**Dynamic Warm-Up**

Start each day of activity with a **DYNAMIC WARM-UP**. Repeat with a 30 second rest period between each set.

<table>
<thead>
<tr>
<th>5K</th>
<th>10K</th>
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### Training Days

#### WEEK 1

**5K**
- Day 1: 0.5 mile run/walk
- Day 2: 0.5 mile run/walk
- Day 3: 1 mile run/walk

**10K**
- Day 1: 1 mile run/walk
- Day 2: 1 mile run/walk
- Day 3: 2 mile run/walk

#### WEEK 2

**5K**
- Day 1: 0.75 mile run/walk
- Day 2: 0.5 mile run/walk
- Day 3: 0.5 mile run/walk
- Day 4: 1.5 mile run/walk

**10K**
- Day 1: 1.5 mile run/walk
- Day 2: 2 mile run/walk
- Day 3: 1 mile run/walk
- Day 4: 3 mile run/walk

#### WEEK 3

**5K**
- Day 1: 1.0 mile run/walk
- Day 2: 1.0 mile run/walk
- Day 3: 0.5 mile run/walk
- Day 4: 2.0 mile run/walk

**10K**
- Day 1: 2 mile run/walk
- Day 2: 2 mile run/walk
- Day 3: 1 mile run/walk
- Day 4: 4.0 mile run/walk

#### WEEK 4

**5K**
- Day 1: 1.25 mile run/walk
- Day 2: 1.25 mile run/walk
- Day 3: 0.75 mile run/walk
- Day 4: 2.5 mile run/walk

**10K**
- Day 1: 2.5 mile run/walk
- Day 2: 2.5 mile run/walk
- Day 3: 1.5 mile run/walk
- Day 4: 5 mile run/walk

#### WEEK 5

**5K**
- Day 1: 1.5 mile run/walk
- Day 2: 30 minute walk
- Day 3: **Dynamic Warm-Up Prior to Race; Race Day**

**10K**
- Day 1: 3 mile run/walk
- Day 2: 30 minute walk
- Day 3: **Dynamic Warm-Up Prior to Race; Race Day**

### Post-Run Stretches

Upon completion of the workout, it could be beneficial to do some additional static stretching. Static stretching involves stretching the muscle/muscle complex to the point of slight discomfort and holding it at that point for approximately 10-30 seconds. Repeat each stretch listed below 3-4 times each.

- **Standing Quadriceps Stretch**
  - Stand and touch a wall or stationary object for balance. From behind, grasp top ankle or forefoot. Pull ankle or forefoot to rear end. You should feel a stretch in the front part of the leg.

- **Standing Single-Leg Hamstring Stretch**
  - Stand with one foot forward and the other foot back. Bend forward with the torso while keeping your spine straight. You should feel a stretch in the back of your leg.

- **Standing Calf Stretch**
  - Stand with one leg far forward and the other leg extended back. Keep both feet positioned forward. Lunge forward by slightly bending the forward leg, while keeping your back heel on the ground. You should feel a stretch in your back calf muscle.

- **Seated Butterfly Stretch**
  - Sit on the ground with the soles of your feet together on the floor and close to your body. Grasp the feet with both hands and position the elbows on the inside of your thighs. With your elbows press the knees toward the floor. You should feel a stretch on the inside of your thigh.