

Certainly, one needs to prepare slowly for a race of this length. A program that starts with walking and gradually increases to running is best. The wrong thing to do is to walk or run the 6.2 miles after just a week or two of training.

The training program outlined here is a good tool to help you achieve your goal of finishing the Coca-Cola Classic 10k strong and injury-free.

We are trying to promote the race as a catalyst for people to use to begin a healthy lifestyle. We hear so much talk about poor diet and the lack of physical exercise that today's generation has. The Race is not just a one-day event. The preparation and training that begins weeks before the Race can be your ticket to a new beginning for you.

Grab a friend and start a new lifestyle that includes a healthy diet as well as proper physical exercise.

GET READY FOR SATURDAY, MAY 1st

Coca-Cola Classic 10k Run

TRAINING PROGRAM:

This training program has been designed to help you prepare for the 2010 Coca-Cola Classic 10k Run (6.2 miles). The times listed on the calendars assume running an 11-minute mile.

TRAINING SUGGESTIONS AND PRECAUTIONS:

1. Spend a few minutes before and after your workout doing some light stretching.
2. Mixing – if you are just starting, mixing short periods of running and walking is best. As you get stronger, you can lengthen the running time.
3. Practice LSD – long slow distance. Think about the duration of your activity, not speed. Too hard and too fast will lead to injury.
4. Breathing – exercise at a “walkie-talkie” pace – the ability to talk during your exercise. Labored breathing is no fun and unnecessary. Oh yes, breathe through your mouth.
5. Listen to your body – aches and pains that last more than a few days should be checked by a health care professional. Call you doctor if you experience chest discomfort, heart rhythm changes, unusual shortness of breath, dizziness or nausea.
6. Older people, or anyone with pre-existing medical problems, i.e. heart or lung problems, should check with their doctor before starting an exercise program.

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 15 min. run / walk	1 Off	2 25 min. run / walk	3 25 min. run / walk	4 Off	5 15 min. run / walk	6 30 min. run / walk
7 15 min. run / walk	8 Off	9 25 min. run / walk	10 25 min. run / walk	11 Off	12 15 min. run / walk	13 30 min. run / walk
14 15 min. run / walk	15 Off	16 25 min. run / walk	17 25 min. run / walk	18 Off	19 15 min. run / walk	20 30 min. run / walk
21 15 min. run	22 Off	23 20 min. run	24 25 min. run	25 Off	26 15 min. run	27 30 min. run
28 30 min. run						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Off	2 20 min. run	3 25 min. run	4 Off	5 15 min. run	6 40 min. run
7 20 min. run	8 Off	9 20 min. run	10 25 min. run	11 Off	12 15 min. run	13 40 min. run
14 20 min. run	15 Off	16 20 min. run	17 25 min. run	18 Off	19 20 min. run	20 45 min. run
21 25 min. run	22 Off	23 25 min. run	24 25 min. run	25 Off	26 20 min. run	27 50 min. run / walk
28 25 min. run	29 Off	30 30 min. run	31 25 min. run			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Off	2 20 min. run	3 50 min. run
4 25 min. run	5 Off	6 30 min. run	7 25 min. run	8 Off	9 20 min. run	10 50 min. run
11 30 min. run	12 Off	13 30 min. run	14 30 min. run	15 Off	16 25 min. run	17 60 min. run
18 30 min. run	19 Off	20 40 min. run	21 30 min. run	22 Off	23 30min. run	24 60 min. run
25 30 min. run	26 Off	27 40 min. run	28 15 min. run	29 15 min. jog	30 Off	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Corinth Coca-Cola Classic 10k Run
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					