



# iRun with Rec

## 5K BEGINNER TRAINING PROGRAM



WEEK 1  
WEEK 2  
WEEK 3

	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1	Walk/ Jog 1 mile Pace: Easy	Workout A*	Walk/ Jog 1.5 mile Pace: Moderate	Workout B*
WEEK 2	Walk/ Jog 2 mile Pace: Easy	Workout A*	Walk/ Jog 2.5 mile Pace: Moderate	Walk/ Jog 1 mile Pace: Moderate
WEEK 3	Walk/ Jog 1.5 mile Pace: Fast	Workout B*	Easy Walk, Hike or Swim	<i>Race Day!</i> Walk/ Run a 5K! Pace: Fast

\*You can also substitute a workout with a Get up Gauchos! class. Check them out on Shoreline ([shoreline.ucsb.edu](http://shoreline.ucsb.edu))

## PACE

**Easy:** Start your training off with a nice leisurely pace. This is your baseline.

**Moderate:** Run a little faster than your easy pace.

**Fast:** This is not a sprint, but give it everything you've got!

## RPE

Ratings of Perceived Exertion (**RPE**)

- Watch our video on the RPE scale
- The RPE scale can be used to regulate intensity of aerobic endurance across changes in fitness levels and may be influenced by external environmental factors

Rating	Description
1	Nothing at all (lying down)
2	Extremely little
3	Very Easy
4	Easy (could do this all day)
5	Moderate
6	Somewhat hard (starting to feel it)
7	Hard
8	Very hard (making an effort to keep up)
9	Very very hard
10	Maximum effort (can't go any further)

## ACTIVE RECOVERY

You have three "off days" a week, but that does not mean you get to do nothing! We want to make sure you are getting some active recovery in, so that you are ready for your next run or workout.

Active recovery can include any of the following:

1. **Foam Rolling:** This can be done a little everyday (see video)
2. **Mobility Sequence:** This can be done 1-3 times per week (see video)
3. **Walk or Hike:** This can be done 1-3 times per week
4. **Ocean Swim:** This can be done 1-3 times per week

## STRENGTH TRAINING

Strength training makes us stronger and more conditioned without the impact from running, which is not all bad, but it can be overdone! We want to train our muscles and cardiovascular system while minimizing the frequency and volume of impact to our joints and connective tissue. Proper strength training also trains our joints and muscles at greater ranges of motion. While walking and jogging, our muscles and joints only move through a limited range of motion. Make sure to watch our videos on how to properly complete these workouts!

### Workout A:

1A Squat	3 sets x 12-15 reps
1B Push Up	3 sets x 10-12 reps
2A 1-leg Romanian Deadlifts	3 sets x 10 each
2B Bent-over Row	3 sets x 15 reps
3A Plank	3 sets x 30-60 seconds
3B Leg Raises	3 sets x 15 reps

### Workout B:

1A Reverse Lunges	3 sets x 10 each
1B Plank to Down Dog	3 sets x 12-15 reps
2A Glute Bridge	3 sets x 12-15 reps
2B Lying Supermans	3 sets x 12-15 reps
3A Side Plank	3 sets x 20-40 seconds each
3B Dead Bugs	3 sets x 10 each

## DYNAMIC WARM-UP

Don't forget to warm-up before every walk, run, or workout. Make sure to check out our videos that take you through exercises and a full routine to get you prepared for each run. **Warm-up benefits or Positive Effects on Performance, include:**

- Faster muscle contraction and relaxation of both agonist and antagonist muscles
- Improvements in the rate of force development and reaction time
- Improvements in muscle strength and power
- Lowered viscous resistance in muscles
- Increased blood flow to active muscles
- Enhanced metabolic reaction
- An increased psychological preparedness for performance
- **Key Point:** The structure of the warm up influences potential improvements; as such, the warm up needs to be specific to the activity to be performed

## GROUP FITNESS

UCSB Recreation currently offers online Group Fitness classes, live through Zoom! Head to Shoreline ([shoreline.ucsb.edu](http://shoreline.ucsb.edu)) to join our **Get up Gauchos!** classes to supplement your training program! Any of our group fitness classes can be substituted for Workout A or Workout B.