RUNNING INTO SHAPE

THE OFFICIAL 5K TRAINING GUIDE

CARLI FIERCE

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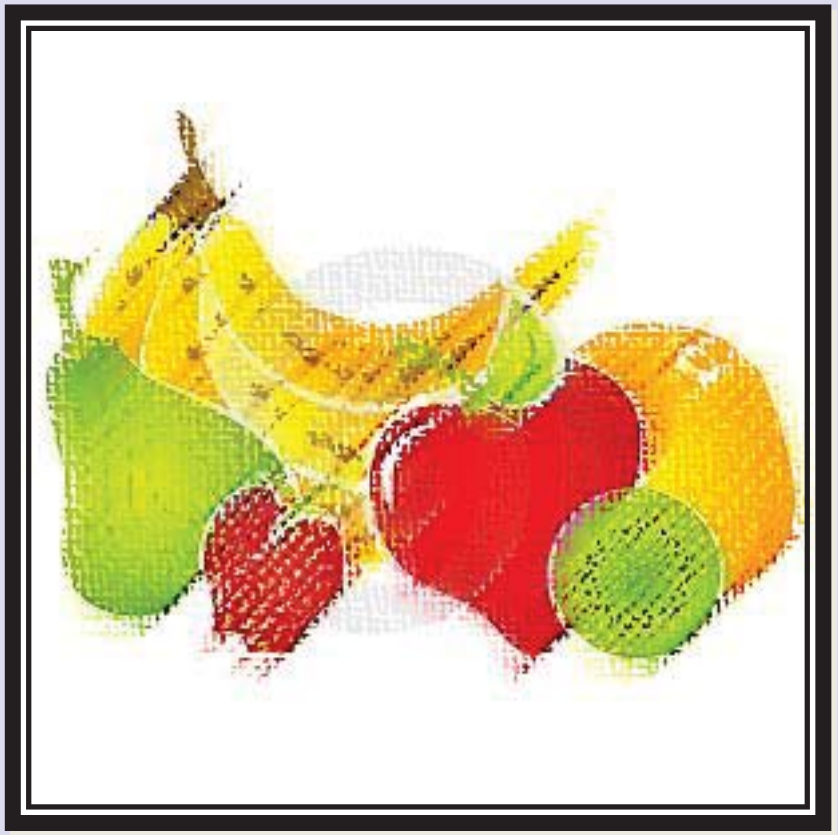
Table of Contents

Copyright

- **Chapter 1: Getting Started** 2
  - Who is Carli Fierce?
  - Finding the Runner in You
- **Chapter 2: Training Schedules** 6
  - How it Works
  - Warm Up / Cool Down / Rest
  - 3 Week Pre-Running Training Plan
  - 5K Training Schedule at a Glance
  - 5K Training Schedule - Week 1
- **Chapter 3: Where Should I Run?** 13
  - Treadmill vs. Indoor Track vs. Outdoor
  - 5K Training Schedule – Week 2
- **Chapter 4: Apparel & Gear** 17
  - Finding the Right Shoes
  - Different Types of Running Shoes
  - Do You Tie Your Shoes Properly?
  - The "Wright" Socks
  - What Should I wear?
  - Dressing for Extreme Weather
  - Apps, Gadgets & More
  - 5K Training Schedule - Week 3
- **Chapter 5: It's All In Your Head** 26
  - Believe it!
  - Staying Accountable
  - Things to Think About
  - Staying Motivated
  - 5K Training Schedule - Week 4
- **Chapter 6: Technique** 32
  - Running With Proper Form
  - Homework Assignment
  - Walking Techniques
  - 5K Training Schedule - Week 5
- **Chapter 7: Body Mechanics** 38
  - Hydration
  - Breathing
  - Pace Yourself
  - Mobility & Flexibility
  - Stretching & Strengthening
  - Illness & Injury Recovery
  - 5K Training Schedule - Week 6
- **Chapter 8: Cross Training** 44
  - 5K Training Schedule - Week 7
- **Chapter 9: Weight Loss & Food** 48
  - Food to Fuel Your Run
  - Nutrition Tips
  - 5K Training Schedule - Week 8
- **Chapter 10: Preparing for Race Day** 52
  - Race Day Prep
  - 5K Training Schedule - Week 9
- **Chapter 11: Life After 5K Training** 56
  - Beyond the 5K
  - Speed Training
- **F.A.Q – Quick Answers** 60
- **Glossary** 64
- **Appendix** 67
- **Carli's Crew – Thanks!**
- **About the Author**

Chapter 9

Weight Loss & Food



Chapter 9: Weight Loss & Food

I'm down 2 pant sizes and about 15 pounds since starting to run in February!

Cathie Arlington, Texas

Will running make you lose weight? I know a lot about losing weight and gaining weight. Running certainly does burn lots of calories, but even if you ran a marathon every day; you wouldn't lose weight unless you consumed fewer calories than you burned. If you maintain a specific diet plan, running will definitely help you lose weight. To lose one pound, you will need to burn close to 3600 calories, and on average you tend to lose 100 calories per mile. In order to lose weight, you have to incorporate diet and lifestyle changes.

Food to Fuel Your Run

Food is the fuel for your daily life, but as a runner, the food you eat is even more important. There isn't really a specific diet, but you should definitely try to avoid most fatty foods. One time I ate a fast food cheeseburger and fries before my run, thinking, who cares, I'll burn it off. But, I felt terrible; weighed down by the greasy food.

I think the best meal plan is Weight Watchers, which is primarily portion control and group support. If you don't want to track every bite, they also have a program that promotes eating primarily whole foods like fruits, vegetables, whole grains, non-fat dairy and lean protein.

After your run, be sure to rehydrate with water or a sports drink, especially if it was a hot day. If you're hungry after a run, eat something with protein and carbohydrates. The protein will help repair muscle damage and the carbs restock the fuel stores in your muscles. Peanut butter and jelly with milk can be a nice recovery snack. Almonds and yogurt also make a great post run treat.

"There is group of us living here who are doing Weight Watchers together, and a few of us, who did C25K last year, are training together for a 10K.
~ Rachel from Doha, Qatar

Nutrition Tips For Runners

1. **Avoid over-compensating the calories** – Don't over-compensate by eating foods and drinking beverages that have much more calories than those lost through running. I actually gained weight during one of my training sessions, because I over estimated how many calories I was burning.

2. **Eat Small portions** – Eat small portions of high calorie foods and most of your carbohydrates should be whole grains, fresh fruits and vegetables, not white sugar and white flour.

3. **Maintain a calorie log** – Keep a log of foods that you eat and get an approximation on the number of calories you consume per day vs. the calories that are burned through running. You can track your calories and get group support for free on CalorieCount.com or SparkPeople.com.

"I started WW about 27 months ago (about the same time that I started listening to your C25K podcasts), now 94 pounds later I'm under 10 pounds away from reaching my goal."

Sherrie W.

Week 8 Routine

Day 1	Day 2	Day 3
Brisk 5 minute warm-up walk Then • Jog for 28 minutes. Cool Down & Stretching	Brisk 5 minute warm-up walk Then • Jog for 28 minutes. Cool Down & Stretching	Brisk 5 minute warm-up walk Then • Jog for 28 minutes. Cool Down & Stretching

Coach Carli's Tips

- The first mile is always the hardest. That is something that I repeat in my head almost every time I run.
- It reminds me that once my body gets warmed up, running gets easier.
- Get ready to sweat!
- When I first started training, I didn't like to sweat, it was gross to me. But now, I crave that "gross sweating through your shirt" run because it shows just how hard you're working.

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what are made of. This is what we do. This is what it's all about."

-PattiSue Plumer, U.S. Olympian

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