**UREC - 5K. Your Way. Tips**

Congrats on signing up for the UREC 5K Your Way, happening October 17-18. Here are some helpful tips and tricks to get you to your race!

**Warm Up**

Start your run with a warmup to help prevent injury. A proper warm up will also get your blood flowing to your muscles and bring your heart rate up safely. Start off with a 5-minute walk, walk/run, or a slow-paced jog, followed by dynamic stretches. Avoid static stretching as it can cause injury before movement. Dynamic stretches are beneficial for joint motion and stability. Here are a few options:

- Side reaches
- Arm circles
- High knees/knee pulls
- Hip opener
- Glute kickers
- Ankle rolls
- Lunge to twist

**Cool Down + Flexibility**

A proper cool down is essential for safe recovery. Walking for 3-5 minutes after the run will slowly bring your heart rate back down and bring the blood flow back to the center of the body. Static stretching is good for flexibility purposes, which we want after a workout. Muscles are warmed up fully and have been used to their fullest potential and are ready to be lengthened to finish off the day. Here is a list of great stretches for after a walk or run:

- Single leg hamstring stretch
- Quad stretch
- Shoulder stretch
- Calf stretch
- Side lunge with reach
- IT band stretch

**Tips for Movement Without Injury**

- Start with a Warm Up
- Find the right shoes
- Hydrate before and after (and during if you can)
- Listen to what your body needs, always!
- Fuel your body before and after your movement
- End with Cool Down and Flexibility
Best Practices for Moving Outside during COVID

- Start slow as needed
  - The body needs time to adapt to new physiological adaptations
    - Be patient with yourself as your body adapts to the mask and not having a whole world of new air to inhale
    - Start out slower than you normally would to allow for body to adapt and take breaks when needed
- Give yourself space
  - When passing people, leave more than six feet distance between you and anyone else
- Little bits of time work – break up your workout

4-Week 5k Prep

Week 1: Try moving 1mi 2 times this week (walking, running, walk/run combo)

Week 2: Try moving 1.5mi 2 times this week

Week 3: Try moving towards 2.5 mi on one day this week, with other movement days mixed in

Week 4: Try one movement session 1.5mi, one 1mi, and one 2.75 mi

You got this! We can’t wait to see how you do on Race Day! Let’s do this!