

20-Week Heart Health 5k Training Plan

April 26th -
September
13th 2020

This training plan was created as preparation for the annual Heart Health 5K to be held on September 13th 2020 (rescheduled from the original date). This plan is appropriate for all fitness levels and incorporates running, walking, strength training, and rest days. This is a recommendation to best prepare for race day. As always, listen to your body and adjust as needed!



Welcome to the 2020 Heart Health 5K Training Plan!

This plan was originally created by Annie McCabe, a former dietetic intern at The Medical University of South Carolina, and later modified by Janet Carter. Annie is an ACE certified group fitness instructor and an avid runner, and Janet is an ACE certified personal trainer and an avid runner and triathlete.

Thank you for allowing us the privilege and opportunity to work with your child in training for a 5k...a big accomplishment for anyone! We are very excited to help your child reach his/her fitness goals and work towards a healthier lifestyle while having lots of fun!

Below is a detailed layout of the schedule for the next 20 weeks. Once we can, we will hold weekly “in-person” training sessions at Park Circle on Mondays at 5:30 and ask that you help us out by encouraging your child to complete the other workouts provided throughout the week. If your child cannot attend an “in-person” training session on any given week, please consult the schedule for a workout in order to stay on track throughout training. Lastly, we recognize the importance of resting and recovering the body and have scheduled in two rest day each week.

Once we are back to normal operations We encourage your child to make as many of the in-person training sessions as possible and continue working hard outside of our sessions together. Children who attend most of the in-person training sessions (at least 80% of the ones we will be able to conduct) will be given special recognition at the 5K to reward their hard work and dedication. (Make-up sessions will be held in the event of any cancellations and announced through the texting service.) In-person training sessions will be held Mondays from 5:30pm-6:30pm at Park Circle (4800 Park Circle, North Charleston, 29405).

What you put into training is what you will get out of it. Let’s work hard and have some fun!

Your Heart Health Team

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Training Schedule Key Terms:

Warm-up: 5-minute walk/jog at a brisk but easy pace prior to each workout to get the heart pumping and blood flowing.

Dynamic Stretching: A series of movement-based stretching to warm up the muscles and prepare for the workout. Movement-based stretching simply means moving your body to stretch rather than holding a set position. For example: swinging one leg forwards and backwards warms up the upper leg muscles and the hip. Examples with illustrations provided on p. 6.

Cool-Down: Easy-paced 5-minute walk after each workout to bring your heart rate down.

Stretching: Following the “cool-down” do a 3-5-minute sequence of static (reference the below definition) stretching to help with flexibility and prevent injuries.

Static Stretching: Hold a stretch for about 10-30 seconds to increase flexibility. Examples with illustrations provided on p.6.

Strength-Training: Helps build strong muscles through movements with resistance. Machines, hand weights, resistance bands, and/or body weight can be used to complete strength training. Strength training will help with speed while decreasing the risk of injury. It can be done successfully without any equipment and simply by using your body weight and should be used to target major muscle groups including upper body, lower body, and core. For each strength training day, you will complete 5 rounds of each of the exercises listed, in the order that they are listed. Examples with illustrations provided on p. 7.

- A Day—Upper Body + Core
- B Day—Lower Body

Rest Day: Allows your body time to fully recover and grow. This does not mean relaxing all day but means taking a break from workouts (you should still try to move your body throughout the day). Rest days are crucial in all training!

Long-Run: Aerobic endurance training. Run the scheduled distance at a pace you can sustain throughout the entire run while trying not to stop or walk. There are numerous phone apps you can use to help you determine how far you’ve run. Here are a few:

- Runkeeper
- Map My Run
- Runtastic

Walk/Run: Walk at a brisk pace for the prescribed number of minutes and then transition to a running pace for the prescribed number of minutes. Continue that pattern for the entire scheduled time.



Food and Nutrition to Properly Train for a Race

Before Workouts:

Carbohydrates are fuel for your “engine”, otherwise known as your body. The harder you work, the more carbs you need to fuel yourself. Many healthy foods contain carbohydrates, like fruit, whole grains, milk and yogurt, and beans. Ideally, you should fuel your body 1-3 hours prior to a workout – depending on how your body tolerates food before exercise. Remember to also stay hydrated with plenty of water. Here are some great pre-workout fuel ideas:

- A peanut butter and banana or PBJ sandwich
- Light Yogurt with berries
- Oatmeal with low-fat milk and fruit
- Sliced apple with peanut or almond butter
- Handful of nuts and raisins (two parts raisins and one part nuts)

After Workouts:

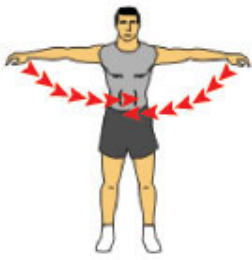
Your body is using stored energy in your muscles to complete a workout, so it is important to replenish the nutrients lost as soon as possible. Try to eat a healthy combination of carbohydrates and protein within 15 minutes of a workout to allow your muscles to rebuild and repair. Don't forget to drink plenty of water along with your post-workout meal. Some great post-workout meal ideas are:

- Sliced turkey on a whole-grain wrap with veggies
- Light yogurt with fruit & granola
- Eggs and veggies on whole wheat toast
- Smoothie made with low-fat milk, Greek yogurt and fruit

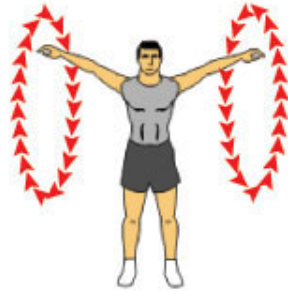


Dynamic Stretching	Static Stretching
Performed BEFORE exercise	Performed AFTER exercise
Used for warm-up	Used for cool-down
Mimics sports-related movements	Improves flexibility
Increases joint range of motion	Improves breathing
Enhances mental preparedness	Corrects muscle imbalances

Dynamic Stretching (Left) & Static Stretching (Below)



Arms across chest 15-20 reps



Full arm circles
10 - 15 reps in each direction
both arms



Shoulder Twists - 10-15 reps on each side



Side Bends - 10 on each side



Hip Rotations
10-15 in each direction



Lunges - 8-10 on each leg



Leg Swings
front and back 10-15 times each leg



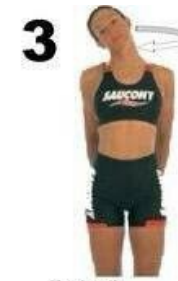
Leg Swings
side to side 10-15 times each leg



1
Sky reach
Reach as high as possible.



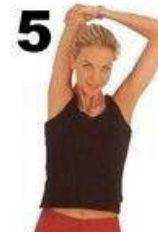
2
Toe touch
First to relax the back, then to touch the floor.



3
Neck roll
Roll to the sides and forward, don't roll back.



4
Shoulder roll
Roll the shoulders forward and back.



5
Shoulder stretch
Pull the elbows.



6
Side reach
Stretch to the side, keep the shoulders in-line with the hips



7
Quadriceps
Balance by thinking "up".



8
Gastrocnemius
Find a wall, stretch the back heel and calf.



9
Runner's stretch
Keep the hips squared, tuck one foot in, and lean forward.



10
Cross-thigh hug
Pull the leg up and hug it.



11
Lower back
Cross leg, and twist lower back with elbow.



12
Piriformis stretch
Thigh up, or variant thigh against the floor.



13
Ankle roll
Rotate and loosen the ankle.



14
Thigh hug
Stretch the glutes.



15
Resistance leg
Grasp behind knee and pull back, meanwhile straightening leg. Variant, point toe down.



16
Indifferent Frog
Feet together, get the thighs to the floor.

Strength Exercises



CrossFit

Push ups



Wall push ups



Triceps dips



Shoulder taps



Inch worms



High knees



Skater lunges



Lunge + knee drive



Squat



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Sumo Squat



Plank

How to do Burpees



Burpees

ANATOMY OF A PERFECT WALL SIT



Wall sit



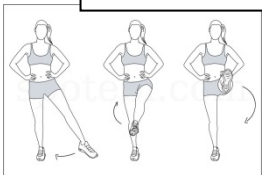
Mountain climbers



Kickbacks



Fire hydrants



Leg circles



Bridges

April 2020



****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Rest Day 26	Walk/Run 10 minutes 27	Long Run 1/4 (0.25) miles straight 28	Strenght Training A Day 29	Rest Day 30	Strength Training B Day 1	Walk/Run 10 minutes 2
See May Calendar 3	See May Calendar 4	Notes You can do this! One week done.				

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)
-OR- Walk/Run
• Distance specified in the calendar; alternate run for 1 minute and walk for 30 seconds

Tuesday: Long Run
• Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise

- 10 jumping jacks
- 4 push-ups (if done on the wall, do 7)
- 10 triceps dips
- 10 shoulder taps
- 5 inch worms

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise

- 10 high knees
- 8 skater lunges (each side)
- 5 lunge + knee drive (both sides)
- 10 squats
- 10 sumo squats

Saturday: Walk/Run
• Distance specified in the calendar; alternate run for 1 minute and walk for 30 seconds

May 2020



****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 See April Calendar	27 See April Calendar	28 See April Calendar	29 See April Calendar	30 See April Calendar	1 See April Calendar	2 See April Calendar
3 Rest Day	4 Walk/Run 12 minutes	5 Long Run 1/4 (0.25) miles straight	6 Strength Training A Day	7 Rest Day	8 Strength Training B Day	9 Walk/Run 12 minutes
10 Rest Day	11 Walk/Run 14 minutes	12 Long Run 1/2 (0.5) miles straight	13 Strength Training A Day	14 Rest Day	15 Strength Training B Day	16 Walk/Run 14 minutes
17 Rest Day	18 Walk/Run 15 minutes	19 Long Run 1/2 (0.5) miles straight	20 Strength Training A Day	21 Rest Day	22 Strength Training B Day	23 Walk/Run 15 minutes
24 Rest Day	25 Walk/Run 17 minutes	26 Long Run 3/4 (0.75) miles straight	27 Strength Training A Day	28 Rest Day	29 Strength Training B Day	30 Walk/Run 17 minutes
31 See June Calendar	1 See June Calendar	Notes A whole month! You're doing great!				

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)

-OR- Walk/Run

- Distance specified in the calendar; alternate run for 1 minute and walk for 30 seconds

Tuesday: Long Run

- Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise

- 10 jumping jacks
- 4 push-ups (if done on the wall, do 7)
- 10 triceps dips
- 10 shoulder taps
- 5 inch worms

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise

- 10 high knees
- 8 skater lunges (each side)
- 5 lunge + knee drive (both sides)
- 10 squats
- 10 sumo squats

Saturday: Walk/Run

- Distance specified in the calendar; alternate run for 1 minute and walk for 30 seconds

June 2020



****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day 31	Walk/Run 19 minutes 1	Long Run 3/4 (0.75) miles straight 2	Strength Training A Day 3	Rest Day 4	Strength Training B Day 5	Walk/Run 19 minutes 6
Rest Day 7	Walk/Run 21 minutes 8	Long Run One (1.0) miles straight 9	Strength Training A Day 10	Rest Day 11	Strength Training B Day 12	Walk/Run 21 minutes 13
Rest Day 14	Walk/Run 25 minutes 15	Long Run One (1.0) miles straight 16	Strength Training A Day 17	Rest Day 18	Strength Training B Day 19	Walk/Run 25 minutes 20
Rest Day 21	Walk/Run 27 minutes 22	Long Run 1 1/4 (1.25) miles straight 23	Strength Training A Day 24	Rest Day 25	Strength Training B Day 26	Walk/Run 27 minutes 27
Rest Day 28	Walk/Run 30 minutes 29	Long Run 1 1/4 (1.25) miles straight 30	Strength Training A Day 1	Rest Day 2	Strength Training B Day 3	Walk/Run 30 min 4
See July Calendar 5	See July Calendar 6	Notes Wow, fabulous job. Keep it up!				

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)

-OR- Walk/Run

- Distance specified in the calendar; alternate run for 1 1/2 minutes and walk for 1 minute

Tuesday: Long Run

- Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise

- 10 jumping jacks
- 7 push-ups (if done on the wall, do 12)
- 12 second plank
- 10 shoulder taps--left & right
- 10 mountain climbers

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise

- 10 jumping jacks
- 10 squats
- 10 lunges (both sides)
- 5 burpees
- 1 minute wall sit

Saturday: Walk/Run

- Distance specified in the calendar; alternate run for 1 1/2 minutes and walk for 1 minute

July 2020



****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 See June Calendar	29 See June Calendar	30 See June Calendar	1 See June Calendar	2 See June Calendar	3 See June Calendar	4 See June Calendar
5 Rest Day	6 Run only 10 minutes Walk/Run 20 minutes	7 Long Run 1 1/2 (1.5) miles straight	8 Strength Training A Day	9 Rest Day	10 Strength Training B Day	11 Run only 10 minutes Walk/Run 20 minutes
12 Rest Day	13 Run only 10 minutes Walk/Run 20 minutes	14 Long Run 1 1/2 (1.5) miles straight	15 Strength Training A Day	16 Rest Day	17 Strength Training B Day	18 Run only 10 minutes Walk/Run 20 minutes
19 Rest Day	20 Run only 12 minutes Walk/Run 20 minutes	21 Long Run 1 3/4 (1.75) miles straight	22 Strength Training A Day	23 Rest Day	24 Strength Training B Day	25 Run only 12 minutes Walk/Run 20 minutes
26 Rest Day	27 Run only 12 minutes Walk/Run 25 minutes	28 Long Run 1 3/4 (1.75) miles straight	29 Strength Training A Day	30 Rest Day	31 Strength Training B Day	1 Run only 12 minutes Walk/Run 25 minutes
2 See August Calendar	3 See August Calendar	Notes Well over halfway there!				

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)

-OR- Run and Walk/Run

- Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.

Tuesday: Long Run

- Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise

- 10 jumping jacks
- 10 arm circles--forward & back
- 15 second plank
- 10 punches--left & right
- 10 mountain climbers

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise

- 10 jumping jacks
- 5 jump squats
- 10 kickbacks--left & right
- 10 fire hydrants--left & right
- 15 bridges

Saturday: Run and Walk/Run

- Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.

August 2020



****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 See July Calendar	27 See July Calendar	28 See July Calendar	29 See July Calendar	30 See July Calendar	31 See July Calendar	1 See July Calendar
2 Rest Day	3 Run only 15 minutes Walk/Run 20 minutes	4 Long Run Two (2.0) miles straight	5 Strength Training A Day	6 Rest Day	7 Strength Training B Day	8 Run only 15 minutes Walk/Run 20 minutes
9 Rest Day	10 Run only 15 minutes Walk/Run 20 minutes	11 Long Run 2 1/2 (2.5) miles straight	12 Strength Training A Day	13 Rest Day	14 Strength Training B Day	15 Run only 15 minutes Walk/Run 20 minutes
16 Rest Day	17 Run only 20 minutes Walk/Run 15 minutes	18 Long Run 2 3/4 (2.75) miles straight	19 Strength Training A Day	20 Rest Day	21 Strength Training B Day	22 Run only 20 minutes Walk/Run 15 minutes
23 Rest Day	24 Run only 25 minutes Walk/Run 15 minutes	25 Long Run Three (3.0) miles straight	26 Strength Training A Day	27 Rest Day	28 Strength Training B Day	29 Run only 25 minutes Walk/Run 15 minutes
30 See September Calendar	31 See September Calendar	Notes You've come so far. Finish strong!				

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)
-OR- Run and Walk/Run
• Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.

Tuesday: Long Run
• Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise

- 10 jumping jacks
- 12 push-ups (if done on the wall, do 20)
- 10 tricep dips
- 10 high knees--left & right
- 10 inch worms

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise

- 10 jumping jacks
- 5 lunge + knee drive--left & right
- 10 burpees
- 10 skater lunges--left & right
- 10 leg circles--left & right/forward & back

Saturday: Run and Walk/Run
• Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.

September 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day 30	Run only 30 minutes 31	Long Run 2 3/4 (2.75) miles straight 1	Strength Training A Day 2	Rest Day 3	Strength Training B Day 4	Run only 30 minutes 5
Rest Day 6	Walk/Run 40 minutes 7	Long Run Two (2.0) miles straight 8	Strength Training A Day 9	Rest Day 10	Walk only 40 minutes 11	Rest Day 12
Race Day!! 13						
		Notes What an incredible accomplishment! Congratulations from your Heart Health team.				

****Begin each workout with warm-up/dynamic stretching and end each workout with cool-down/static stretching ****

Sunday: Rest day

Monday: In-person training session offered (once back to normal operations)
-OR- Run and Walk/Run
• Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.

Tuesday: Long Run
• Distance specified in the calendar. Try not to walk!

Wednesday: Strength A—5 rounds of each exercise
• 10 jumping jacks
• 12 push-ups (if done on the wall, do 20)
• 10 tricep dips
• 10 high knees--left & right
• 10 inch worms

Thursday: Rest day

Friday: Strength B— 5 rounds of each exercise
• 10 jumping jacks
• 5 lunge + knee drive--left & right
• 10 burpees
• 10 skater lunges--left & right
• 10 leg circles--left & right/forward & back

Saturday: Run and Walk/Run
• Distance specified in the calendar. For run portion, do not walk. For walk/run portion, alternate run for 3 minutes and walk for 30 seconds.