

FALL 2011



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# Participant Guide

Name: \_\_\_\_\_

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*Always consult your healthcare provider before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace information from your healthcare professional. Consult with your healthcare professional before you begin an exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*

## **The Office of Health Promotion and Wellness**

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# Introduction

**It all begins with one step.**

## Step 1. The Program

The **Crimson Couch to 5K** is a **free**, nine-week fitness and wellness program designed specifically for faculty and staff at The University of Alabama. This participant guide will provide you with a step-by-step plan to move from the couch (a less active lifestyle) and prepare you to walk, jog, or run a 5K (3.1 miles). Monthly check-ins will allow for continued support, inspiration, and motivation.

## Step 2. The Training

In addition to providing you with the training program to get you moving, twice weekly group training sessions are available for all levels of fitness. Join the **Crimson Couch to 5K** trainers from the Exercise Physiology Club as they guide your progress.

**Sessions meet at the Quad/Denny Chimes on Mondays and Wednesdays at 7:00 am, 12:10 am, and 5:10 pm**, beginning Monday, September 12 through Wednesday, November 9. Sessions last approximately 30 – 40 minutes. Showers will be available at the Aquatic Center if needed.

## Step 3. The Event

Setting realistic goals and working towards them is only part of the fun and experience. The program and training culminates with the **Crimson Couch to 5K** Event, scheduled for Sunday, November 13 at 2:00 pm. The event will begin and end at the Outdoor Pool Complex near the Student Recreation Center. Registration will be available online at <http://wellness.ua.edu>

## Participant Incentives

In addition to feeling better, having more energy, boosting your metabolism, losing some inches and/or losing weight, participants will receive incentives along the way for attending the three check-in events.

## Additional Incentives

In addition to participant incentives, the College, School, or Division with the greatest percentage of participation in both the Crimson Couch to 5K Program and Event will receive campus-wide recognition and \$1,000 dedicated to a wellness related activity, service, or campaign.

Choose your **Check-In Site**  
and bring your team members

Getting  
Started

CHECK-IN SITE	KICK-OFF	MID-POINT	FINAL	TIME
<b>UA Medical Center</b> <i>(Dean's Lobby)</i>	Wed, Sep 7	Wed, Oct 5	Wed, Nov 2	7:30 AM – 9:00 AM
<b>Gorgas Library</b> <i>(Room 205)</i>	Wed, Sep 7	Wed, Oct 5	Wed, Nov 2	8:30 AM – 10:00 AM
<b>Facilities</b> <i>(Shop Area)</i>	Wed, Sep 7	Wed, Oct 5	Wed, Nov 2	11:00 AM – 12:00 PM
<b>Rose Administration</b> <i>(Ground Floor)</i>	Thu, Sep 8	Thu, Oct 6	Thu, Nov 3	7:30 AM – 10:00 AM
<b>Ferguson Center</b> <i>(In Front of Theater)</i>	Thu, Sep 8	Thu, Oct 6	Thu, Nov 3	11:00 AM – 1:00 PM
<b>Coleman Coliseum</b> <i>(C.M. Newton Room)</i>	Thu, Sep 8	Thu, Oct 6	Thu, Nov 3	1:00 PM – 2:00 PM
<b>Brewer Porch</b>	Fri, Sep 9	Fri, Oct 7	Fri, Nov 4	3:00 PM – 4:00 PM

## Track Your Progress

Check-Ins	Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Waist Circumference	Hip Circumference
<b>Kickoff:</b> Sept 7, 8, 9						
<b>Mid-Point:</b> Oct. 5, 6, & 7						
<b>Final:</b> Nov. 2, 3 & 4						



**Walker:**  
**Record your progress in  
 minutes per day**

**Plan Your  
 Program**

Week	Workout*	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	2-3 Days: Walk 20 Minutes								
2	2-3 Days: Walk 25 Minutes								
3	2-3 Days: Walk 30 Minutes								
4	3 Days: Walk 30 Minutes								
5	3 Days: Walk 35 Minutes								
6	3 Days: Walk 40 Minutes								
7	3 Days: Walk 45 Minutes								
8	3 Days: Walk 50 Minutes								
9	3 Days: Walk 55 Minutes								

\*Advanced walkers and individuals wishing to lose weight may begin training with greater frequency and time - up to 5 days and 60 minutes.

# Beginner Runner:

## Record your progress in minutes per day

## Plan Your Program

Week	Workout*	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	3 Days: Jog 60 Sec, Walk 90 sec for 20 min								
2	3 Days: Jog 90 Sec, Walk 2 Min (20 min)								
3	3 Days: Jog 90 Sec, Walk 90 sec, Jog 3 min, Walk 3 min, (2 times)								
4	3 Days: Jog 3 min, Walk 90 sec, Jog 5 min, Walk 2.5 min, Jog 5 minutes, Walk 90 sec.								
5	3 Days: Jog 5 min, Walk 3 Min, Jog 5 min, Walk 3 min, Jog 5 min.								
6	2 Days: Jog 8 min, Walk 3 Min, Jog 5 min, Walk 3 min, Jog 8 min. 1 Day: Jog 20 min								
7	2 Days: Jog 12 min. walk 3 min, jog 12 1 day: jog 25 min								
8	2 Days: Jog 25 min. 1 Day: Jog 30 min								
9	2 Days: Jog 30 min, 1 Day: Jog 35 min								

\*Begin and end each workout with a 5 minute walk.

# Intermediate Runner:

Record your progress in minutes per day

## Plan Your Program

Week	Workout*	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	2 Days: Jog 8 min, walk 3 min, jog 8 min 1 Day: Jog 20 min								
2	2 Days: Jog 12 min, walk 3 min, jog 12 min 1 Day: Jog 25 min								
3	2 Days: Jog 25 min 1 Day: Jog 30 min								
4	2 Days: Jog 30 min, 1 Day: Jog 35 min								
5	2 Days: Jog 35 min, 1 Day: Run 5 min, Jog 10 min, Run 5 min								
6	2 Days: Jog 40 min, 1 Day: Run 5 min, jog 10 min, run 5 min								
7	2 Days: Jog 45 min. 1 day: Run 5 min, Jog 5 min, Run 5 min, Jog 5 min								
8	2 Days: Jog 50 min. 1 Day: Run 5 min, Jog 5 min, Run 5 min, Jog 5 min								
9	2 Days: Jog 45 min, 1 Day: Run 8 min, Jog 5 min, Run 8 min, Jog 5 min								

\*Begin and end each workout with a 5 minute walk.



## Get Moving: Shoes, Water, and More

### Before your first walk or run, consider the following:

#### Make sure you have the right shoes.

It is important to have shoes that support your feet to lower your risk of injury. High-arched feet generally need shoes with greater shock absorption because you may be at risk for ankle sprains from lateral instability. Low-arches may need shoes with less cushioning and better support in the mid-foot and better heel control. Ask the sales staff about the best shoe fit for you.

- Allow a space up to the width of your index finger between the end of your longest toe and the end of the shoe.
- Leave plenty of room for your toes to wiggle without experiencing slippage in the heel.
- Your athletic shoes may need to be replaced every six months to prevent ankle, shin, and knee injuries due to wear.

#### See your healthcare provider.

Always consult with your healthcare provider before beginning or progressing in your exercise program.

### Hydration:

**Water** consumption is essential for everyone, but even more so for the exerciser who is going to sweat more than average.

A good rule of thumb is to aim for at least two liters, or eight cups, per day.

During exercise, consume 2 – 4 cups per hour of water or a low-calorie sports drink.

Water should be consumed evenly throughout the day to keep fluid levels up and your body evenly hydrated.







## Step Out Safely

### As a walker or runner, there are some important safety considerations to keep in

- **Identification:** Always carry or wear identification in the event of an emergency.
- **Run facing traffic:** If running alongside a road, always run facing traffic so you can see oncoming vehicles in the lane closest to you.
- **Plan your routes:** Always know your route and be familiar with the territory. If you are planning to run down a long stretch of road, go for a drive first and make sure there is plenty of room on the shoulder or sidewalk for you to run safely.
- **Let someone know:** If you are going out for a run, let your spouse, roommate, or friends know where you will be running and roughly what time you expect to be home.
- **Be safe at night:** Always run in lighted areas when running at night. It is generally safer to run with a partner when running at night. Wear bright, reflective clothing so drivers of vehicles can easily see you.
- **Wear Sunscreen:** Increased exposure to the sun increases the risk of skin cancer. Always wear sunscreen when running in the sun.
- **Turn down the volume:** If you are listening to music through head phones, check the volume to make sure you can hear cars and people around you over the music.

### Tips for Beginners:

Don't be afraid to start slowly and build up to a quicker pace or distance.

- *Forget about distance.* Start with continuously moving for 20-30 minutes. See your **Crimson Couch to 5K** trainer or training program for specific workouts.
- *Forget about speed.* Move at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- *Swing arms naturally.* Breathe deeply. If you can't catch your breath, slow down or avoid hills.

*Be sure that you can talk while walking—If you can't talk, you are walking too fast.*



**It takes initiative to start this program.  
It takes commitment to stick with it.**

## Stay Motivated

### To stay motivated

- **Have reasonable goals.** Start with a simple goal. Pick one day this week and decide to exercise on that day. Once you've started, you can start attending the planned **Crimson Couch to 5K** training sessions during the week. It is unrealistic to have a goal that demands 2 hours of running a day, for 365 days a year.
- **Make exercise enjoyable.** Find ways to make your exercise experience a time you enjoy. For example, listen to your favorite music or exercise with friends. If you're training with teammates, treat them as such—support, encourage, and cheer for each other. It helps to have a similar goal that you can all strive to achieve together.

### **Getting back in the game**

*Sometimes things happen, and you miss a planned day of exercise. This is normal. Here are 4 tips for staying motivated:*

- **It's okay to take a break.** Treat it as a longer break than usual. There are no penalties—you can always just start right back up again. Most people miss a few days and give up. But exercising even one day a week is better than not exercising at all.
- **Re-evaluate your goals.** Discuss your goals with a **Crimson Couch to 5K** trainer to see if they are specific and reasonable.
- **Keep planning.** Think of ways to fit exercise into your schedule every week.
- **Just go.** Exercise today.



## Join Us for the Event



**Sunday, November 13, 2011**

The Crimson Couch to 5K Program will culminate with a closing Crimson Couch to 5K (3.1 mi) Walk/Run Event on November 13, 2011.

- Check-in from 12-2:00 pm
- The Crimson Couch to 5K Run/Walk begins at 2:00 pm from the Outdoor Pool Complex at the Student Recreation Center (rain or shine)
- FREE — faculty and staff enrolled in the Crimson Couch to 5K training program and their children under 18 years of age
- \$10 event fee — faculty, staff, spouses, and others who are not enrolled in the Crimson Couch to 5K training



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