

# BE WISE, EXERCISE!

but exercise wisely.

## WARM UP

Warm up with walking or easy jogging for five to ten minutes before your run, or until your heart beats faster, you breathe more heavily and you begin to sweat.

## STRETCH

Stretch after warming up, if desired. Definitely stretch after cooling down. Stretch the muscles you used during your workout to help prevent soreness and tightening. After running, stretch quadriceps (front of thighs), hamstrings (back of thighs), and calves (back of lower legs). Hold stretch for 20-30 seconds without bouncing.

## COOL DOWN

Cool down slowly after your workout. After running, a few minutes of slow jogging or walking will bring your heart rate down and slow your breathing.

## HYDRATE

Drink water before, during, and after your workout. Drink four to eight ounces every 15 minutes for 30 minutes before exercise. Plan water stops during your run. Drink 8- 16 ounces after a workout. In hot weather you may need more. Drink until your urine is clear to pale yellow.

## RUN SAFELY

Stay alert! Don't wear headsets outdoors. Carry I.D. Let someone know your running route. Run facing traffic. Wear reflective material before dawn and after dark. Carry a cell phone. Stay alert!

Kansas City Express is a running and walking club for women of all ages and abilities. For over 25 years, we've helped women improve their lives through running and walking, whether their goal is recreation, health and fitness or competition.

We are a non-profit 501(c)(3) organization. All contributions to KC Express are taxdeductible and used to fund and further our mission to inform, motivate, and inspire women to exercise for better health.



**KCEXPRESS**

### Our community service programs include:

- Monthly meetings with speakers on relevant fitness topics open to all interested women.
- Free group runs/walks every Saturday morning.
- "Run Your Way to Fitness" Pamphlet.
- KC Express Mother's Day 5K Run/Walk for Women
- Assistance with the Women's Training Team held annually at Shawnee Mission Medical Center in April and May.
- KC Express fitness presentations at corporate and community health fairs.

## RUN YOUR WAY to fitness!

Do you want to improve your health and get fit? Try running!

Running is the most efficient way to get and stay in shape so you have the strength, endurance, and good health necessary to lead an active life. Running reduces stress and reduces your risk of developing heart disease, high blood pressure, diabetes, several types of cancer, and osteoporosis. Running burns excess body fat and helps control weight. while also improving self-esteem and confidence. Running is flexible. You can run at your own pace, with or without company, where and when you want. Running is for all ages. It is a lifetime activity.

[www.KCEXPRESS.org](http://www.KCEXPRESS.org)

## IT'S EASY HERE'S HOW

Check with your doctor before starting, especially if you or other family members have heart problems, high blood pressure, high cholesterol, breathing problems, diabetes, are overweight, or smoke.

Treat yourself to a pair of running shoes and wear comfortable clothes.

Plan on a minimum of 12 weeks of consistent training to form the habit and see improvement in your fitness level.

Train at least three days a week. Alternate days. Try different workouts on different days. Allow at least thirty minutes for each session. (but ten minutes is better than none)

Plan ahead. Book your training time. You'll be more likely to stick with it.

Train with a friend. You'll motivate each other.

Start slowly. Resist the temptation to go too fast. You won't get any fitter any faster, but you will raise the likelihood of injuring yourself.

Start with walking. Walk slow, then walk fast. When you are comfortable with a 30 minute brisk walk, mix in 1 to 3 minute running segments. Gradually increase the length of running segments while keeping them slow and manageable. Do the "talk test". If you're too breathless to talk, you're running too fast.

Progress at a rate that feels comfortable. This is only a sample schedule. Give yourself permission to stay at a given level more than one week, to insert extra levels, or back up to a previous level.

Enter an occasional race. Races provide (1) a reason to stick with your program and (2) a way to measure your progress.

## SAMPLE 12-WEEK WALK/RUN PROGRAM FOR ADULT BEGINNING RUNNERS

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Walk 30 min. Vary your pace Try not to stop.	Do an alternate activity or rest.	Walk 30 min. Vary your pace Try not to stop.	Do an alternate activity or rest.	Walk 30 min. Vary your pace Try not to stop.	Do an alternate activity or rest.	Rest.
2	Run 30 seconds. Walk 90 seconds. Repeat 20 times	Do an alternate activity or rest.	Run 30 seconds. Walk 90 seconds. Repeat 20 times	Do an alternate activity or rest.	Run 30 seconds. Walk 90 seconds. Repeat 20 times	Do an alternate activity or rest.	Rest.
3	Run 60 seconds. Walk 60 seconds. Repeat 15 times.	Do an alternate activity or rest.	Run 60 seconds. Walk 60 seconds. Repeat 15 times	Do an alternate activity or rest.	Run 60 seconds. Walk 60 seconds. Repeat 15 times	Do an alternate activity or rest.	Rest.
4	Run 90 seconds. Walk 90 seconds. Repeat 10 times.	Do an alternate activity or rest.	Run 90 seconds. Walk 90 seconds. Repeat 10 times.	Do an alternate activity or rest.	Run 90 seconds. Walk 90 seconds. Repeat 10 times.	Do an alternate activity or rest.	Rest.
5	Run 2 minutes Walk 1 minute. Repeat 10 times.	Do an alternate activity or rest.	Run 2 minutes Walk 1 minute. Repeat 10 times	Do an alternate activity or rest.	Run 2 minutes Walk 1 minute. Repeat 10 times	Do an alternate activity or rest.	Rest.
6	Run 4 minutes. Walk 1 minute. Repeat six times.	Do an alternate activity or rest.	Run 4 minutes. Walk 1 minute. Repeat six times	Do an alternate activity or rest.	Run 4 minutes. Walk 1 minute. Repeat six times	Do an alternate activity or rest.	Rest.
7	Run 6 minutes. Walk 1 minute. Repeat five times.	Do an alternate activity or rest.	Run 6 minutes. Walk 1 minute. Repeat five times	Do an alternate activity or rest.	Run 6 minutes. Walk 1 minute. Repeat five times	Do an alternate activity or rest.	Rest.
8	Run 8 minutes. Walk 1 minute. Repeat four times.	Do an alternate activity or rest.	Run 8 minutes. Walk 1 minute. Repeat four times	Do an alternate activity or rest.	Run 8 minutes. Walk 1 minute. Repeat 4 times.	Do an alternate activity or rest.	Rest.
9	Run 10 minutes. Walk 1 minute. Repeat 3 times.	Do an alternate activity or rest.	Run 10 minutes. Walk 1 minute. Repeat 3 times.	Do an alternate activity or rest.	Run 10 minutes. Walk 1 minute. Repeat three times	Do an alternate activity or rest.	Rest.
10	Run 12 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Run 12 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Run 12 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Rest.
11	Run 15 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Run 15 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Run 15 minutes. Walk 1 minute. Repeat twice.	Do an alternate activity or rest.	Rest.
12	Run 30 minutes.	Do an alternate activity or rest.	Run 30 minutes.	Do an alternate activity or rest.	Run 30 minutes.	Do an alternate activity or rest.	Target a 5k race

**Alternate activities should include upper body strengthening and range of motion, i.e. swimming, aerobics, weightlifting, bicycling, etc.**