

## SCSU on the Move 5K Training Program:

Tuesday March 3<sup>rd</sup> to Thursday April 30<sup>th</sup> (RACE DAY)

**Trainer:** April Kuschke

→ April is a graduate student here at SCSU working towards a master's degree in Exercise Physiology with a concentration in cardiac rehabilitation. She is an ACE Certified personal trainer and a NETA Certified group fitness instructor. April will use her experience working with students as well as her experience racing in many 5K's to help you get into shape and appropriately trained to run a 5K!

### The Training PROGRAM:

→ We will meet on the SCSU track every Tuesday and Thursday night from 6-7 pm for TWO MONTHS STRAIGHT before the race day on April 30<sup>th</sup>. You will be introduced to many different fundamental pieces for training for a 5K, and working out each week to get in shape before the big race!

... a FREE training program for **TWO WHOLE MONTHS?! .... YES!**

LIMITED TO 25 number PARTICIPANTS! Sign up fast if you're interested!

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Outline for the 2 months of training: Overall, each week there will be a training concept that will be introduced so that you are educated on how to train SMART. Each training day will incorporate the concept into our workout as we do many different kinds of activities/ workouts to get you:

1) **in shape** 2) knowledgeable of training concepts 3) motivated to workout 4) Trained to complete a 5K!

Training Concepts for 9 weeks: (Sessions will include runs outside/ inside, strength training, stationary cycling, etc.)

#### **-week 1: training smart-**

March 3<sup>rd</sup>- Introduction (Eating Right, Training Smart), Fun warm up, easy run

March 5<sup>th</sup>-

**-week 2: spring break-** (handouts for workouts that you will be encouraged to complete on your own)

March 10<sup>th</sup>- X

March 12<sup>th</sup>- X

#### **-week 3: Importance of Cross Training/ Strength Training**

March 17<sup>th</sup>-

March 19<sup>th</sup>-

#### **-week 4- LITES training program: Long Run**

March 24<sup>th</sup>-

March 26<sup>th</sup>-

#### **-week 5- LITES: Intervals**

March 31<sup>st</sup>-

April 2<sup>nd</sup>-

#### **-week 6- Tempo Run**

April 7<sup>th</sup>-

April 9<sup>th</sup>-

#### **-week 7- LITES: Endurance Run**

April 14<sup>th</sup>-

April 16<sup>th</sup>-

#### **-week 8- LITES: Speed Workouts**

April 21<sup>st</sup>-

April 23<sup>rd</sup>-

#### **-week 9- LITES: Pre- Race Tactics**

April 28<sup>th</sup>- Low intensity short run, pre- race tips!

April 30<sup>th</sup>- See you at the starting line ☺