

ASK THE EXPERT

How do I develop my walking routine into completing a 5K this fall?

If you are already walking and have aspirations of completing a 5K race, it is always a good idea to consult a physician, physical therapist, or personal trainer if you will be making a significant increase to your level of physical activity.

Once you are given the green light, a good specialty shoe store can get you started with the correct pair of walking/running shoes that best support your feet, along with suggestions for appropriate socks and apparel. Many also now offer social 5K training programs designed for beginners.

Be sure to let others know that you have committed to a goal to complete a race, such as the Principal 5K Road Race. You will find great encouragement from others, and perhaps they will join you through your journey and celebrate your accomplishment on race day.

Visit resources online like Road Runners Club of America for tips on safety, etiquette, running in warmer weather, and other topics. Consider joining a walking or running club so that you can train with others. Many offer benefits and discounts from local races and businesses. rrca.org.

Depending on how specific your goals are, most 5K training programs can prepare you for race day within 4-6 weeks by following a particular walking routine.

A good rule of thumb is to never increase the workout from week to week by more than 10%. You will build a baseline of physical and mental endurance the first couple of weeks, followed by incremental increases in more extended workout periods.

Make sure to rest on the days between workouts. This will allow your muscles to recover before the next workout while helping to prevent the risk of injury.



It would be best if you did not have to make drastic changes to your eating habits. Your body will perform better during workouts when it is appropriately fueled in between. When making your food choices during training, always try to keep this in mind.



Drink water when thirsty, and always try to include hydration in your training routine within 45 of your workout. Energy gels, sports drinks, and nutritional supplements are not necessary.

To download additional training information and guides explicitly designed from the 5K beginner to those who want to become more efficient in their workout, click on the Resources page at www.desmoinesmarathon.com.



Principal 5K Road Race – Oct. 15, 8:30 am
For more information visit
www.desmoinesmarathon.com