

Running for Beginners

Chicago Booth Running Club

Training Programs

- Based on personal goals and current activity level
- Run outdoors
- Run with a partner or group
- Get right gear

Training Programs

- Sample Couch to 5k Program

Week	Workout 1	4	5	7		
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).		
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.				Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 					
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Training Programs

- Best tools
 - [Runners World](#)
 - [Hal Higdon](#)
 - Nike Coach

Running Gear

- Get a shoe fitting
 - Fleet Feet
 - Running Away
- Use a technical tee
- Speed stick
- Running socks
- Running hat

Nutrition

- Before the run
 - 2 hours before have a high calorie small meal
- What to include in regular diet
 - Almonds
 - Eggs
 - Sweet Potatoes
 - Whole grain cereal with protein
 - Oranges
 - Black beans
 - Salmon
 - Whole grain bread
 - Pasta
 - Veggies
 - Berries
 - Low fat yogurt
 - Chocolate milk

Injury Prevention

- Do NOT over train
- Stretch
- Ice
- Listen to your body
- Cross train

Online Tools

- Runners World- [Runners Body Tool](#)
- Nike + IPOD/ Nike band
- [Athlinks](#)
- [Logyourrun](#)
- [Map my run](#)
- Local calendars – cararuns.org,
chicagoaa.com

Upcoming Programming

- Weeknight runs
- Online Community
- Offsite runs
- Gear, magazine, training discounts
- Weekend run
- Speakers

Thank You

- Suggestions?
- Sign up Sheet