

How to Prepare for a 5K

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How to start training

- Start low and slow
- Build up your distance and pace slowly
- Adding 5-10% to your longest run every week
- Add pick-ups during 1-2 runs a week to help gain speed
- Eat and hydrate properly to make sure your body can recover from the run
- Cross training can be beneficial for those who can't run 3 days a week
- Strength training is a great addition to help reduce injury

Tips for colder weather Running

What to wear (layers)

- Tighter fit base layer that wicks sweat away but keeps you warm (for top and bottom)
- Wind proof layer a (jacket can have extra thermal layer if it's extra cold) (pants often provide one pant with both layers in one.
- Hat
- Mittens, gloves. Should also be able to wick sweat while keep hands warm
- Neck warmer or face mask if it's super windy/cold
- Socks: merino wool material socks that wick while also keep feet warm. Using a plastic bag over the foot or duct tape can help prevent the wind from making the feet cold
- Shoes: If it's icy adding Yak Tracks or some sort of spike/grip will help prevent from slipping
- If snowy using a trail shoe with heavier lugs can be helpful

Before and during

Once your HR increases your body will start to warm up if you keep moving your body should stay warm throughout the run. Keeping your core warm will help the body stay warm throughout the run.

Post Run

Your body will start to cool down. Once your done running it's best to take your sweating/cold outside clothes off and into dry warm clothes. It's also fastest to warm the body from the inside out, so drinking a hot beverage like tea, or coffee or even hot water will help prevent those post run chills. Or if you have access to it hop in a sauna, hot tub, or steam room after to help relax from muscles along with warm the body up.