



5K Training Program

RAVENSWOODRUN



April 25, 2010



Please pick two speeds. Speed 2 (S2) is your race day speed, the pace you would like to complete the race at. Speed 1 (S1) is a slower speed that allows you some recovery but maintains an elevated heart-rate.

Week	Workout 1	Workout 2	Workout 3	Stretch
Feb 22-28	Brisk five-minute warmup walk or jog. Then alternate 60 seconds of S2 and 90 seconds of S1 for a total of 20 minutes.	Brisk five-minute warmup walk or jog. Then alternate 60 seconds of S2 and 90 seconds of S1 for a total of 20 minutes.	Brisk five-minute warmup walk or jog. Then alternate 60 seconds of S2 and 90 seconds of S1 for a total of 20 minutes.	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock
March 1-7	Brisk five-minute warmup walk or jog. Then alternate 90 seconds of S2 and two minutes of S1 for a total of 20 minutes	Brisk five-minute warmup walk or jog. Then alternate 90 seconds of S2 and two minutes of S1 for a total of 20 minutes.	Brisk five-minute warmup walk or jog. Then alternate 90 seconds of S2 and two minutes of S1 for a total of 20 minutes.	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock
March 8-14	Brisk five-minute warmup walk or jog, then do two repetitions of the following: <ul style="list-style-type: none"> • S2 200 yards (or 90 seconds) • S1 200 yards (or 90 seconds) • S2 400 yards (or 3 minutes) • S1 400 yards (or three minutes) 	Brisk five-minute warmup walk or jog, then do two repetitions of the following: <ul style="list-style-type: none"> • S2 200 yards (or 90 seconds) • S1 200 yards (or 90 seconds) • S2 400 yards (or 3 minutes) • S1 400 yards (or three 	Brisk five-minute warmup walk or jog, then do two repetitions of the following: <ul style="list-style-type: none"> • S2 200 yards (or 90 seconds) • S1 200 yards (or 90 seconds) • S2 400 yards (or 3 minutes) • S1 400 yards (or three minutes) 	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock

minutes)

March
15-21

Brisk five-minute
warmup walk or jog,
then:

- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)
- S1 1/4 mile (or 2-1/2 minutes)
- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)

Brisk five-minute
warmup walk or jog,
then:

- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)
- S1 1/4 mile (or 2-1/2 minutes)
- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)

Brisk five-minute
warmup walk or jog,
then:

- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)
- S1 1/4 mile (or 2-1/2 minutes)
- S2 1/4 mile (or 3 minutes)
- S1 1/8 mile (or 90 seconds)
- S2 1/2 mile (or 5 minutes)

- Hamstring
- Calf
- Piriformis
- Low Back
- Thighs
- Buttock

March
22-28

Brisk five-minute
warmup walk or jog,
then:


- S2 1/2 mile (or 5 minutes)
- S1 1/4 mile (or 3 minutes)
- S2 3/4 mile (or 8 minutes)
- S1 1/4 mile (or 3 minutes)
- S2 1/2 mile (or 5 minutes)

Brisk five-minute
warmup walk or jog,
then:

- S2 1 mile (or 10 minutes)
- S1 1/4 mile (or 3 minutes)
- S2 1 mile (or 10 minutes)

Brisk five-minute
warmup walk or jog,
then S2 2-1/4 miles (or
25 minutes) with no S1.

- Hamstring
- Calf
- Piriformis
- Low Back
- Thighs
- Buttock

March 29- April 4	<p>Brisk five-minute warmup walk or jog, then:</p> <ul style="list-style-type: none"> • S2 1/2 mile (or 5 minutes) • S1 1/4 mile (or 3 minutes) • S2 3/4 mile (or 8 minutes) • S1 1/4 mile (or 3 minutes) • S2 1/2 mile (or 5 minutes) 	<p>Brisk five-minute warmup walk or jog, then:</p> <ul style="list-style-type: none"> • S2 1 mile (or 10 minutes) • S1 1/4 mile (or 3 minutes) • S2 1 mile (or 10 minutes) 	<p>Brisk five-minute warmup walk or jog, then S2 2-1/4 miles (or 25 minutes) with no S1.</p>	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock
April 5-11	<p>Brisk five-minute warmup walk or jog, then S2 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk or jog, then S2 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk or jog, then S2 2.5 miles (or 25 minutes).</p>	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock
April 12-18	<p>Brisk five-minute warmup walk or jog, then S2 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk or jog, then S2 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk or jog, then S2 2.75 miles (or 28 minutes).</p>	<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock
April 19-25	<p>Brisk five-minute warmup walk or jog, then S2 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk or jog, then S2 3 miles (or 30 minutes).</p>		<ul style="list-style-type: none"> ○ Hamstring ○ Calf ○ Piriformis ○ Low Back ○ Thighs ○ Buttock

Stretches high-lighted in bold (the first week) should be done every day, before bed. All stretches should be done immediately post-workout.

RAVENSWOOD RUN



Congratulations on dedicating yourself to training for a 5K run/walk. We hope that this training program is a spring board for you to enjoy a lifetime of fitness training and the benefits that go with it.

This training program is only part of what McKinley Chiropractic offers when it comes to lifestyle change. We have comprehensive, individualized programs to help you incorporate healthy lifestyle change into your life, including exercise, nutrition, personal growth, and coaching programs.

McKinley Chiropractic Group Activities

We will host group runs every Saturday starting at 8:00 am at the Welles Park gazebo (please check the website Fridays after 6:00 pm for inclement weather info). These group sessions are not mandatory but are encouraged. We will do workout three each week as the group training session.

On race day we will have a pre-race meet-up and there will be an informal post race gathering. More info will be available on the website closer to race day (under Upcoming Events).

About the Run

The Ravenswood Run is a neighborhood tradition in its 14th year. This 5K benefits local neighborhood charities and features a flat and fast course. It's perfect for a PR or for a relaxing, Sunday morning run. The race is also part of the CARA Race Circuit, so come out and start accumulating points early in the race season!

**The Ravenswood Run is limited to a maximum of 3500 entrants.
Registration for the event will close once the limit has been reached.**

Race Charity

The proceeds from the Ravenswood Run benefit the Ravenswood Food

Pantry at All Saints' Episcopal Church and the Student Health Centers at Lakeview and Amundsen High Schools.

Food Drive and Additional Donations

Two ways you can help by participating in the food drive and by making donations. Bring a can of food to Fleet Feet Sports or on race day. If you choose to make a monetary donation you can do it online during registration or on race day. Thanks for your extra efforts and support!

Registration

\$35.00 per person.

McKinley Chiropractic is an officially registered group of the Ravenswood Run. To sign-up simply talk to Sarah or Monica at the front desk and we'll take care of the registration for you and any guests. Registration must be completed with us by 3 p.m. on Friday, April 16th. Packet pick-up will take place on Thursday, April 22nd and Friday, April 23rd at our office during normal clinic hours.

Date & Time

Sunday, April 25th, 2010
8:00am

Start & Finish Line

4550 North Hermitage Avenue (Wilson & Hermitage)
Chicago, IL 60640



Stretching Tips and Exercises

WARMUP

By warming-up before any physical activity not only can you improve your performance, you also reduce the risk of injury.

1. Start your workout session by doing a light form of exercise for about 5–10 minutes.
2. Stretch your muscles following this 5–10 minute warm up.

COOLDOWN

After your workout, spend another 5–10 minutes cooling down to lower your heart rate. Your cool down should include 5 minutes of cardio exercise at a slower pace, and 5 minutes of gentle stretching, once your breathing returns to normal. By cooling down, you can help to reduce the risk of injuries and muscle soreness from your workout.

STRETCHING EXERCISES

Remember these stretching tips when doing the following exercises:

- Bouncing while stretching is not effective and could cause injury
- Stretch to the point where slight tension not pain can be felt.
- Never stretch torn or injured muscles unless you have consulted with your doctor.
- Return to starting position
- Always repeat to both sides, when applicable.

Thighs

1. Stand on your left foot, next to a wall for support.
2. With your right hand pull the heel of your right foot toward your buttocks.
3. Hold for 1 minute.

Hamstrings

1. Lie completely flat on back.
2. Place one leg straight on frame of door with other leg extended through door way.
3. Move buttock as close to door frame as possible to feel a nice stretch, without pain.
4. Hold for 2-3 minutes.

Calves

1. Lean against a wall with both hands.
2. Stretch your right leg straight behind you keeping your foot flat on the floor.
3. Bend your left leg at the knee and lean into the wall.
4. Hold for 2-3 minutes.

Buttocks

1. Lie on your back and bring your right knee up towards your chest; hold with arms.
2. Hold for 30-60 seconds.

Lower Back

1. Standing, place one foot with knee bent on chair.
2. Bend over and hang with body relaxed as possible, DO NOT try to touch floor, allow head to fall.
3. Hold for 1 minute. Switch to other leg.
4. To increase stretch place foot on something higher.
5. *If you get light headed STOP!*

Piriformis

1. Lie completely flat on back with foot on door frame with knee at 90 degree angle.
2. Cross other leg behind knee. You will feel the stretch on this leg.
3. Control stretch by moving buttocks closer to door. Do not allow buttocks to come off of the ground.