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RUN WILD
MISSOULA

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Missoula 5K Corporate Challenge Cubicle-to-5K Training Plan: *brought to you by Run Wild Missoula and Jeff Galloway*

Jeff Galloway has coached over a million runners to their goals. His beginner training program has minimal risk of injury, is empowering, and can be easily inserted into a busy lifestyle without lingering fatigue. Share this with your co-workers to promote fitness and teamwork! Walk breaks can eliminate or reduce excessive fatigue or orthopedic stress.

Run Wild Missoula is local, non-profit, club made up of over 1,500 members. RWM puts on an average of 15 different races a year, including our signature event, the Missoula Marathon. The Missoula 5K is part of marathon weekend and takes place on Saturday, July 14, 2018. Run Wild Missoula promotes and supports running and walking for people of all ages and abilities.

The Plan:

Time required: 30 minutes on two weekdays (Tu/Thu) plus one weekend run/walk that will build gradually to 3.5 or 4 miles.

Who? There are two programs:

- 1) For beginners, or those who have been inactive during the last month, and
- 2) For those who have been running at least 20 minutes, 1 or 2 days a week for at least two months.

** The advice is given as one exerciser to another. For medical issues, see a doctor.

Walkers: Simply follow the schedule below. Walk at a comfortable effort. We don't recommend power walking or race walking under this program.

Use A Short Stride: Whether walking or running, adjust your stride so that it is relaxed and well within a natural range of motion for you. Keep your feet low to the ground. Shorter strides reduce effort and orthopedic stress.

How To Determine Your Pace: Jeff has developed a simple 800 meter test to determine a recommended pace for your runs. Go to a track and run slowly for two laps. Take as many walk breaks as you need to avoid huffing and puffing on this test.

- If you are not huffing and puffing at the end of the second lap, take your time, multiply by 2 and add three minutes.
- If you are huffing and puffing at the end, multiply by 2 and add 4 minutes.

The result is the per mile time you should be recording on your runs—but, don't worry, you can always go slower if you need to. Run/walk gently for 10 minutes before timing yourself for the 800. Only one 800 is timed during each of these workouts. Jog and walk gently for 10 minutes after the timed 800.

Examples:

- 1) 800 time is 6:00 without huffing and puffing: $6:00 \times 2 = 12:00$. Adding 3 minutes will give you a running pace of no faster than 15 min/mile
- 2) 800 time is 6:00 but you are huffing and puffing at the end: $6 \times 2 = 12:00$. Adding 4 minutes will give you running pace of no faster than 16 minutes per mile.



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Run-Walk-Run: This method has allowed hundreds of thousands of beginners to finish races of 5K and longer distances. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries.

Run vs. Walk Interval Strategy: The amount of running and walking is adjusted for the pace per mile. After running the 800 meter test and computing your running pace, use the following as a guide:

18 min/mi--Run 10 sec/walk 50 sec
17 min/mi--Run 15 sec/walk 45 sec
16 min/mi--Run 20 sec/walk 40 sec
15 min/mi--Run 30 sec/walk 45 sec
14 min/mi--Run 30 sec/walk 30 sec
13 min/mi--Run 1 min/walk 1 min

12 min/mi--Run 2 min/walk 1 min
11 min/mi--Run 2:30/walk 1 min
10 min/mi--Run 3 min/walk 1 min
9 min/mi--Run 4 min/walk 1 min
8 min/mi--Run 4 min/walk 30 sec
7 min/mi--Run 5 min/walk 20 sec

You can find plenty of additional information on the Run-Walk-Run program on Jeff's site at www.jeffgalloway.com/training.

Rest Days: After your runs, your muscles, tendons, joints, etc. need time to rebuild and become stronger. If you are having any muscle soreness or fatigue, feel free to take days off from exercising on non-running days. If you're not experiencing soreness or undue fatigue, other light exercise such as walking, swimming, cycling, elliptical, and rowing are fine. But stair machines, leg weight work, and step aerobics are not recommended.

Warmup: Walk for 3 minutes, then run for 15 seconds and walk for 15 seconds for 2 minutes. Then use the run-walk-run strategy that is appropriate passed on your per mile pace.

Cooldown: After your workout, don't stop. Jog slowly, using as many walk breaks as you wish for 5 minutes, and then walk for 5 minutes. You're done!

Run Wild Missoula offers the following free activities:

- **Tuesday & Thursday Buddy Runs:** A 45-minute run using the run-walk training concept. All fitness and experience levels are welcome. Meet on Tuesday's at 6:00 PM in the alley behind Run Wild Missoula (Runner's Edge building) at 304 N. Higgins. On Thursday's, the group meets at 6:00 PM at the Currents parking lot at McCormick Park (600 Cregg Lane).
- **Last Wednesday of the Month Beer Run - "5 Miles to Beer Thirty":** The monthly beer run is a casual fun run/walk open to all runners and all abilities. Each month a 3 and 5 mile route is offered at a different brewery location on the last Wednesday of the month, and after is a social gathering with libations and food. What could be a better way to end the month? Run Wild Missoula membership is not required to participate.



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Cubicle to First 5K Training Schedule:

(For Beginning Runners Or Runners Who Have Been Inactive For Some Time)

- **Weeks 1 Thru 7**
 - **Tuesdays And Thursdays**
 - **5 Minute Warmup as described above**
 - **Run-Walk-Run for 15 minutes with Run-Walk intervals based on your running pace**
 - **10 Minute Cooldown as described above**

- **Week 1 Saturday – Warmup – 5:00, Run-Walk-Run 1.0 mi, Cooldown – 10:00**
- **Week 2 Saturday – Warmup – 5:00, Run-Walk-Run 1.5 mi, Cooldown – 10:00**
- **Week 3 Saturday – Warmup – 5:00, Run-Walk-Run 2.0 mi, Cooldown – 10:00**
- **Week 4 Saturday – Warmup – 5:00, Run-Walk-Run 2.5 mi, Cooldown – 10:00**
- **Week 5 Saturday – Warmup – 5:00, Run-Walk-Run 3.0 mi, Cooldown – 10:00**
- **Week 6 Saturday – Warmup – 5:00, Run-Walk-Run 3.5 mi, Cooldown – 10:00**
- **Week 7 Saturday – Warmup – 5:00, Run-Walk-Run 3.0 mi, Cooldown – 10:00**

- **Week 8**
 - **Tuesday – 5:00 Warmup, Run-Walk-Run 15:00, Cooldown – 10:00**
 - **Thursday – 5:00 Warmup, Run-Walk-Run 5:00, Cooldown – 10:00**
 - **Saturday – July 14th, Missoula 5K**
 - **Warmup by walking for 5:00 starting at about 7:30 AM**
 - **Get to start line by about 7:45 AM**
 - **Complete the 5K**
 - **Cooldown with 10:00 walking after the run**
 - **Celebrate your achievement!!!**



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Been Around the Block 5K Training Schedule:

(For Those That Have Been Running 1 Or 2 Days Per Week)

- **Weeks 1 Thru 7**
 - **Tuesdays And Thursdays**
 - **5 Minute Warmup as described above**
 - **Run-Walk-Run for 15 minutes with Run-Walk intervals based on your running pace**
 - **10 Minute Cooldown as described above**

- **Week 1 Saturday – Warmup – 5:00, Run-Walk-Run 2.0 mi, Cooldown – 10:00**
- **Week 2 Saturday – Warmup – 5:00, Run-Walk-Run 2.5 mi, Cooldown – 10:00**
- **Week 3 Saturday – Warmup – 5:00, Run-Walk-Run 3.0 mi, Cooldown – 10:00**
- **Week 4 Saturday – Warmup – 5:00, Run-Walk-Run 3.5 mi, Cooldown – 10:00**
- **Week 5 Saturday – Warmup – 5:00, Run-Walk-Run 4.0 mi, Cooldown – 10:00**
- **Week 6 Saturday – Warmup – 5:00, Run-Walk-Run 4.0 mi, Cooldown – 10:00**
- **Week 7 Saturday – Warmup – 5:00, Run-Walk-Run 3.0 mi, Cooldown – 10:00**

- **Week 8**
 - **Tuesday – 5:00 Warmup, Run-Walk-Run 15:00, Cooldown – 10:00**
 - **Thursday – 5:00 Warmup, Run-Walk-Run 5:00, Cooldown – 10:00**
 - **Saturday – July 14th, Missoula 5K**
 - **Warmup with easy walking & jogging for 5:00 starting at about 7:30 AM**
 - **Get to start line by about 7:45 to 7:50 AM**
 - **Complete the 5K**
 - **Cooldown with 10:00 Run-Walk-Run after the race**
 - **Celebrate your achievement!!!**