

Training Tips

Always Warm Up and Cool Down

Walk or jog at an easy pace for 5—10 min

Rate of perceived exertion (RPE)

Rate your level of intensity by how you feel. 1-10. 1 being at rest and 10 being an all out level. Use this system to stay in the smart training range listed on the training program i.e. (6-7).

Training Examples:

Cycling, Stair Climbing, Elliptical, Swimming, Yoga etc.

Intervals: If you can't run the entire time listed, alternate between running and walking, gradually increasing the time you spend running.

Tips for Proper Running Form

Look Ahead: Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet

Land Midfoot: Try to land on the middle of your foot, and then roll through to the front of your toes to prevent injury.

Keep Hands at your Waist: Try to keep your hands at waist level and arms bent to 90 degrees at your sides. Keep your shoulders relaxed.

Relax Your Hands: As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands, as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.

Check Your Posture: Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.

Don't Bounce: Try to keep your stride low to the ground and focus on quick stride turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body.

Fifth Street Fitness Center
Fall into Fitness 5K
Training Program

October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Run/Walk 35 Minutes RPE:5-6
3	4 Run/Walk 30 Minutes RPE:7-8	5 Cross Train 30 Minutes RPE:5-6	6 Run/Walk 35 Minutes RPE:7-8	7 Cross Train 30 Minutes RPE:5-6	8	9 Run/Walk 35 Minutes RPE:5-6
10	11 Run/Walk 30 Minutes RPE:7-8	12 Cross Train 30 Minutes RPE:5-6	13 Run/Walk 35 Minutes RPE:7-8	14 Cross Train 30 Minutes RPE:5-6	15	16 Run/Walk 40 Minutes RPE:5-6
17	18 Run/Walk 35 Minutes RPE:7-8	19 Cross Train 30 Minutes RPE:5-6	20 Run/Walk 25 Minutes RPE:7-8	21	22	23
24	25	26	27	28	29	30
					Race Day	



The Fifth Street Fitness Center
is located on street level
between the 100 & 150 tower

Phone: 612-313-7403

E-mail:

afeder@advantagehealth.com or

cjablonski@advantagehealth.com



Fifth Street Fitness Center Presents:

Fall Into Fitness 5k

October 22nd from noon—1pm