

12-Week Heart Health 5k Training Plan

February 17th
– May 4th
2020

This training plan was created as preparation for the annual Heart Health 5K held on May 10th 2020. 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 make adjustments as needed!



Welcome to the 2020 Heart Health 5K Training Plan!

This plan was created by Annie McCabe, a former dietetic intern at The Medical University of South Carolina. She also is an ACE certified group fitness instructor and an avid runner.

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 12 weeks. Each week we will hold one "in-person" training session 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!

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 the majority of training sessions (at least 9 of the 12 sessions) 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

843-792-4717

hhexercise@musc.edu

www.musckids.org/heart/health

Training Schedule Key Terms:

Warm-up: 5-minute walk/jog at a brisk but easy pace prior to each workout in order 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 muscles and the hip.

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.

Strength-Training: Helps build strong muscles through movements with machines, hand weights, resistance bands, and/or body weight. Strength training will help with speed while decreasing the risk of injury. It can be done 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.

- “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. 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 with taking minimal stops/walk breaks.

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! 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: one part nuts)

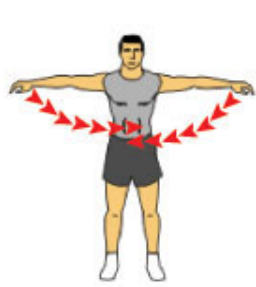
After Workouts:

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:

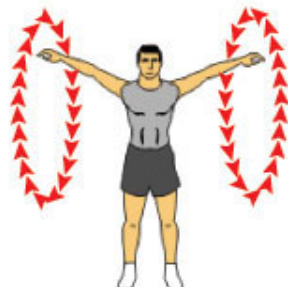
- Post-workout recovery smoothie (made with low-fat milk and fruit)
- Sliced turkey on a whole-grain wrap with veggies
- Light yogurt with fruit & granola
- Eggs and veggies on whole wheat toast



Dynamic Stretching	Static Stretching
Performed BEFORE Exercise	Performed AFTER exercise
Used for warm-up	Used for cooldown
Mimics sports related movements	Improves Flexibility
Increases joint range of motion	Improves Breathing
Gets one mentally prepared	Corrects muscle imbalances



Arms across chest 15-20 reps



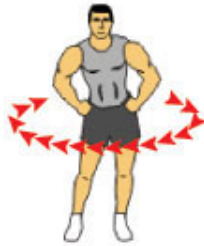
Full arm circles
10 - 15 reps in each direction
both arms



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

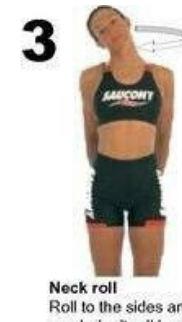
Static Stretching (Below) & Dynamic Stretching (Left)



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



Sumo Squat

How to do Burpees

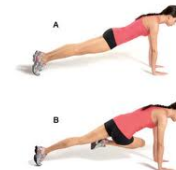


Burpees

ANATOMY OF A PERFECT WALL SIT



Wall sit



Mountain climbers



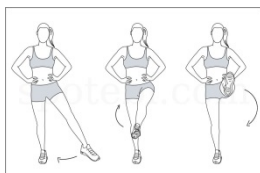
Kickbacks



Plank



Fire hydrants



Leg circles



Bridges

February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 Rest day	17 Walk/Run 10 minutes	18 "Long Run" ¼ (0.25) miles straight	19 Strength Training "A" Day	20 Rest day	21 Strength Training "B" Day	22 Walk/Run 10 minutes
23 Rest day	24 Walk/Run 12 minutes	25 "Long Run" ½ (0.5) miles straight	26 Strength Training "A" Day	27 Rest day	28 Strength Training "B" Day	29 Walk/Run 12 minutes



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

Sunday: Rest day

Monday: **In-person training session offered!!**

-OR- Run/Walk

- Complete the distance specified in the calendar by alternating running for 1 minutes and walking for 30 seconds

Tuesday: Long Run

- Run the distance specified in the calendar...try your best not to walk!

Wednesday: Strength A—5 rounds

- 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

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

Saturday: Run/Walk

- Complete the distance specified in the calendar by alternating running for 1 minutes and walking for 30 seconds

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rest day	2 Walk/Run 14 minutes	3 "Long Run" ½ (0.5) miles straight	4 Strength Training "A" Day	5 Rest day	6 Strength Training "B" Day	7 Walk/Run 14 minutes
8 Rest day	9 Walk/Run 15 minutes	10 "Long Run" ¾ (0.75) miles straight	11 Strength Training "A" Day	12 Rest day	13 Strength Training "B" Day	14 Walk/Run 15 minutes
15 Rest day	16 Walk/Run 17 minutes	17 "Long Run" ¾ (0.75) miles straight	18 Strength Training "A" Day	19 Rest day	20 Strength Training "B" Day	21 Walk/Run 17 minutes
22 Rest day	23 Walk/Run 18 minutes	24 "Long Run" 1 mile straight	25 Strength Training "A" Day	26 Rest day	27 Strength Training "B" Day	28 Walk/Run 18 minutes
29 Rest day	30 Walk/Run 20 minutes	31 "Long Run" 1 mile straight				

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

Sunday: Rest day

Monday: **In-person training session offered!!**

-OR- Run/Walk

- Complete the distance specified in the calendar by alternating running for 1½ minutes and walking for 1 minute

Tuesday: Long Run

- Run the distance specified in the calendar...try your best not to walk!

Wednesday: Strength A—5 rounds

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

Thursday: Rest day

Friday: Strength B— 5 rounds

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

Saturday: Run/Walk

- Complete the distance specified in the calendar by alternating running for 1½ minutes and walking for 1 minute

April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Strength Training "A" Day	2 Rest Day	3 Strength Training "B" Day	4 Walk/Run 22 minutes
5 Rest day	6 Walk/Run 24 minutes	7 "Long Run" 1.5 miles straight	8 Strength Training "A" Day	9 Rest day	10 Strength Training "B" Day	11 Walk/Run 26 minutes
12 Rest day	13 Walk/Run 28 minutes	14 "Long Run" 2 miles straight	15 Strength Training "A" Day	16 Rest day	17 Strength Training "B" Day	18 Walk/Run 30 minutes
19 Rest day	20 Walk/Run 32 minutes	21 "Long Run" 2 miles straight	22 Strength Training "A" Day	23 Rest day	24 Strength Training "B" Day	25 Walk/Run 32 minutes
26 Rest day	27 Walk/Run 35 minutes	28 "Long Run" 2.5 miles straight	29 Strength Training "A" Day	30 Rest day		

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

Sunday: Rest day

Monday: **In-person training session offered!!**

-OR- Run/Walk

- Complete the distance specified in the calendar by alternating running for 2 minute and walking for 1 minute

Tuesday: Long Run

- Run the distance specified in the calendar...try your best not to walk!

Wednesday: Strength A—5 rounds

- 10 jumping jacks
- 10 push-ups (if done on the wall, do 17)
- 15 second plank
- 5 shoulder taps—left & right
- 10 mountain climbers

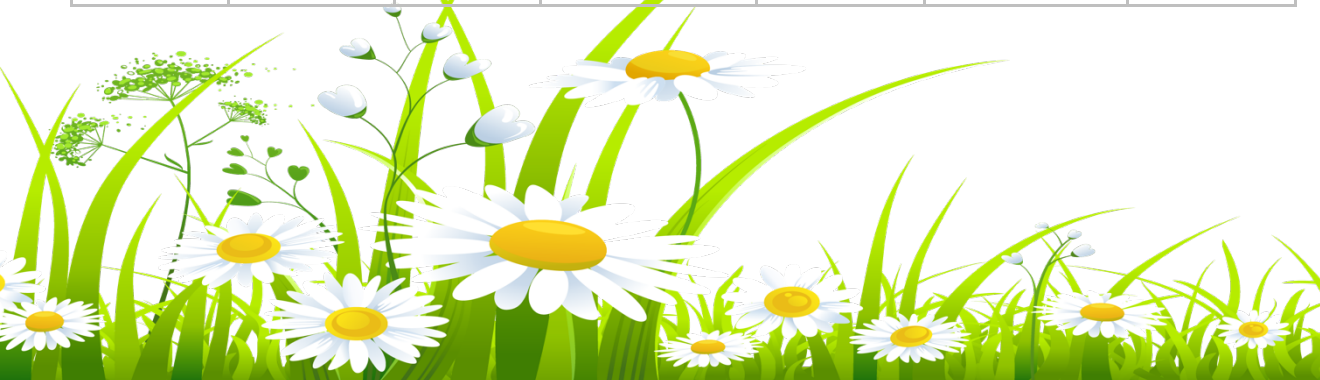
Thursday: Rest day

Friday: Strength B— 5 rounds

- 10 jumping jacks
- 5 jump squats
- 10 kickbacks—left & right
- 10 fire-hydrants— left & right
- 10 leg circles – left & right / forward & back

Saturday: Run/Walk

- Complete the distance specified in the calendar by alternating running for 2 minute and walking for 1 minute



May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Strength Training "B" Day	2 Walk/Run 37 minutes
3 Rest day	4 Walk/Run 40 minutes	5 Easy walk/run 30 min	6 Strength Training "A" Day	7 Rest day	8 Strength Training "B" Day	9 Easy walk 15 minutes
10 Race Day!!						

FINISH

RACE DAY PREPERATION!!!

- Get a good night's sleep!
- Stay hydrated with plenty of water!!
- Eat a good breakfast with carbohydrates and protein. Make sure the food you choose is familiar food that you have eaten before training sessions to avoid an upset stomach.
- Relax & HAVE FUN!!

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

Sunday: Rest day

Monday: **In-person training session offered!!**

-OR- Run/Walk

- Complete the distance specified in the calendar by alternating running for 1 minute and walking for 1 minute

Tuesday: Easy walk/run

- Don't push too hard, as you will be racing in a few days!

Wednesday: Strength A—5 rounds

- 10 jumping jacks
- 10 push-ups (if done on the wall, do 17)
- 15 second plank
- 10 shoulder taps—each side
- 10 mountain climbers

Thursday: Rest day

Friday: Strength B— 5 rounds

- 10 jumping jacks
- 10 lunges (both sides)
- 10 bridges

Saturday: Easy walk

- This should be very easy—just a way to keep your muscles loose for the next day's BIG RACE!