

10 Weeks to Your First 5K Race Walk to Run Program

The following training schedule was created by coach and marathoner Budd Coates, the health promotion manager at Rodale, Inc., publisher of RUNNER'S WORLD. In the last 15 years, Coates has helped hundreds of Rodale runners train for and complete their first race – an annual 3.5-miler in New York's Central Park.

Week 1

Run 2 minutes easy,
walk 4 minutes.
Repeat five times.

Week 2

Run 3 minutes,
walk 3 minutes.
Repeat 5 times.

Week 3

Run 5 minutes,
walk 2-1/2 minutes.
Repeat four times.

Week 4

Run 7 minutes,
walk 3 minutes.
Repeat three times.

Week 5

Run 8 minutes,
walk 2 minutes.
Repeat three times.

Week 6

Run 9 minutes,
walk 2 minutes.
Repeat twice, then run 8 minutes.

Week 7

Run 9 minutes,
walk 1 minute.
Repeat three times.

Week 8

Run 13 minutes,
walk 2 minutes.
Repeat twice.

Week 9

Run 14 minutes,
walk 1 minute.
Repeat twice.

Week 10

Run 30 minutes or 5K race*

Before starting this schedule, prepare your legs with eight days of walking. Walk for 20 minutes a day for the first four days, then increase to 30 minutes a day for four more days. Now you're ready to begin Week 1.

This program asks you to do four run/walk workouts per week. You'll fare best if you follow a regular schedule. Do the workouts on Monday, Wednesday, Friday and Saturday. Take rest days on Tuesday, Thursday and Sunday.

*During the week of your race, you'll want to cut back or "taper" your mileage. Run only 30 minutes on Monday, 20 minutes on Wednesday, then 10 minutes on Thursday (for a Saturday race) or Friday (for a Sunday race). Stay off your feet as much as possible, drink plenty of fluids and eat high-carbohydrate and low-fat foods.

Golden Rules for Running and Walking

1. Make running or walking a priority in your daily schedule. It is an investment in yourself; it's not selfish or indulgent.
2. Running or walking regularly makes you feel good about yourself. And when you feel good about yourself, your relationships with others are better, as well.
3. Try to run or walk every day, until it becomes a part of your regular routine. Then, if you wind up doing it only three times a week, you're still maintaining your fitness level.
4. Running or walking is the single most time-efficient method of fitness. If you invest thirty minutes a day in your workout, you get back thirty minutes of benefits, plus a lot more.
5. If you can't find a full thirty minutes to do your entire walk or run, try doing 15 minutes in the morning and fifteen minutes in the evening.
6. Something is always better than nothing. Even ten minutes can give you a sense of accomplishment and contribute to your fitness.
7. Don't feel guilty about missing a workout. Just start again when you can.
8. Invest in a good pair of walking shoes for walking or running shoes for running. Tennis shoes won't do. Buy your shoes at an athletic store where the salespeople are runners or walkers.
9. Find a training partner. It's motivating when someone's waiting for you, particularly when it's dark, cold, or rainy. It's also a good safety precaution.
10. Move fast enough to puff a little and work up a sweat but avoid going too fast too soon. Your goal is sustained exercise that is comfortable but keeps you working. If you can't carry on a conversation while you are running or walking, you are going too fast.
11. Put ice on sore muscles for about ten minutes after a workout. This speeds recovery.
12. Walk or run with your kids, spouse or even the dog. It's a great way to combine family time with exercise.
13. Drink water all day long. No matter how much you think you're drinking, it's almost never as much as you need.
14. Diets don't work, because they slow metabolism. Only exercise truly keeps fat off because it raises metabolism. Eat a well-balanced diet that is lower in fat and higher in carbohydrates; you'll have the energy to exercise harder and burn even more calories!
15. Keep a training log. You'll be amazed and proud of your progress. (You also won't skip workouts!)
16. Leave your Walkman at home or in the gym. You need all your senses alert when you're running or walking outdoors.
17. Have a goal. Whether it's completing your first mile or entering a local fun run six months from now, a goal keeps you motivated!

* Kathrine Switzer. Running and Walking for Women Over 40. The Road to Sanity and Vanity. New York: St. Martin's Griffin, 1998.

Everything you need to know, all in one place

Beginning Runner's Guide

BY ALISA BAUMAN AND BETH MOXEY ECK

At some point early on, a beginning runner learns that 99.9 percent of runners are friendly, helpful people. This realization usually comes when a beginner meets a veteran runner at a race or on a training run, and the veteran starts sharing his love for and knowledge of running. That's just how runners are.

And that's why, for our annual Beginning Runner's Guide, we checked in with veteran runners across the country and asked them this: What do you know now that you wish you knew when you started? Whether you're just starting out, or have been running for decades, you'll learn something from their answers.

Also in this jam-packed guide: FAQs for beginning runners, tips from RUNNER'S WORLD editors, and a humor piece entitled, "Are You a 'Real' Runner?"

Ready to begin?

What I Know Now (That I Wish I Knew Then)

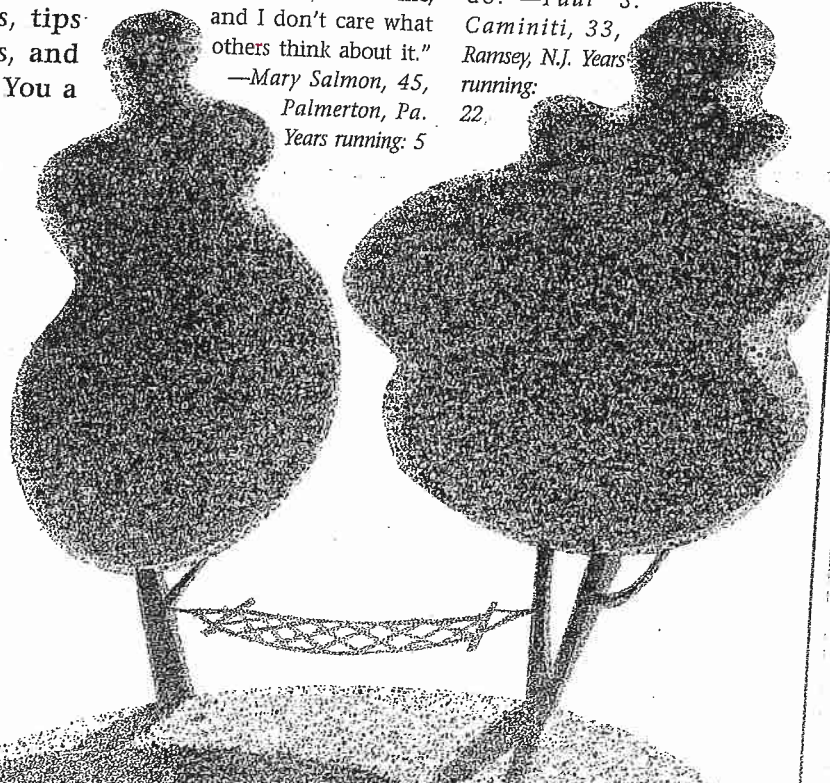
22 readers share the lessons they've learned about running

Do it for you. "I wish I would have been less self-conscious when I started, but I listened to a group of women runners who thought they were on display when they ran. Eventually I saw beyond that. Now I run for me, and I don't care what others think about it."

—Mary Salmon, 45,
Palmerton, Pa.
Years running: 5

Embrace recovery. "I wish I'd known 15 years ago that recovery was more important than continuing to train hard. Now I pay attention to my body and more clearly understand what I can and can't do."—Paul S.

Caminiti, 33,
Ramsey, N.J. Years
running: 22.



Race by feel. "Don't worry about your mile splits when training or racing. You'll enjoy it a lot more if you just give it your best effort. Personal best times are nice, but the feeling of doing your best can be achieved in any race, regardless of your age."
—*Arnir Bhular Sanchez, 39, Wilmington, Del. Years running: 25*

Think it, then do it. "I ran my first 5-K last April, and my first marathon 8 months later. In

that time, I learned that running long distances is 90 percent mental and 10 percent physical. Be prepared to change both inside and out. If you think you can, you will. If you think you can't, you won't. It's that simple."
—*Chris Carey, 29, Seattle, Wash. Years running: 1*

Enjoy the ride. "You need to enjoy the running experience if you want to continue and succeed at it. But this can take time.

You need to be patient. Running doesn't always jump out at you as the greatest thing since sliced bread. Eventually though, you realize it is."
—*Jack Daniels, Cortland, N.Y. Years running: 45*

Support your pals. "I've learned how powerful it is to support my school teammates and fellow club members. For me, the real fun of running is being with others and helping them out."
—*Kelly Robidoux, 21,*

Waterloo, Wisc. Years running: 5
Listen to pain. "Localized pain can be an early warning that something isn't right. It may mean it's time to back off from running and evaluate the causes of your discomfort. Listen and react to the pain, and you may lose a few days of running. Ignore it and you can do serious damage."
—*Michael Selman, 45, Atlanta. Years running: 18*
Protect your knees. "It's im-

Beginner FAQs

Every beginner asks these questions at some point. We have the answers

How do I get started?

Start walking for a length of time that feels comfortable—anywhere from 10 to 30 minutes. Once you can walk for 30 minutes easily, sprinkle 1- to 2-minute running sessions into your walking. As time goes on, make the running sessions longer, until you're running for 30 minutes straight. For more advice on starting your running program, visit our Web site at www.runnersworld.com and click on "Getting Started" on the left-hand side of the home page.

Is it normal to feel pain during running?

Some discomfort is normal as you add distance and intensity to your training. But real pain isn't normal. If some part of your body feels so bad that you have to run with a limp or otherwise alter your stride, you have a problem. Stop running immediately, and take a few days off. If you're not sure about the pain, try walking for a minute or two to see if the discomfort disappears.

Do I have to wear running shoes, or are sneakers fine?

Running doesn't require much investment in gear and accessories, but you have to have a good pair of running shoes. Unlike sneakers, running shoes are designed to help your foot strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, which reduces the slipping and sliding that can lead to blisters. Visit a specialty running store to find the right shoe for you.

What's the difference between running on a treadmill and running outdoors?

A treadmill "pulls" the ground underneath your feet, and you don't face any wind resistance, both of which make running some-



what easier. Many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a 1-percent incline.

Where should I run?

You can run anywhere that's safe and enjoyable. The best running routes are scenic, well lit, free of traffic, and well populated. Think of running as a way to explore new territory. Use your watch to gauge your distance, and set out on a new adventure on each run. Ask other runners about the best local routes.

I always feel out of breath when I run. Is something wrong?

Yes, you're probably trying to run too fast. Relax. Slow down. One of the biggest mistakes beginners make is to run too fast. Concentrate on breathing from deep down in your belly, and if you have to, take walking breaks.

I often suffer from a side cramp when I run. Will these ever go away?

Side stitches are common among beginners because your abdomen is not used to the jostling that running causes. Most runners find that stitches go away as fitness increases. Also, don't eat any solid foods during the hour before you run. When you get a stitch, breathe deeply, concentrating on pushing all of the air out of your abdomen. This will stretch out your diaphragm muscle (just below your lungs), which is usually where a cramp occurs.

Should I breathe through my nose or my mouth?

Both. It's normal and natural to breathe through your nose and mouth at the same time. Keep your mouth slightly open, and relax your jaw muscles.—*Alisa Bauman*

portant to build up your quadriceps muscles to protect your knees, especially before you try long runs or speedwork. Doing half-squats or using a leg press works well for this."—*Marc T. Strozyk, 30, Ocean City, N.J. Years running: 10*

Go for quantity time. "If you're preparing for a long race and your goal is simply to finish, emphasize mileage quantity, not quality. Quality mileage only comes into play if you're shooting for a specific time."—*Ben Behun, 24, Olean, N.Y. Years running: 3*

Do a form makeover. "I wish I'd known about proper form. I started running for fitness, but my bad form made it such a struggle. Now, after correcting my form and stride rate, I've increased my weekly mileage, started running marathons, and run much more easily."—*Kenneth Cohen, 29, Kalamazoo, Mich. Years running: 15*

Look for the softer stuff. "For me, a track, treadmills, and trails are the only acceptable surfaces to run on. Streets and sidewalks can really beat you up. If these are your only choices, do a fast walk

instead, then run when you reach the trail."—*Harry Bidleman, 44, Scotts Valley, Calif. Years running: 15*

Ease into it. "Starting out nice and easy in a race will help you, no matter the distance. How do I know this? My four marathons, a half-marathon, two 30-Ks, a 25-K, five 15-Ks, and countless shorter races have offered me proof enough!"—*Melissa Swaney, 32, Alexandria, Va. Years running: 7*

Drink fluids. "I used to wonder why I'd have bad runs on some days and good runs on others. After one long run, I finally realized I wasn't drinking enough.

Now on all my long runs I carry a water bottle, or plan my route through areas where I can find water. My running is much more consistent now."—*Andrew Harris, 19, Oak Park, Calif. Years running: 5*

Race long. "I had an incredible feeling of peace, well-being, and joy when I finished my first long race—a half-marathon. It made all the effort worthwhile. There's nothing quite like the first time."—*Jim Kristufek, 52, Eustis, Fla. Years running: 27*

Create a performance pantry. "Pay close attention to your diet, and determine which foods

Take It From Us

The RW editors have learned a few things about running over the years. Here's a sampling

Stay healthy. "Taking care of myself and staying uninjured is more important than any training run or race. If I'd figured that out last winter when I rolled my ankle badly, I would've taken the time to get better, even though it would've meant skipping the Boston Marathon. Instead, I tried to train through it and made the injury worse. So I missed Boston—and months of training besides. I've made a solemn vow to never do that again. You must be patient and smart about injury recovery."—*Parker Morse, 26. Years running: 14*

Run with a partner. "I'd taken years off from running when I had children, so when I started up again, I felt so slow that I was too embarrassed to run with anyone else. That was a mistake. Finally when I started training for the Philadelphia Half-Marathon, I joined a group for long runs on weekends. Being in a group motivated me tremendously, and made 10 miles seem like 2."—*Claire McCrea, 42. Years running: 15*

Don't overdress. "It used to be that whenever it was a tad chilly, I would pile on the clothes. In the early part of the run, I'd feel nice and toasty. But then I'd get too hot. This made the remainder of the run feel as if I were running in a sauna. Now I wear just enough to keep me from freezing, knowing that within a mile I'll heat up."—*Ken Kleppert, 45. Years running: 6*

Learn to spit. "About a year ago, while training for a marathon with a new running partner, I discovered what a difference spitting can make. Before this, the last few miles of my long runs were always uncomfortable because my mouth would get so pasty. But once I started spitting (being careful not to hit my training partner), long runs became much

easier for me."—*Jane Unger Hahn, 36. Years running: 6*

Keep a training log. "I wish I'd kept running logs when I started running, and that I'd done a better job on them once I did start recording my workouts. I have decent logs going back to the late 1980s, and a few times a year I'll flip through them. This is a great motivational tool; it helps me recall good races and special training runs. More practically, it helps me figure out what worked and what didn't."—*Marty Post, 49. Years running: 35*

Use the lube tube. "I spent most of my life running shorter distances, so I was clueless about chafing. Then I set my sights on the marathon. My first long run was a 13-miler, and I thought I was equipped with all the essentials: water, gels, and money for a cab, etc. I

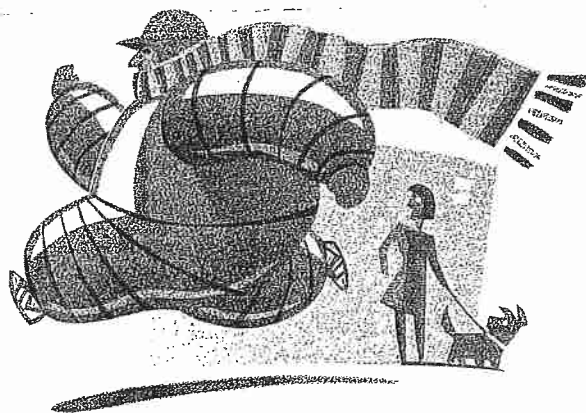
had a great run, and felt fine when I finished. Then I stepped into the shower and felt the painful sting of hot water on chafed skin.

I realized that my sports bra had rubbed parts of my chest raw. That was the last time I ran without using an anti-chafing lotion."

—*Melanie Strong, 27. Years running: 13*

Know that there's time. "When I started running, I thought I had to do everything 'right now' or the opportunity would be gone forever. I thought that if I missed a day of training due to injury, I had to run harder or longer the next day to

make up for it. If I ran a bad workout, I had to run a good one the next day. If I missed a race, I had to find another one. Now I know that I have all the time I need. I no longer measure running by what it can do for me today. Instead, I love running for the promise and rewards it brings me year after year."—*Amby Burfoot, 54. Years running: 38*



work best for you before a run or race. It's partly mental I'm sure, but I've found some pretty crazy foods that help me. They're my secret weapons."

—Aimee Norman, 34, San Diego.
Years running: 10

Stay inside if you want.

"When I started running in my mid-20s, I thought running on a treadmill was cheating, so I'd push myself to head out on the worst days. Now I realize that I can sometimes get a better quality workout on the treadmill."

—David Monti, 41, New York.
Years running: 16

Do a morning assessment.

"If I wake up in the morning and my legs are still aching, then I know I overdid it the previous day. I take it easy and get extra rest and sleep before training hard again."—William Wall, 68, Chino, Calif. Years running: 13

Hit the speed limit. "If you want to become faster, you have to train for it, and that means doing speedwork. Sounds obvious, but I always thought I could improve just by going a little faster on my daily training runs. I improved, but only marginally. It took me 12 years to learn that speedwork was the way to go."—Dave Weber, 46, Ames, Iowa. Years running: 15

Wear shades. "I just finished my 24th marathon, but only learned recently how important it is to protect my eyes with sunglasses. My ophthalmologist told me I should wear them even on wintry, cloudy days."—Franceska Condo Drozd, 57, Litchfield Park, Ariz. Years running: 21

Buy the right stuff. "Shamefully, I used to run in tennis shoes. Then a friend suggested I try running shoes, and the difference was amazing! Now I've become a running-shoe evangelist to all my new running friends."—Molly Brown-Boulay, 30, Springboro, Ohio. Years running: 12

Stretch often. "I'd much

rather run than stretch, but now I have chronic Achilles tendinitis, a recurring muscle tear in my left calf, and a testy IT band, so I have to stretch. If I'd stretched more in the past, I probably wouldn't have these problems. Don't do as I did. Your legs will thank you."

—Doug Krentzmann, 40, Denver.
Years running: 26

Stay the course. "Early on, every run can seem difficult.

And they are for some people. But if you're steady, train smart, and take your time, eventually the pain goes away,

and running becomes natural, powerful, and enjoyable.—Don Johnson, 42, Spokane, Wash. Years running: 26

R

Are You a "Real" Runner?



Beginning runners often say "I'm not a real runner," as if there's a litmus test for such a thing. Okay, maybe there is. Check it out for yourself. You know you're a real runner when...

1. You eat energy bars when you don't have to.
2. When walking in a crowd, you make a conscious effort to catch and pass the person in front of you.
3. You run a tab at your local running shop.
4. You have your massage therapist's phone number memorized. (Bonus: It's on speed dial.)
5. Out of common courtesy, you've stopped wearing open-toed sandals in public.
6. Every time you climb a flight of stairs, you put your fingers to your neck to check your heart rate.
7. You can't remember your mother's birthday, but you can rattle off your last five marathon times. Including the seconds.
8. You know your PR for your drive to work. (Bonus: You compare this PR with those of your coworkers.)
9. When you read the sports section, you skip straight to the half-page titled "Other Sports."
10. When you read this list, you think, "Is this supposed to be funny?"—Mark Remy

Wait, There's More

For further information on beginning running, go to www.runnersworld.com, then click on "Getting Started" on the left-hand side of the home page. For a listing of beginner-friendly marathons, go to www.runnersworld.com/training/first-marathons.html