

COACH'S HANDBOOK

I HAVE FOUGHT THE GOOD FIGHT,

I HAVE FINISHED THE RACE,

I HAVE KEPT THE FAITH.

2 TIMOTHY 4:7



GENESIS RUNNING

— ESTABLISHED 2007 —

Dear Coach,

The purpose of Genesis is to use running to share the love of Jesus and this handbook is intended to be a guide to leading a Genesis Running class, specifically the 5k class.

I've realized that running is so much more than a physical activity, and the Genesis training is more than just learning to run. It has evolved into a process of restoration. The restoration at the very least happens on a physical level. For others, the restoration may also be mental, emotional, or spiritual.

When someone shows up for class we want them to feel welcomed, accepted, appreciated, and loved. We use running to meet people that we may never meet otherwise and to speak truth in to their lives. We coach to make a difference in their lives and point them to the real difference maker, Jesus Christ.

RUNNERS LOVE THEIR COACH. You will help them accomplish a goal they once thought was impossible and they will love you for it. We don't do this to gain affection for us, but rather to gain the credibility and the right to speak to them about Jesus. This doesn't happen right away. It takes time and attention. It's a process that takes place over 9 weeks.

This handbook consists of best practices, weekly notes for your own preparation, coaching notes, and training plans. This handbook is to help you facilitate your own class. Here are a few helpful notes:

- You can teach and coach as much or as little as you feel comfortable doing. The weekly participant emails contain everything they need.
- You do not have to be an expert running coach to do this. Your basic role is to be a facilitator and organizer and walk through this training together with your runners.
- In each class you can refer your runners back to the emails and videos and simply do a recap
- You may adjust these notes to fit you. They are mostly bullet points to follow but there's also some examples of scripts.
- Be deliberate and confident and follow the plan and you'll do great.

With the Genesis classes it has taken 10 years to get to this point and I'm still looking for ways to improve the message and effectiveness. God is good, and He is at work. Our goal as coaches is to serve Him by serving others. We are servant leaders.

The Genesis 5k classes have a method and a process. Each coach has a unique personality, style and experience. I hope you will use your strengths and natural abilities and lay them over this process to relate to your runners. I still mess things up each time I teach and coach. I expect every coach to make mistakes because it's normal and it's also the way we learn. I often think, "I wish I'd said that better. It sounded a lot better when I rehearsed it." That's ok. You'll do great. When your heart's desire is to serve Jesus and serve others the rest will take care of itself.

I am available to you at 304.549.4149 and matt@wvruncoach.com.

In Him,

Matt

Contents

BEST PRACTICES.....	1
WEEK 1	6
WEEK 2	3
WEEK 3	5
WEEK 4	8
WEEK 5	10
WEEK 6	13
WEEK 7	1
WEEK 8	3
WEEK 9	6
PRESENTATION TIPS	11
BEGINNER TRAINING	12
WALKER TRAINING	13
GRADUATE TRAINING.....	14
ADVANCED TRAINING	15

BEST PRACTICES

BE PREPARED

Each week before practice, you should:

- Read the weekly email
- Watch the coaching video
- Watch the instructional video (the weeks when it's used for instruction).

SET THE TONE

Pray on your own before practice and ask for help. You will set the tone for practice so stay positive and upbeat. Whatever might have affected your day negatively, please do your best to leave it behind.

HAVE A WHISTLE AND CLIP BOARD

The whistle will be used to start the run/walk intervals and is essential for group workouts. The clipboard is to keep your notes and roles.

HAVE A RUNNING WATCH WITH 9 INTERVAL TIMERS

The beginner plan uses up to 8 run / walk intervals and you need a mindless way to keep track of them. A Timex watch [like this](#) works great. If your phone can do interval timers that's fine too.



TRACKS AND PARKS WORK BEST

Pick a track or park for your training location. A loop that keeps everyone together is best. You will need to see everyone regularly while they are doing their workout. It also keeps anyone from feeling like they are falling behind.

KEEP YOUR PHONE HANDY

Your phone should be available in case of emergency. Dial 911 in the case of emergency. Resist the temptation to use your phone for anything other than emergency. Stay engaged and focus on the runners.

COACH THE WORKOUT

Sounds kinda obvious right? This just means you are there to coach and help and not to get your own workout in.

WARMUPS

The new runners always begin with a five minute warm up walk and it is not part of the interval workout. They should end with a cool down of about five minutes too.

WALK OPPOSITE DIRECTION OF THE RUNNERS

As they run around a loop (track or park) walk the opposite direction so you can see everyone frequently. If you see someone that needs instruction or encouragement run alongside them for a few minutes and then peel off and go the opposite direction again. You may just be smiling and telling them good job as you go around.

KNOW CPR

To be CPR certified is great. But if you can't do that please know the basic elements of CPR. Here's a [great video](#) in five minutes.

KEEP A FIRST AID KIT

A simple first aid kit like you can find at Walmart is great to have around.

HAVE A SPEAKER FOR LARGE GROUPS

If your group is large and your runners have trouble hearing you consider a portable PA system. I use [this one](#) for large groups.



PRACTICE YOUR PRESENTATION

Each week you will be presenting to the group. Depending on your experience and comfort you may teach in depth or you may simply say, "Did everyone watch coaching the videos? Did everyone watch Matt's message? Any questions?"

Rehearse what you're going to say and modify the weekly coaches notes to fit you and your group.

PREPARE YOUR NOTES

Take the general notes and make changes that you need. Add notes about your personal stories, your location, race date etc.

ARRIVE EARLY

I try to be onsite 30 minutes before we start. We offer to arrive early to answer questions and to take role. Many folks like to show up early to hang out and talk. Many people that join our classes are social and like to talk. Arriving early also shows that you are prepared

HAVE A KEY BOX

Keep a box that people can put cars keys, phones etc. in. You can lock this up and keep it safe while you practice and run.

KEEP ROLE

Your role should have first name, last name, email, phone # and shirt size. Alphabetize your role by first name so you can learn first names. Have columns for each of the 9 weeks so you can tell if someone has missed two weeks in a row.

FOLLOW UP

For anyone that has missed more than one week and did not tell you they would be gone, send an email or phone call to check on them. This is for accountability.

LEARN NAMES

Everyone loves to hear their own name. Greet your runners by first name when they arrive. Your role will help you learn names. Say their names when you compliment them and congratulate them on doing well.

USE NAME TAGS

You should wear a name tag and ask everyone to put on a name tag when they arrive. It will help you learn names and participants will learn each other's names. It's a great way to build familiarity and build a more intimate team.

BE A GREAT GREETER

When your runners show up for practice, smile, speak their name (once you know it). If you don't know their name and they tell you just repeat it back to them. Tell them you are glad they are there. Ask how they did this past week and encourage them to keep going. Thank them for coming to practice.

BE CONFIDENT

As the coach you are the leader. Your runners want to follow you and they want you to tell them what to do and how to do it.

REHEARSE YOUR FIRST FEW MINUTES

This class makes you a public speaker whether you like it or not. Your runners are expecting a coach, not necessarily a great public speaker, so relax and don't sweat it too much. If you're like 99% of the population then speaking in front of others makes you nervous. Relax, everyone is rooting for you and wants you to do well. The first 30 seconds of class are impactful so refer to the end of the handbook for a few ideas on how to get started.

INSTRUCT ON WHAT TO DO RIGHT

We teach the basic elements of good running form, running tall with a short quick stride. During practice remind your runners of the proper form. Refrain from telling them what they are doing wrong. For example, if they are running with their head down, remind them to keep their chin up. If they have a long stride, run alongside them, and ask them to match their stride to yours. Then simply say, "this is what we're looking for." We instruct by showing the proper way, not by pointing out what some is doing wrong.

RACE DAY SWEEPER

On race day recruit a volunteer to be the designated sweeper. A sweeper is intentionally last and follows along with our very last Genesis participant. The sweeper's job is to make sure everyone makes it to the finish line and encourages those that struggle in the rear. This may be an experienced runner or even a walker. They have to recognize the last person and stick with them. It also ensures none of our participants are the very last person on the results list, a fear of just about everyone that signs up.

SPEAKING NOTES

Use these notes to structure your instruction and workouts. The notes are in bulleted format to provide you with the key points to cover in class. Follow the process, cover the key aspects but make them your own.

GUARD YOUR HEART

“Guard your heart above all else, for it determines the course of your life.” (Proverbs 4:23). This is a tough subject to address in a format like this but it’s necessary. The coach and runner relationship can create an emotional attachment that requires vigilance, specifically with the opposite sex. While it’s important to be compassionate, caring and understanding please be mindful of interaction through text, emails, and in person that is not appropriate. Many inappropriate relationships begin with a common interest that seems innocent at first but develops into an emotional attachment, time spent together, and then turns potentially destructive. Guard your heart.

WEEK 1

PREPARATION

- Read the participant email
- Watch the coaching email
- Watch Matt's message
- Prepare your notes
- Rehearse your instruction and specifically your introduction

KEY ELEMENTS FOR THE WEEK

- Introduce them to Genesis and the next 9 weeks
- Set the expectation that they will finish the 5k
- Tell them what they can expect from the class
- Tell them what you expect from them over the next 9 weeks
- Teach the two basic elements of good running form

SPEAKING NOTES

We are training to get ready for a 5k in 9 weeks.

5K name:	
5k date and time:	

This is the ____ (12) _____ year of Genesis which started in 2007 when Matt coached his then 64-year-old dad to his first 5k and he's still running. Over the past several years we've averaged over 450 participants a year of which 85% made it to the start line and 100% of those made it to the finish line.

INTRODUCE YOURSELF

- Name
- Experience
- Why you're there

Introduce assistant coaches (if any).

Meet every week on Tuesdays at 6 pm. The rest of week is on your own. Treadmills are ok. I'd like for one run weekly to be outdoors.

We will be here rain or shine or snow. We will never cancel in anticipation of rain. We'll only cancel if there's thunder and lightning at the start of practice. We will never cancel in advance.

WHAT YOU CAN EXPECT

- Weekly progression of preparation that works
- After practice get your bags. Training plans will be emailed.
- Tonight, you'll get your first weekly email. After this week they'll come out on Sunday.
- Mid-week message with a nutrition focus along with other info, normally delivered Wednesday.

Please check your junk mail if you don't get the email. Then contact your coach if you still don't have it. **YOU NEED THESE EMAILS SO PLEASE TELL US IF YOU'RE NOT GETTING THEM.**

- T-shirts will be ordered and arrive mid-session.
- Go to local running store for shoes or some other specialty running store.

THINGS TO LOOK FORWARD TO

- Running form instruction in first two weeks.
- What do I do if something hurts - week 3
- One weekend workout as a group in week 5 for your first 20-minute run.
- Race preview the week before the race at the race site.

WHAT I EXPECT

- Read your emails – very thorough and part of the process. It's like your text book
- If you can't be here let me know. Email or text something briefly. If you text me tell me your name, please.
- Everyone races. If you feel like you can't run, come out and walk
- You have to begin with the end in mind. You begin today training for the race.
- You started for a reason, you finish for that same reason. Maybe more.
- You'll train on your own when you're not here. If you only do your Tuesday runs it's not enough.

FORM INSTRUCTION

Here are the two basic elements of good running form:

1. First: Run Tall
 - Start with a tall and upright stance (reach arms up over your head)
 - Slight bend in the knees so they can work like a hinge and take impact
 - Arms up a 90-degree angle and pulled back to achieve a forward lean>
 - Relax your lower and upper body
2. Second: Your stride
 - Land your feet as close to your body as possible
 - Short quick stride, 1,2,3 rhythm.

TWO MYTHS

1. No Pain no Gain
2. You do not need to run fast.
 - Run as easy as you need to finish the time.
 - It can be as fast as a toddler at full speed
 - Show them what running easy looks like.

PROVERBS - AS A MAN BELIEVES IN HIS HEART, SO IS HE.

You have to start believing today that you can do this.

WORKOUT

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none">• 5-minute warm up walk• 60 seconds of easy running and 90 seconds of walking• 8 total intervals• Total of 20 minutes• Then a cool down	<ul style="list-style-type: none">• 25 minutes	<ul style="list-style-type: none">• 30 minute easy with the new runners or on a nearby road or other route

Blow the whistle for the runs and walk intervals.

AFTER PRACTICE

Stretch using a routine that you know. In week 3 we go over foam rolling and do it yourself massage which is preferred over static stretching.

FINAL REMARKS

For some of you the 60 seconds was a struggle. Run easy and watch the process work

For some of you 60 seconds was a piece of cake. Stick with the plan. Don't do more.

On your non-running days, you can do any other non-running exercise you want - walk, bike, elliptical, swim, Zumba. Just don't overdo it.

See you next week for your lesson on breathing for running.

WEEK 2

PREPARATION

- Read the participant email
- Watch the coaching email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction and specifically your introduction

KEY ELEMENTS FOR THE WEEK

- Review two basic elements of good running form
- Deep, belly breathing for running
- This class has to be a priority

SPEAKING NOTES

Who completed the other two workouts last week?

- This has to be a priority over the next 8 weeks:
 - I learned to make this work, I have to make it a priority:
 1. My relationship with Jesus
 2. Family
 3. Work
 4. My running (including Genesis)
- Be sure to add your workouts to your calendar just like everything else that is important in your life
- Follow the plan, it will work.
- Please be sure to check in with me when you get here
- Did anyone not get an email? Sometimes they go to junk.
- I have bags for you if you didn't get them already.
- Sign up for the 5k on _____ (date). Link to race is at the bottom of your emails and in the first two weeks messages.
- Recap basic elements of good running form:
 1. Run tall with good posture
 - Hands over your head
 - Slight bend in the knees
 - Arms up at a 90-degree angle and pulled back
 - Chin up

- 2. Land your feet as close to your body as possible
 - Short quick stride
 - Relax lower and upper body
- Instruction for this week, breathing - be a belly breather which is a full deep breath.

DEMO OF DEEP BREATH

- Hands on sides
- Deep breath
- Exhale like you're blowing up a balloon
- Cough with hands on sides
- Feel the trans abdominals contracting
 - Full breaths bring in more oxygen to transport to working muscles
 - You have to run tall for your belly to expand.
 - One hand on your chest and one hand on your belly. Take a deep breath - hand on belly should move not chest.
 - Practice this because most of you don't do this now.
- Lay on the ground to practice with hand on belly.
- Try when sitting down

WORKOUT

5 minutes is warm up and then 20 minutes and a cool down.

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none"> • 90 seconds easy running • 2 minutes walking • 6 intervals • Cool down walk 	<ul style="list-style-type: none"> • 25 minutes 	<ul style="list-style-type: none"> • 25-30 minutes of easy running

WEEK 3

PREPARATION

- Read the participant email
- Watch the coaching email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- Review two basic elements of good running form
- Review belly breathing for running
- Opening instruction teaches the body's adaptation process
- Demonstration of "What do I do if Something Hurts" takes place after the workout
- Refer runners to coaching videos in emails. Only teach what you're comfortable with.

SPEAKING NOTES

SAMPLE TALK (MAKE IT YOUR OWN)

How do you feel so far? Are you gaining confidence? So many times, it's the unknown that people are afraid of. But it can't become known until you do it. Experience is the best teacher so continue to take this day by day and week by week. We're all in this together and you have my commitment and the commitment of the other coaches to do whatever we can to help you.

Many of you start for different reasons. For some, it's to check something off of a bucket list. But more of you are doing this for a greater purpose, mostly to improve your health.

Each of you are loved by someone else, friends, family, kids, parents, and co-workers. Remember that you are doing this not only for yourself but for others and make that part of your motivation for the balance of this training.

ADMINISTRATIVE NOTES

- After practice we'll cover "What do I do if something hurts."
- Genesis bags - get 'em if you haven't already
- Race registration is now open so go register

RECAP OF GOOD FORM

- Two basic elements of good running form
- Belly breathing

BODY'S ADAPTATION PROCESS

- Cycles of exercise and rest force adaptation and create progress in fitness
- Body has three main systems related but not identical:
 1. Aerobic system: 1-3 weeks for one cycle of adaptation
 - You feel better after just 1-3 weeks of exercise
 - Have more energy
 - Tasks like walking steps and hills gets easier
 - Your body builds new capillaries to transport blood to working muscles
 2. Muscular system: 3-6 weeks for one cycle
 - After working out in the gym soreness goes away after about 3 weeks
 - Strength improves in 3-6 weeks
 - Muscle pulls tend to take about 3-6 weeks to heal
 - Dynamic muscular control - muscles move us and also keep our natural movement under control (Zumba example but you don't have to do it).
 3. Skeletal systems: 6-12 weeks for one cycle
 - How long do you keep a cast? 6-8 weeks
 - Of the three systems it takes the longest to adapt to new exercise
 - Takes the longest to strengthen
 - It's important to follow a plan and give your systems time to develop properly
- Why is knowing this important? Because many people believe that if a little bit of running is good... a lot must be better
- That's not true. Too much too soon lead to injury and burnout
- Most common running injuries are in this system: Stress fractures, ITB syndrome, Runners Knee, Plantar Fasciitis, Achilles Tendonitis. Each of those fall in this category
- This applies to walking too
- Stick to the plan to avoid injury and prepare your body for peak performance in 8 weeks.

There's also chemical adaptations that take place and primarily they are in the brain. Two chemicals are produced:

1. Serotonin is an anti-depressant that drugs like Zoloft and Prozac try to duplicate
2. Dopamine stimulates the pleasure center of the brain like illegal drugs, comfort food and chocolate might do. Notice the root word "Dope".

Running, exercise in general, is an anti-depressant and addictive. It feels tough sometimes when you're doing the exercise but you're almost always in a better mood afterwards.

WORKOUT

	Walkers	Grads/Advanced
Two reps of the following: <ul style="list-style-type: none">• 90 seconds easy running• 90 seconds walking• 3 minutes easy running• 3 minutes walking• Repeat (two total reps)	<ul style="list-style-type: none">• 30 minutes	<ul style="list-style-type: none">• ¼ mile intervals• 5-10 minute warm up• then 4 x ¼ mile at a hard pace• ½ lap very easy in between for recovery

AFTER PRACTICE NOTES

What do I do if Something Hurts

The kind of “hurt” we are referring to is sore muscles, maybe even burning in muscles. We are not referring to joint pain, specifically sharp pain. Refer to a physical therapist for those issues.

As for muscles, myofascial release, and massage are great for self therapy.

- Muscles are encased with fascia - kind of like a sticky covering around the muscles.
- As we work out and do damage the fascia gets gummed up, makes knots, and gets tight. We want to break up those knots.
- Unlike static stretching which tries to stretch the whole muscle this focus on the tight spots
- Use massage to break it up, encourage blood flow, and promote healing.
- Self-massage with Sportscreme - long strokes with the thumb or heel of hand. New runners focus on problem areas like calves and shins
- Show how to use foam roller
- May also show “the stick,” golf balls, and other massage aids.
- Ice the sore stuff after you run
- Epsom salt baths may be helpful
- Massage before and after runs for your problem areas

I’ll cover NSAIDs in the mid-week message.

WEEK 4

PREPARATION

- Read the participant email
- Watch the coaching email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- Review two basic elements of good running form
- Review belly breathing for running
- Hope Run (first 20-minute run) is next weekend, the end of week 5.
- Refer runners to coaching videos. Only teach what you're comfortable with.

SPEAKING NOTES

Next week is the weekend workout, the Hope Run, followed by a runner's picnic.

- Give location specifics
- Give times
- Reminder of runner's picnic (bring something to share and we'll hang out a while)

NOTES

- For the Hope Run grads start at _____ (time)
- New runners and walkers start at _____(time)
- Bring a food item to share - something good that you like.
- I'll bring paper stuff, bottled water etc.
- Register for our final race together

RECAP OF GOOD RUNNING FORM

- Run tall (bend in knees, chin up, arms at 90 degrees and pulled back)
- Short quick stride (land feet as close to body as possible)
- Belly breathers (running tall and having your belly push out as you breathe)

GETTING THAT STRIDE RIGHT

- This one is kind of tough for some.
- Others get it quickly
- If you do the two basic elements of good running form, you have 90% of it.
- Running stride is more like marching than running.
 - Have them run in place then march in place.
 - Notice the bounce in the run and pushing entire weight of the body with one leg.
 - Marching instead is lifting from the core and glute and one leg is lifted by core and glute.
 - Much more efficient and much easier to accomplish the 1,2,3 rhythm.
- Try the jump rope normal, fast, and slow.
 - The normal feels natural and allows the natural recoil of the body to work. It's the same as the running stride.

WORKOUT

New Runners	Walkers	Grads/Advanced
<p>It's complicated:</p> <ul style="list-style-type: none">• Easy warm up walk• 3 minutes easy run• 90 seconds walk• 5 minutes easy run• 2 ½ walk• 3 minutes easy run• 90 seconds walk• 5 minutes easy running• Total of 16 minutes of running	<ul style="list-style-type: none">• 25 minutes	<ul style="list-style-type: none">• ½ mile intervals• 5 to 10-minute warm up easy run• 3x ½ mile at a hard pace• ½ (1/4 mile) lap in between very easy• Easy lap between intervals is typically ½ the time or distance of the hard lap

WEEK 5

PREPARATION

- Read the participant email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction and think about your stories to share

KEY ELEMENTS FOR THE WEEK

- No new running form instruction
- Focus on the Hope Run and the mental aspect
- Sharing your experience and a story

SPEAKING NOTES

Hope Run this weekend.

- Location reminder
- Time reminder (example: New runners and walkers 10:00, Grads at 9:30)
- Bring a food item to share.
- I'll have napkins, paper plates, a few spoons, forks, and water. Fruits and finger foods are best.

WORKOUT

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none">• Warmup 5 min run• 3 min walk• 5 min run• 3 min walk• 5-minute run• Thursday is two 8-minute runs with 5 minutes in between• 16 minutes total	<ul style="list-style-type: none">• 30 minutes	

Remember to find your pace - one you can sustain. It's vital this week to work on pace.

TIPS FOR DEALING WITH THE URGE TO WALK

- Slow down if you feel like you can't make it.
- Take a walk break, make it finite. Go by time (30 seconds) or walk to a spot and then start again.

SHARE EXPERIENCES AND YOUR STORY

Start with how you got started or the first time you ran as an adult (refer to video for my story example). Share an experience of an experience that you found daunting and thought was impossible.

EXAMPLE

- WV Trilogy
- Took me 5 years to get up my nerve
- Done 50ks and 50 miles and 100ks and always felt terrible afterwards
- But I wanted to do it and I thought if others can, so can I
- Told Ann Marie, I don't know how but I'm just going to do it
- Had a race plan
- Took it easy at the 50k, and first 31 miles of the 50 miler
- Didn't care what anyone did around me
- But leading up to the race I felt insecure, weak for the task at hand and lacking
- The closer it got the more insufficient I felt
- My training, my mental prep... everything
- On Friday I was doing normal routine and reading my Bible and devotion and read this:

**BUT HE SAID TO ME, MY GRACE IS SUFFICIENT FOR YOU,
FOR MY POWER IS MADE PERFECT IN WEAKNESS.
2 CORINTHIANS 12:9**

Wow - the living word... it was what I needed when I needed it. That became my prayer for the weekend. Lord, give me your strength in my weakness. I prayed it over and over all weekend. It took over 20 hours cumulative but on Sunday I felt great and when I finished I wondered, what could I do tomorrow?

I SHARE THESE LESSONS WITH YOU

- With the proper training, race plan and pace you can do anything you want. I couldn't run the 50k like a 5k and expect to finish. But starting easy and under control, absolutely.
- Just like week 1.... Begin with the end in mind - you have to start knowing how long you have to go so you can pace yourself properly.
- Mile 12 I started thinking about still having 82 miles to go. An unhealthy and overwhelming thought.
- Stay in the moment and enjoy it. I was so looking forward to the whole weekend but part of me just wanted to fast forward to the finish and have it over with. Don't do that. Start your run and Enjoy, learn, stay where you are and enjoy the experience. Even the pain. You signed up for this now embrace and enjoy it. It is possible.
- It's ok and natural to feel insufficient and week to the task. But you are capable of so much more than you realize. But you'll never know it until you try it. It won't be easy, but it is entirely possible. Ask for strength in your weakness and watch what happens.

I said this in week 1 and I'll say it again. I KNOW YOU CAN DO THIS AND I BELIEVE YOU WILL. Your thought life controls your emotion. Stay positive. Dwell on your progress. Dwell on your group, that you have friends, coaches, and proven success. Dwell on the fact that you're going to do this and when you're done we will celebrate.

WEEK 6

PREPARATION

- Read the participant email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- Review good running form. From here on its race day preparation and mental preparation
- Focus on the mental aspect and taking negative thoughts captive
- Last week of intervals

SPEAKING NOTES

Congratulations on the Hope Run. Weren't you amazed at yourself?

Once again, it's the biggest jump you will make in the entire training. From 8 minutes straight to 20 minutes straight. 2½ times longer than you had run before.

I hope you are developing an unwavering belief that you will finish.

NEXT FEW WEEKS

- **Week 7: It's all continuous running.**
- **Week 9: Race preview. We'll go over everything you need to know for race day and working on pacing.**
- **Also, in week 9: Dinner together after our race preview.**

Who has signed up for the race?

Everyone else - REGISTER NOW!

WORKOUT

	Walkers	Grads/Advanced
<ul style="list-style-type: none">• Easy run 5 minutes• Walk 3 minutes• Easy run 8 minutes• Walk 3 minutes• Easy run 5 minutes	<ul style="list-style-type: none">• 25 minutes	<ul style="list-style-type: none">• 10-minute warm up 4x ½ mile interval for grads• 5x ½ intervals for advanced

You do your part, I'll do mine.

- My part is to prepare you as best as I can and as well as I know how.
- Your job is to do what I tell you and follow the plan. And if you do, it will work. You will cross the finish line. 3 weeks to go. Just get to the starting line and it will happen - get off the beach and hit that first buoy
- The thought of a race is scary for some of you still. Some have a long history of defeat and disbelief. This is a process of preparing the body and strengthening the mind. The process is complete when you hit the finish line. That's when you have dispelled all doubt and you know it's real.

**100% OF PARTICIPANTS THAT MAKE IT TO THE START LINE,
MAKE IT TO THE FINISH LINE.**

Believe enough to take that next step. Here's how you deal with this anxiety and fear.

- Take every thought captive – (2 Corinthians 10:5)
 - Examples - I can't do this, I'm slow, I'll be last
 - Someone tells you that you'll have a Heart attack or heat stroke
- Focus on positive: Whatever is noble, right, pure, lovely admirable, if anything is excellent or praiseworthy focus on such things (Philippians 4:8)
 - Progress made, doing everything you've been asked to do
 - I've done everything else
 - Picture yourself crossing the finish line.
 - I can do this, I will do this. (repeat as many times as necessary)
 - Find a mantra that works for you
- Power of Life and Death exist in the tongue – (Proverbs 18:21)
 - What you say matters
 - It matters to others and it matters to you
 - Speak life over yourself

WHEN NEGATIVE THOUGHTS COME

- **Take them captive and stop them from perpetuating**
- **Dwell on all of the good**
- **Speak life over yourself and others**

WEEK 7

PREPARATION

- Read the participant email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- Reminder of good running form
- Out and back runs to practice even pacing
- Safety on roads and sidewalks

SPEAKING NOTES

Can you believe it's week 7 already? We're focusing on race day now and your race day pacing.

Sign up for the race.

Tonight, out, and back - Genesis race day mantra: Easy start, Strong finish.

WORKOUT

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none">• 25 minutes as an out and back. 12.5 out and 12.5 back• Coaches will be out there with you. Keep your own time if you're in the front.• Will blow the whistle at 12.5 minutes	<ul style="list-style-type: none">• 25 minutes	<ul style="list-style-type: none">• 10 minutes easy running• 7.5 minutes out at a comfortably hard pace• 7.5 minutes back• 10-minute cool down• Keep your own time

PACING FOR AN OUT AND BACK

- Most runners start too fast
- Focus on starting easy
- If you start easy you will finish strong and running
- Many untrained runners go out too fast and are reduced to walking
- With an out and back run you should start and finish at the same spot. If you don't make it back to the start by the end of the run, you went out too fast.
- If you pass the spot where you started that's good and you held some back for a strong finish
- When you start easy in practice, remind yourself this is what the start should feel like
- Easy start strong finish

BRIEF PRIMER ON HOW TO RUN HILLS

- Your short quick stride gets even shorter and quicker
- Like eating an elephant - one bite at a time. How do we run hills? One small step at a time.
- Use your good form like marching. Lift your way up the hill
- Our race has a hill but what goes up must come down.

WALKING

- It's ok to walk if you feel like you need to in order to finish the race
- Keep a run walk interval. Ratio of 3 minutes run to 1-minute walk or 1 to 1 if you need to.

SIDEWALK ETIQUETTE

- Run against the flow of traffic so you can see what's coming at you
- Always watch cars and making eye contact to determine if they see you
- Never assume they see you.
- For cars pulling in to streets pass behind those cars, never in front
- I suggest no headphones
- If you can't live without headphones (and I believe you can) just use one. Keep an open ear at all times
- Beware of runners in front AND behind you and please make room
- No more than two people across a sidewalk or road
- If you need to pass, do so on the left and announce your intent to pass
- Runners being passed please move right and allow room.
- Give out Genesis Easy Start, Strong Finish wristbands.

WEEK 8

PREPARATION

- Read the participant email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- This is the first week we do not add anything new
- Reminder of good running form
- Emphasize starting easy as we practice out and back runs
- Reminder of safety and sidewalk etiquette

SPEAKING NOTES

It's week 8 and one more week until race day. Next week we'll talk about race day and do a simulated race start to practice our easy starts. After practice next week we'll have dinner together, location TBD (coffee, ice cream etc. is ok too).

WORKOUT

We're doing out and back runs tonight.

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none">• 28 minutes out and back• 14 minutes out and 14 minutes back• listen for whistle and watch others	<ul style="list-style-type: none">• 30 minutes out and back• Remember to find a pace you can hold	<ul style="list-style-type: none">• 30 minutes total• 5-10 minute warm up• 10 minutes out at a comfortably hard pace• 10 minutes back at a comfortably hard pace• 5-10 cool down

PACING FOR AN OUT AND BACK

- Start and finish at the same spot. If you don't make it back to the start by the end of the run you went out to fast. If you pass the spot where you started that's good and you held some back
- Runners start too fast
- Remind yourself this is what the start should feel like
- Easy start strong finish
- Get a wrist band on your way out

Remember our mantra, *EASY START, STRONG FINISH*. And remind yourself, this is what my race should feel like. Coaches will be out there with you. Keep your own time if you're in the front.

We'll blow the whistle at 14 minutes.

SIDEWALK ETIQUETTE

- I suggest no headphones
- If you can't live without headphones just use one. Keep an open ear at all times
- Beware of runners in front AND behind you and please make room
- No more than two people across
- If you need to pass, do so on the right and announce your intent to pass
- Runners being passed please move right and allow room.

WALK BREAKS

- If you need them take them
- Difference in planned walk breaks and forced walk breaks
- Planned are ok and welcomed. Know when you'll take the breaks.
- Forced walk breaks tend to be demoralizing.

TWO IDEAS FOR WALK BREAKS ON RACE DAY

1. Walk the water stops in the race. Short 30 second to one-minute walk break
2. Run / walk intervals. 3 minutes running to 1 minute walking (or 1:1 if necessary). If you're struggling to run consistently try a run walk interval of 3 minutes easy running and 1-minute walking. And do this from the start.

As we come down to the final two weeks be encouraged by your progress. Also, be encouraged that we're in this together. We are made for community:

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.... A cord of three strands is not quickly broken. Ecclesiastes 4:9-12.

We are made for community and we are made for each other. Race day will be awesome as we all cross the finish line together.

WEEK 9

PREPARATION

- Read the participant email
- Watch Matt's message
- Prepare your coaches notes
- Rehearse your instruction

KEY ELEMENTS FOR THE WEEK

- Race day preview with details on the race
- Know details of the race like start and finish location, packet pickup procedures, race course etc.
- Share elements of the week's testimonial by Leah Sparks
- Try to get a group picture

SPEAKING NOTES

It's race week and by now the finish line is a foregone conclusion. All you have to do is show up. I'll remind you that we've never lost anyone on the race course. For those that make it to the starting line 100% will make it to the finish.

Your job now is simple, show up at the starting line. You are trained and prepared and the rest will take care of itself. Tonight, is our race preview with a starting line rehearsal.

NOTES

- Picture after practice
- Dinner together after practice
- After our run we'll come back here for a few last-minute things before we go to eat.
- This is our last instruction.
- On race day show up and go for it.
- Who is afraid they'll be last?
- We have a Sweeper, so we already know who will be last and it won't be you.

Race starts at _____ (time) at (location)_____

Be there around _____ (at least 30 minutes before race start, 45 minutes possibly)

Read the email from Sunday for complete details.

MANTRA FOR RACE DAY - EASY START, STRONG FINISH!

- Cover basics of race course like start a finish
- Describe course if it's a loop or out and back
- Tips for water stop
 - Water will be about _____(locations)
 - But you don't need water necessarily.
 - You can't get dehydrated in a 5k.
 - Walk through the water stop to bring your heart rate down and start at the end of it especially if you started too fast.
 - Take a sip if you have cotton mouth.
 - Throw it over your head if it's hot

PRE RACE ROUTINE (KNOW THESE DETAILS)

PACKET PICK: _____ (time and location)

BIBS: If it's a bib with a chip in the outermost piece of clothing. Pin it with safety pins provided by most races Wear your number on your front side on a piece of clothing you will not shed during the race.

NOTHING NEW ON RACE DAY: no shirts, shoes, shoelaces, hats, glasses. ... If you haven't practiced it then don't use it. Plan your clothes the night before and have them laid out.

ARRIVE EARLY and get settled. The race starts_____ (time) please plan to arrive by _____ (at least 30 minutes prior) or as early as you can.

DRINK WATER but not too much. If it's a morning race drink a glass when you get up and drink about 12 oz. of water an hour before the race and that should be enough.

EAT SOMETHING you like about 2 hours before the race and stick with what works for you. Remember the nutrition tips in mid-week messages. It's ok to race on an empty stomach.

WARM UP. Walk for 5-10 minutes prior to the start of the race and/ or jog for a couple of minutes. Complete your warm up 5 minutes before race start and line up.

STARTING LINE ETIQUETTE: Beginners stay towards the back 1/3 of the pack so you stay out of the pack that starts way to fast.

PACE YOURSELF: Easy start, strong finish. Set your own pace and remember that you practiced your race pace and remind yourself, "this is what my first mile should feel like." But forget everyone else around you and think, "I'm like a horse with blinders."

FINISH STRONG: come back to the finish to cheer on the other Genesis runners. Those towards the end will have a tremendous cheering section

GET YOUR RESULTS. After the race stay for the awards ceremony and cheer your Genesis teammates. You may win an award.

BRING A CHANGE OF CLOTHES for after the race. Your coach can hold your keys and stuff unless you have someone with you to do that for you.

RESIST THE TEMPTATION to cram your training this week. Stick with the program.

LEAH'S STORY. – She finished last, but it didn't matter. She had the courage to sign up, show up and finish. You're trained, and this is all about the finish.

DEFINITION OF COURAGE

- The ability to do something that frightens one.
- Strength in the face of pain or grief.

Many of you were frightened to even start 9 weeks ago. And you might be frightened now. Strength in the face of pain, or grief or fear.

You had the courage to try something new and do something that others won't.

You had the courage to train beyond comfort.

You have the courage to risk being last.

You have the courage to risk looking like you don't belong.

Your courage is inspiring and an example to everyone who knows you.

On race day we are celebrating your finish and the courage it took to start and the perseverance it took to finish.

WORKOUT

New Runners	Walkers	Grads/Advanced
<ul style="list-style-type: none">• Practice race start• Get fired up• Start easy• 10 out and 10 back	<ul style="list-style-type: none">• Practice race start• Get fired up• Start easy• 10 out and 10 back	<ul style="list-style-type: none">• Practice race start• Get fired up• Start easy• 10 out and 10 back

AFTER PRACTICE

When things get hectic on race day and you start to get nervous calm down remember: Only three things you need to know for race day:

1. Run tall - good posture, keep your chin up
2. 1,2,3...1,2,3...
3. Easy start, strong finish

SPECIAL THANKS TO COACHES - 2 Timothy 2:2. And the things you've heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach.

It was a great 9 weeks and a joy to be with you.

I have several hopes for you:

• I hope you enjoyed your experience

• I hope you felt welcomed, accepted, appreciated, and loved when you came to practice each week.

• I hope you learned something about yourself. That maybe you are capable of more than you once thought.

• I hope you keep it and don't stop running

• I hope you grow it - continue to improve and learn in the sport

• I hope you share it - share your experience with others and encourage them with your experience and invite them to a future class.

• Hope you take this experience and carry it through to other areas of your life

But if you ever need help, I'm your coach and I'd love to hear from you

Why I really do this:

- Running is great and has made a huge difference in my life and the lives of others
- But it's temporary
- Most encouraging thing I can tell you is There's a God in heaven who knows your name and he loves you and he wants to spend an eternity with you
- He created all of this and He created you.
- This is a God that does not make mistakes. He made you just the way he wants you and He has a plan for you.
- He sent his son Jesus to earth to show you this love and to lay his life down for you.
- And it's not just the next life, but also to be your help in this life.

A

Admit

Romans 3:23
For all have sinned and fallen short of the glory of God...

B

Believe

John 1:12
Yet to all who have received him, to those who believed in his name, he gave the right to become children of God...

C

Confess

Romans 10:9-10
That if you confess with your mouth, "Jesus is Lord" and believe in your heart that God raised him from the dead, you will be saved.

He offers you forgiveness and a life everlasting and it's simple:

- Some of you know this and are living in a relationship with Jesus every day.
- Some of you know this but it's not real to you right now.
- Some of you are hearing this for the very first time.
- Just like I'm your coach and will help you with running, I'm here for you with this.
- If you want to talk please, just ask.
- I hope that our time together over the past 9 weeks has made a positive difference in your life.

Thank you for being here.

Thank you for your commitment over the past 9 weeks.

See you on race day.

PRESENTATION TIPS

KEYS TO YOUR FIRST THREE MINUTES

SHOW RESPECT AND BUILD RAPPORT

- Make the audience your partner by asking their opinion
- Prove you respect their time
- Prove you are prepared
- Show the audience how you are like them
- Use eye contact

GRAB THE AUDIENCE'S ATTENTION

- Use an "attention-grabber" opening
 - Paint a picture and create a vision
 - A joke
 - A brief story
- Avoid the four ways to KILL an opening:
 - An apology
 - Equipment failure
 - An unrelated or inappropriate anecdote
 - Long or slow-moving statements
- Get your audience to commit to involvement

MEET AND EXCEED EXPECTATIONS

- Give value - do more than is expected.
- Learn and use people's names.
- Always think, "Why is my audience here?"
- Establish expectations early in the presentation.
- Your enthusiasm makes it easier for the audience to follow you.
- Be flexible!

BE CREDIBLE

- Credibility is established by the way you
 - Demonstrate knowledge
 - Speak about experiences
 - Demonstrate preparedness
 - Demonstrate enthusiasm
- Tell the truth
 - Commit and adhere to a time requirement
 - Whenever you say you will do something, follow through.
- Tell your audience why you have the right to be there.
 - A more relevant introduction means higher credibility
 - Share personal experiences that qualify with your audience
- Connect with the audience.
 - Be natural
 - Be enthusiastic
 - Work the room
 - Be spontaneous
 - Be sincere

BEGINNER TRAINING

	Workout 1	Workout 2	Workout 3
Week 1	Brisk 5-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.
Week 2	Brisk 5-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.
Week 3	Brisk 5-minute warmup walk, then do two repetitions of the following: Easy run for 90 seconds Walk 90 seconds Easy run for 3 minutes Walk for 3 minutes	Brisk 5-minute warmup walk, then do two repetitions of the following: Easy run for 90 seconds Walk 90 seconds Easy run for 3 minutes Walk for 3 minutes	Brisk 5-minute warmup walk, then do two repetitions of the following: Easy run for 90 seconds Walk 90 seconds Easy run for 3 minutes Walk for 3 minutes
Week 4	Brisk 5-minute warmup walk, then: Easy run for 3 minutes Walk 90 seconds Easy run 5 minutes Walk 2-1/2 minutes Easy run 3 minutes Walk 90 seconds Easy run 5 minutes	Brisk 5-minute warmup walk, then: Easy run for 3 minutes Walk 90 seconds Easy run 5 minutes Walk 2-1/2 minutes Easy run 3 minutes Walk 90 seconds Easy run 5 minutes	Brisk 5-minute warmup walk, then: Easy run for 3 minutes Walk 90 seconds Easy run 5 minutes Walk 2-1/2 minutes Easy run 3 minutes Walk 90 seconds Easy run 5 minutes
Week 5	Brisk 5-minute warmup walk, then: Easy run 5 minutes Walk 3 minutes Easy run 5 minutes Walk 3 minutes Easy run 5 minutes	Brisk 5-minute warmup walk, then: Easy run 8 minutes Walk 5 minutes Easy run 8 minutes	Brisk 5-minute warmup walk, then easy 20 minutes with no walking.
Week 6	Brisk 5-minute warmup walk, then: Easy run 5 minutes Walk 3 minutes Easy run 8 minute Walk 3 minute Easy run 5 minutes	Brisk 5-minute warmup walk, then: Easy run 10 minutes Walk 3 minute Easy run 10 minutes	Brisk 5-minute warmup walk, then easy run for 25 minutes with no walking.
Week 7	Brisk 5-minute warmup walk, then easy run 25 minutes	Brisk 5-minute warmup walk, then easy run 25 minutes	Brisk 5-minute warmup walk, then easy run 25 minutes
Week 8	Brisk 5-minute warmup walk, then easy run 28 minutes	Brisk 5-minute warmup walk, then easy run 28 minutes	Brisk 5-minute warmup walk, then easy run 28 minutes
Week 9	Brisk 5-minute warmup walk, then easy run for 15 minutes	Brisk 5-minute warmup walk, then easy run 10 minutes and walk 5 minutes	Race Day!

Each running workout should end with a cool down walk of 5 minutes. Every work out should be followed by lower body stretches for the hips, glutes, quads, hamstrings, IT band, upper calves, and lower calves. Workout based on program by Cool Running: www.coolrunning.com.

WALKER TRAINING

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	15 min walk	Rest	30 min walk	Rest or walk
Week 2	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	15 min walk	Rest	35 min walk	Rest or walk
Week 3	Rest or walk 20 mins	25 min walk	Rest or walk 15 mins	20 min walk	Rest	40 min walk	Rest or walk
Week 4	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	20 min walk	Rest	40 min walk	Rest or walk
Week 5	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	25 min walk	Rest	45 min walk	Rest or walk
Week 6	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	25 min walk	Rest	45 min walk	Rest or walk
Week 7	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	30 min walk	Rest	50 min walk	Rest or walk
Week 8	Rest or walk 20 mins	30 min walk	Rest or walk 15 mins	30 min walk	Rest	50 min walk	Rest or walk
Week 9	Rest or walk 20 mins	20 min walk	Rest or walk 15 mins	20 min walk	Rest	Race Day!	Rest or walk

GRADUATE TRAINING

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest or cross train	3 miles or 30 mins	Rest or walk	3 miles or 30 mins	Rest or cross train	3.5 miles or 35 mins	Rest or cross train
Week 2	Rest or cross train	3 miles or 30 mins	Rest or walk	3 miles or 30 mins	Rest or cross train	4 miles or 40 mins	Rest or cross train
Week 3	Rest or cross train	4x 400 intervals	Rest or walk	3.5 miles or 35 mins	Rest or cross train	4 miles or 40 min	Rest or cross train
Week 4	Rest or cross train	3x 800 intervals	Rest or walk	3.5 miles or 35 mins	Rest or cross train	4.5 miles or 45 mins	Rest or cross train
Week 5	Rest or cross train	6 x 400 intervals	Rest or walk	3.5 miles or 35 mins	Rest or cross train	5 miles or 50 mins	Rest or cross train
Week 6	Rest or cross train	4 x 800 intervals	Rest or walk	3.5 miles or 35 mins	Rest or cross train	5 miles or 50 min	Rest or cross train
Week 7	Rest or cross train	30 min pace run	Rest or walk	4 miles or 40 mins	Rest or cross train	5.5 miles or 55 min	Rest or cross train
Week 8	Rest or cross train	30 min pace run	Rest or walk	4.5 miles or 45 mins	Rest or cross train	60 min run	Rest or cross train
Week 9	Rest or cross train	20 min pace run	Rest	Easy 20 mins	Rest	Race Day!	Recovery run or walk

Each running workout begins with a warm up and end with a cool down.

Warm up and cool down should be between ½ mile and 1 mile.

Weekend long runs are done on a steady, sustainable, and conversational pace. Weekend long runs are intended to build your endurance by teaching your body to go longer and use its fuel efficiently. These runs should be steady at 75-80% of your maximum heart rate or perceived effort.

Intervals: To improve your speed, train at a pace somewhat faster than your race pace for the 5-K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.

Every work out should be followed by lower body stretches for the hips, glutes, quads, hamstrings, IT band, upper calves, and lower calves.

ADVANCED TRAINING

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	30 min run	30 min run	Rest or walk	30 min run	Rest or cross train	40 min run	Rest
Week 2	30 min run	30 min run	Rest or walk	30 min run	Rest or cross train	50 min run	Rest
Week 3	30 min run	4x 400 intervals	Rest or walk	30 min run	Rest or cross train	50 min run	Rest
Week 4	30 min run	4x 800 intervals	Rest or walk	40 min run	Rest or cross train	60 min run	Rest
Week 5	30 min run	6 x 400 intervals	Rest or walk	40 min run	Rest or cross train	70 min run	Rest
Week 6	30 min run	5 x 800 intervals	Rest or walk	50 min run	Rest or cross train	5K run or 75 minutes	Rest
Week 7	30 min run	30 min pace run	Rest or walk	50 min run	Rest or cross train	80 min run	Rest
Week 8	30 min run	30 min pace run	Rest or walk	40 min run	Rest or cross train	60 min run	Rest
Week 9	30 min run	20 min pace run	Rest or walk	20 min run	Rest	Race Day!	Rest

Each running workout begins with a warm up and end with a cool down.

Warm up and cool down should be between ½ mile and 1 mile.

Weekend long runs are done on a steady, sustainable, and conversational pace. Weekend long runs are intended to build your endurance by teaching your body to go longer and use its fuel efficiently. These runs should be steady at 75-80% of your maximum heart rate or perceived effort.

Tempo Runs: This is a continuous run with an easy beginning, a build-up in the middle to near 10K race pace (or slightly slower than your pace in a 5K), then ease back and slow down toward the end. A typical Tempo Run would begin with 5-10 minutes easy running, build to 10-15 minutes at 10-K pace, then 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body. Tempo Runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.

Intervals: To improve your speed, train at a pace somewhat faster than your race pace for the 5K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. A second variation is to run 800-meter repeats at 5K pace with 400 jogging between. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few pickups of 100 meters. Cool down afterwards with a short jog.

Every workout should be followed by a cool down and a light stretching preferably with a foam roller.