **biggest concerns**?
Injury prevention
Nutrition
Training
Top 5 Running Injuries

- Plantar fasciitis
- Achilles tendonitis
- ITB friction syndrome
- Patellofemoral pain
- Shin Splints
Pronation = SHOCK ABSORPTION

Supination = FORCE PRODUCTION
Pronation v. Supination
Plantar fasciitis
Achilles tendonitis
ITB friction syndrome
Patellofemoral pain
Shin Splints

Pronator
Pronator
Supinator
Pronator or Supinator
Pronator or Supinator
The Runner’s Dilemma

One leg PRONATES...

Because the other one won’t
5 Key Facts

About Your Body’s Amazing Design
#5 Key Facts

#1 You were designed to be SYMMETRICAL

#2 You were designed to move in 3 PLANES of motion

#3 Muscles only LEARN the lessons we teach them

#4 Pain is NOT inevitable

#5 It’s almost always about the BUTT
So, how do I run pain-free?
1. **Hurdle stepover.**
   Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6" object. While maintaining a level pelvis, tap your opposite in front of and behind the object. You should feel this working the outside muscles of the hip you are standing on. Perform 3 x 20 repetitions.

2. **Wall airplane.**
   Stand on one leg with toes pointed straight ahead and knee unlocked approximately 2-3 feet in front of a wall. Hinge at your hip as you lean your trunk forward and place your opposite foot lightly on the wall behind you. You should feel it in the gluteal and thigh muscles of the standing leg. Perform 3 sets of 45-60 second hold. Repeat on the other leg.

3. **Anterior cone touch (both hands).**
   Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18" behind a cone. Hinge at your hip as you reach forward with both hands and lightly touch the cone. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 sets x 12-15 repetitions.

4. **Warrior I.**
   Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your R foot to the R and your L foot to the R and lower your pelvis towards the floor as you attempt to make your right thigh parallel to the floor. Inhale your arms overhead as you press your palms together. Gaze towards your thumbs and take 5 deep breaths.

5. **Warrior II.**
   Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your R foot to the R and lower your pelvis to the floor by bending the R knee until your thigh is parallel to the floor. Keep pelvis facing forward. Press your feet apart as if you are trying to split the floor. Gaze over your R middle finger and take 5 deep breaths.

6. **Triangle.**
   Stand with your feet 3'-4" apart, toes pointed straight ahead and arms out to a "T". Keeping your belly facing forward, inhale and turn your right foot to the right. Exhale and bring your right hand towards the right big toe while the left hand points up towards the ceiling. Inhale and look up towards the ceiling. Take 5 deep breaths in this position and return to the upright position. Repeat to the left side.
**MoveWell™ SUPINATOR DAILY SIX**

1. **Overhead press**
   Stand and hold both hands at shoulder height. Shift your weight to your right leg as you reach to a point over your head with your right arm. Imagine stretching a string from the bottom of your right foot to your right hand. Then shift your weight to your left and reach overhead with your left hand. Perform 12-15 each side.

2. **Medial reach w/ opposite arm (waist level)**
   Stand on one leg with knee unlocked. Hinge at your hip as you reach to a wall at waist level with your opposite arm. Your hip should just cut out and your knee should remain unlocked as you reach. Return to the starting position. Perform 2 sets x 12 repetitions.

3. **Anterior cone touch (opposite hand)**
   Stand on one leg with your knee unlocked and foot pointed straight ahead. With your chest up tall, hinge at your hip as you bend forward to touch a cone or 6" high object about 1-2 feet in front of you with your opposite hand. Return to the starting position. Perform 3 sets x 12-15 repetitions.

4. **Split squat with rotation**
   Start in a 1/2 kneeling position (one foot in front). Engage your leg muscles to lift your back knee up off the floor. Make sure your front knee is in line with your 2nd toe and stacked on top of our ankle. Maintain this position as you turn your trunk towards the front leg. Return to the starting position. Perform 3 x 12 repetitions.

5. **Revolving lateral angle**
   Stand with feet wider than shoulder width apart. Turn your right foot to the right and your left foot to the right and lower into a lunge position. Place your left hand inside of your right foot. Reach your right arm up towards the sky, making a straight line from hand to hand. Gaze towards your right middle finger and take five deep breaths (30 seconds).

6. **Revolving triangle**
   Transition from exercise #5 by straightening out your front knee (without locking it) and placing the back heel on the floor. Attempt to make a straight line from hand to hand as you hold this position. Take 5 deep breaths (30 seconds).
Our two cents about $100
The foot is amazing...

- 26 bones
- 33 joints
- 107 ligaments
- 19 muscles and tendons

We should LET it BE amazing...
Which muscles work the hardest?

- Hamstrings
- Gastrocnemius (calf)
- Quadriceps
- Gluteals
Which muscles generate the most power?

Gluteals (maximus/medius)
Hamstrings
Calf
Tendons act as **springs**

They get stiffer with **increased cadence**
What are your best pre-race strategies?
Pre-Race Strategy

Get Nutrition (eat)

Eliminate (poo)

Restorate (sleep)
Pre-Race Strategy

Protein for Runners (Aids in Recovery)

Carb/Protein Shake (immediate post-run)

Full meal (within 45 mins)
Pre-Race Strategy

Protein for Runners (Aids in Recovery)

Albacore Tuna
Chicken
Almonds
Chocolate Milk
Eggs
Soy (Tofu)
Pre-Race Strategy

Nutrition

**Sip frequently**
(2-3 days prior to event)
Up to 2 hours before

**Race Day**
(aids in elimination)
Race Day
80% from carbs
2-4 hours prior to race
Pre-Race Strategy

Nutrition

BEST CARBS
Fruits/Veggies
Whole wheat pasta
Quinoa
Barley
Bulgur
Popcorn
Pre-Race Strategy

Sleep
Pre-Race Strategy

Sleep

Sleep deprivation does not affect running.

But running improves the amount spent in REM sleep by 11-16%.
3. Conquer
Now, strap on your shoes and just do it...
May 31, 2014
Oak Apple Run
5K

Have Fun! (Take it all in...)
Celebrate!
What are your best post-race practices?
Post-Race Strategy

Nutrition

Stretch

Say “Thank You”
Is that the end?
RUNNING

It’s about creating relationships
John Gottman

15 minutes
90% accurate
One conversation

Tell me about the day you met...
That's how lasting relationships are formed...
There is, after all, something to be said for finishing well...
THANK YOU!
Questions?