



Veggie Chase 5k Beginner Training Program

The following 5K training program is brought to you by Capital Road Race Management and the Veggie Chase 5k Run/Walk scheduled for March 30, 2013. This two and a half month schedule is designed for a beginner runner interested in completing his/her first 5k at this year's event. We define a beginner runner as one who cannot run for 10 consecutive minutes at a steady, comfortable pace.

The schedule is a very gradual buildup designed to get you to the starting line injury free. The first half of the schedule is based on workout time and combines running and brisk walking. It's very important that you don't do too much too soon. We switch to miles in the sixth week. At this point in your training, you're beginning to wonder how much of the 5k distance you're covering in your 20-25 minute workouts.

Please keep the following in mind when embarking on this program:

- It's always smart to consult a physician prior to starting any new exercise program.
- Invest in a quality pair of running shoes if you don't already have a good pair.
- Be patient – fitness gains will not come overnight.
- You should walk/run at a pace that allows you to talk comfortably, but fast enough to gain fitness.
- Keep it fun – encourage a friend to train with you to keep each of you accountable.
- Run in different places or at different times of the day. The Sacramento area offers some incredible places to run/walk. If you haven't already, check out the 31-mile American River Parkway (parts of it that is) that extends from Discovery Park near downtown to Beal's Point in Folsom. Or, head to McKinley Park, voted Sacramento's favorite running park by *Sacramento News & Review*, William Land Park or Elk Grove Regional Park - the site of our Veggie Chase 5k.
- When training on a treadmill, set the elevation to 1% to equate to outdoor running.
- Listen to your body. Your own intuition is your best coach. Take an extra day off if you're feeling tired or rundown. However, don't confuse tiredness with laziness. Stay consistent. Remember, walking out the door is sometimes the hardest part of the run.
- Enjoy your first 5K event. Don't put time pressures on yourself. You'll be participating along with over 1,000 others so you're sure to have plenty of company.

We hope you find these hints and the following schedule helpful in training for and participating in the 2013 Veggie Chase 5k. Have Fun!

**2013 Veggie Chase 5k
TRAINING SCHEDULE**

Week	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1/13	10 min. Continuous Walk	off	12 min. Continuous Walk	off	12 min. Continuous Walk	off	15 min. Continuous Walk
1/20	12 min. alternating 1 min. run 3 min. walk	off	12 min. alternating 1 min. run 3 min. walk	off	16 min. alternating 1 min. run 3 min. walk	off	16 min. alternating 1 min. run 3 min. walk
1/27	20 min. alternating 1 min. run 3 min. walk	off	16 min. alternating 2 min. run 2 min. walk	off	20 min. alternating 2 min. run 2 min. walk	off	20 min. alternating 2 min. run 2 min. walk
2/3	20 min. alternating 3 min. run 1 min. walk	off	24 min. alternating 3 min. run 1 min. walk	off	24 min. alternating 3 min. run 1 min. walk	off	25 min. alternating 4 min. run 1 min. walk
2/10	25 min. alternating 4 min. run 1 min. walk	off	36 min. alternating 8 min. run 1 min. walk	off	36 min. alternating 8 min. run 1 min. walk	off	20 min. continuous 5 min. walk 5 min run
2/17	2-3 mi.	off	2-3 mi.	off	2-3 mi	off	3 mi.
2/24	2-3 mi.	off	3 mi.	off	2-3 mi.	off	4 mi.
3/3	2-3 mi.	off	3 mi.	off	2-3 mi.	off	5 mi.
3/10	2-3 mi.	off	4 mi.	off	2-3 mi.	off	5-6 mi.
3/17	2-3 mi.	off	2-3 mi.	off	5 mi.	off	4-5 mi.
3/24	3 mi.	off	2 mi.	off	2 mi.	off	Race Day!

