

Tips for Training for a 5k, 10k, Half Marathon, and Full Marathon

Running is a lifelong skill that can form healthy habits, improve endurance, and promotes a healthy lifestyle. This presentation will show how to prepare for long distance races ranging from a 5k to a full marathon. How to make a training plan, take care of your body, find the right gear, etc.

Cues for Running

1. Tall
2. Land on the balls of your feet
3. Brush your shorts
4. Run light
5. Breathing every two steps
6. Look ahead

Cues for Running Uphill

1. Short quick steps
2. High knees
3. Balls of the feet
4. Eyes looking up the hill

Cues for Running Downhill

1. Elbows out
2. Land on whole foot
3. Bend knees to prevent injury

Do not train going downhill often

Race Cues

1. Walk or run the course beforehand

2. Dynamic warmup
3. Stay in pack
4. Don't get in no man's land
5. Catch someone and pass them
6. Catch someone and beat them
7. Draft behind someone if windy
8. Take the tighter corner

Training Plan

1. Weekly mileage
2. Taper week
3. Diet
4. Gear
5. Stretching

Races

5k

10k

Half marathon

Full marathon