

Earned Runs™ 2018 Midwest Surgical Association 5K at Mackinac Island August 5-7
10 Week Beginner Training Plan with optional TRACK-DAY

NOTES THAT WILL HELP YOU FOLLOW THE TRAINING PLAN

(You can shift the calendar forward or backward a 1-2 days so the workouts fit your schedule)

1) **Warm-ups and cool-downs:** for each, 5-10 minutes of brisk walking to warm muscles and increase heart rate a bit before working harder.

2) The **TRACK DAY** is optional!

IF you plan to do the Monday **TRACK DAY**, check the **TRACK DAY SCHEDULE** for details.

IF you do NOT wish to use a track day for training, the miles to be covered are indicated in (parentheses). Walk/run this distance on a course of your choosing to stay with the program.

3) **Dynamic warm-ups** are stretches that help increase joint flexibility. Find the links on the RESOURCES page:

Dynamic Warm-Up Stretches:

Cleveland Clinic Physical Therapy (routine with 4 quick moves)

https://www.youtube.com/watch?v=O_xuezs1_I

Chris Bailey of Twin Cities Orthopedics video demonstration

(longer complicated routine for athletes)

<https://www.youtube.com/watch?v=pZolGpjfjlc>

Seine Freeman of Tri-Cities Wellness Center

(lengthy tutorial demonstrated with pictures; for in-depth understanding)

https://www.earned-runs.com/uploads/6/0/0/9/60097527/stretching_explained_dynamic_v_static_and_demos.pdf

4) **STRENGTH:**

Design your own routines or see the RESOURCES page for suggestions

5) **MYRTL's** are a set of movements that improve hip girdle mobility; BEST performed before each run. Get at least one session/week done (THURS in schedule) regardless of timing.

Inside Nike Running™ Coach Jay Johnson Flexibility

http://www.njsportsmed.com/files/myrtl_routine.pdf

MYRTLs video demonstration by Wolf Creek Track Club

USATF Registered Coach Brandon Wise

<https://www.youtube.com/watch?v=nmHjMCN0nx0>

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6) **DEAD BUGS** are core/abdominal/back exercises; do these or choose your own.

Dead Bugs to strengthen muscles of abdomen/lower back

WITHOUT BALL

-MoveForwardPT: Robert Gillanders PT,
<https://www.youtube.com/watch?v=8NBNM8haZx0>

-For Beginners by Dr. Jeffrey O'Guin
<https://www.youtube.com/watch?v=h0s77nPUPZQ>

WITH BALL (advanced) Monica Ksel of Marmora

<https://www.youtube.com/watch?v=bUfeEgFly8w>

This routine doesn't explain how to brace your core, but shows how to position the ball; it's harder than it looks

7) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue

Men's Health Magazine

Embedded Video :360 ABS Foam Roller Warm-up (brief ad precedes the video)
<https://www.menshealth.com/fitness/a19515618/truth-about-foam-rolling/>

MyFitnessPal.com Blog

"5 Minute Warm-up with A Foam Roller "

<http://blog.myfitnesspal.com/5-minute-warmup-foam-roller/>
embedded YouTube video <https://www.youtube.com/watch?v=WCj1dvTwOFO>

Earned Runs Foam Rolling BLOG post