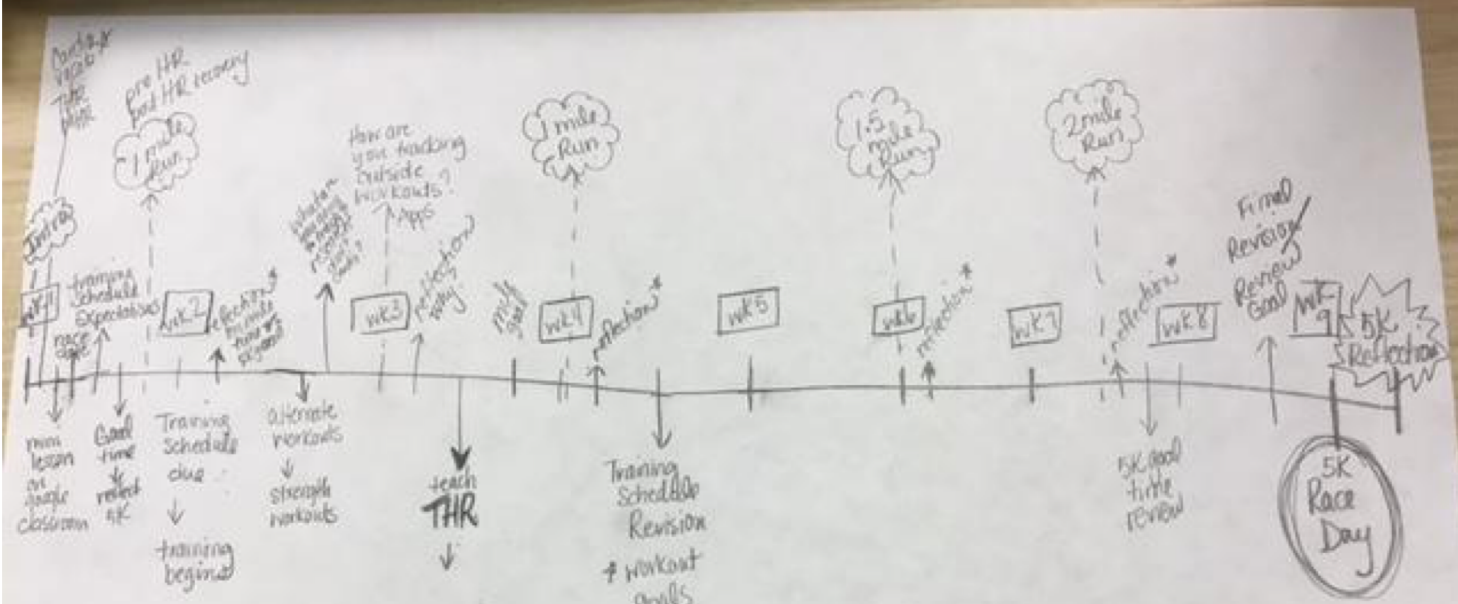# How to "RUN" a 5K

Whitney Spah - Bismarck High PE

Where do I start?

Do you want to set up an event for your class?

Do you want to sign up for a community event?

PRE-EVENT Agenda

Talk to your Principal propose your plan

Pick an event date

Community Event date

http://www.runningintheusa.com/Race/ListByCityRadius.aspx?City=Bismarck&State=ND&Radius=25&Rank=All&Special=5K&Page=1

Set-up project - google classroom

Teacher Checklist

Teacher checklist

Pre- Event
Date
Route
Sponsors for T-shirt & Food
Parent Letter
Recruit teachers to help
Race Route Map
Week before Event
Check in with teachers who asked to help
Pair Runners
Hand out maps for helpers and cheering spots
Email Parent letter with event date/time
Stop watches or timing system
Day before/morning of event
Chalk the route
Make sure timer(s) works
Hand out t-shirts
Chocolate Milk, Bananas, Granola Bars
Timers
EVENT DAY!
Drive out food/drink to site
Camera
Send out final email for staff
Timers and extra timer

Week 1

TEACHER

Set-up google Classroom

Pre-training Target Heart Rate Lesson

1 mile run

Set-up a training calendar using the school calendar as a reference

STUDENT

Join Google classroom

Practice finding their pulse, counting 6 seconds adding a 0

Timed 1 mile Run

Week 2 - Training Schedule Due

TEACHER

Intro Event

Training Research lesson

Pacing Lesson - Walk/jog/run 10 minutes

Review training plans and give feedback to students

STUDENT

Watch Intro Event

Research 6-8 week 5k training plans based on personal fitness level

Training schedule outline due

Intro Event

For my Fit Female class I
Bismarck High Teachers
submit a video on why they
run.

The media class helped me
put the video together.

http://blog.anytimefitness.com/beginner-5k-training-plan-6-weeks/

FIT FEMALE CALENDAR

https://docs.google.com/document/d/1kZr1j8dbH8qHAjuV4Y_OBxUvcNhHYtnJurxP8Swx4CE/edit

Beginner 5K
6-Week Training Plan

	Workout 1			Workout 2			Workout 3		
1	*Walk more, Jog Less*								
	Total Time: 20 min			Total Time: 20 min			Total Time: 20 min		
	Walk	5 min	Easy	Walk	3 min	Easy	Walk	5 min	Easy
	Walk	5 min	Moderate	Walk	2 min	Moderate	Walk	5 min	Moderate
	Jog / Walk	60s / 90s For 10 min	Hard / Mod	Jog / Walk	60s / 90s For 15 min	Hard / Mod	Jog / Walk	60s / 90s For 10 min	Hard / Mod
2	*Walk more, Jog Faster*								
	Total Time: 20 min			Total Time: 20 min			Total Time: 20 min		
	Walk	3 min	Easy	Walk	5 min	Moderate	Walk	3 min	Easy
	Walk	2 min	Moderate	Jog / Walk	60s / 90s For 10 min	Hard / Mod	Walk	2 min	Moderate
	Jog / Walk	60s / 90s For 15 min	Hard / Mod	Jog / Walk	30s / 30s For 5 min	Hard / Mod	Jog / Walk	60s / 90s For 15 min	Hard / Mod
3	*Even It Out*								
	Total Time: 25 min			Total Time: 25 min			Total Time: 25 min		
	Walk	3 min	Moderate	Walk	5 min	Moderate	Walk	3 min	Moderate
	Jog / Walk	1min/1min X4	Hard/Mod	Jog / Walk	3min/2min x4	Hard/Mod	Jog / Walk	1min/1min X4	Hard/Mod
	Jog / Walk	2min/2min x3	Hard/Mod				Jog / Walk	2min/2min x3	Hard/Mod
4	*Step It Up*								
	Total Time: 25 min			Total Time: 25 min			Total Time: 25 min		
	Walk	5 min	Moderate	Walk	5 min	Moderate	Walk	5 min	Moderate
	Jog	10 min	Mod>Hard	Jog/Walk	4min/1min x4	Hard/Mod	Jog	10 min	Mod>Hard
	Walk/Jog	3min/2min x1	Mod/Hard				Walk/Jog	3min/2min x1	Mod/Hard
5	*Give It a Go!*								
	Total Time: 30 min			Total Time: 30 min			Total Time: 30 min		
	Walk	5 min	Moderate	Walk	5 min	Moderate	Walk	5 min	Moderate
	Jog	15 min	Mod>Hard	Jog	25 min	Mod>Hard	Jog	15 min	Mod>Hard
	Walk/Jog	3min/2min x2	Mod/Hard	*Give yourself permission to walk for up to 30 sec*			Walk/Jog	3min/2min x2	Mod/Hard
6	*Try It, Forget it, Do It!*								
	Total Time: 35 min			Total Time: 35 min			RACE DAY		
	Walk	5 min	Moderate	Walk	5 min	Moderate	*Give yourself time to walk to start line, start slow & pay attention to your watch! Give yourself permission to walk up to 30 seconds at water stations!*		
	Jog	30 min	Mod>Hard	Jog/Walk	4min/1min x5	Hard/Mod			
	Give yourself permission to walk for up to 30 sec			Walk	5 min	Moderate			

Week 3 - Start Training!

TEACHER

Running Safety

Day #1 workout assignment

Day #2 Workout assignment

STUDENT

Running Safety - 3 tips to follow assignment

Day #1 due

Day #2 due

Day #3 Workout on your own

Week 4

TEACHER

Refer to checklist

STUDENT

DAY 4

Day 5

Timed 1 mile run - record

Week 5

TEACHER	STUDENT
Reviewing Training plans	Day 6
Race Pacing and Breathing Lesson	Day 7
https://www.runnersworld.com/training/a20822091/running-on-air-breathing-technique/	
1.5 Mile Run	Timed 1.5 mile run - record time
	Day 8 - Weekend workout on your own

Week 6

TEACHER

Half-way Reflection Assignment

2 mile run

STUDENT

Day 9 & 10

Half-way reflection due & Race Pace Calculator for goal time

Record 2 mile time

https://www.runnersworld.com/training/a20801372/race-times-predictor/

Day 11 Workout on your own

5K RACE MAP

North Dakota Capital Grounds
Bismarck, North Dakota
history.nd.gov

STATE HISTORICAL SOCIETY of NORTH DAKOTA

DIVIDE AVENUE

1.10 miles

TO I-94
EXIT 159

83

STATE STREET

4TH STREET

7

1

2

4

10

3

8

9

N

1 - Capital Building
2 - Dept. of Transportation
3 - ND Heritage Center
4 - State Library
5 - State Office Building
6 - Governor's Residence
7 - State Motor Pool
8 - French Gratitude Train
9 - ND Veterans Memorial
10 - Facility/handicapped zone
☆ Entrance
–·– Arboretum Trail
–··– Walking Path
🔒 Security Entrance
P Public Parking

Construction zone

One Way

One Way

6

5

START

FINISH

5TH STREET

6TH STREET

7TH STREET

BOULEVARD AVENUE

3.1 = 5K 1.1 miles
miles   2.0 miles

START → 7th d Boulevard
follow blue arrows - figure 8
continue past start to big loop
all the way around capitol
grounds staying on the outside path
FINISH → on Boulevard in front
of capitol. 6

Week 7

TEACHER

Give route distances

STUDENT

Day 12

Day 13

Tracking runs and reflection on workouts

Day 14 Complete 2.5 - 3 mile Run on your own

Week 8 - race week

TEACHER

Teacher checklist

STUDENT

Day 15 & 16

Pre-race article Review

Nutrition and hydrating

Final Goal Setting Time

WATCH GOOD LUCK VIDEO

Week 9

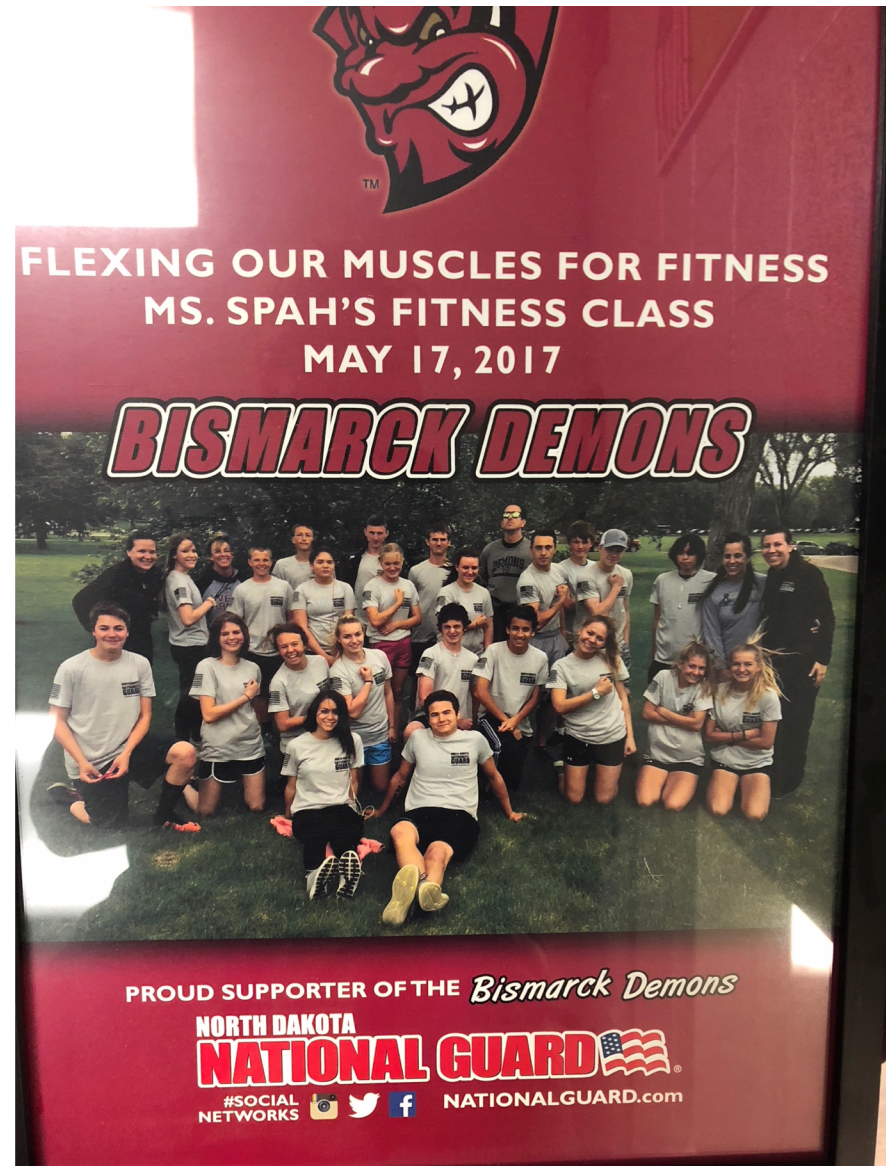| TEACHER	STUDENT
Final reflection assignment	Final Reflection due
The why I run video	Video Reflection
	Watch update video
1 mile run	Timed 1 mile run - comparing it to your first time

YEAR 1

Fitness Class

Boys & Girls grade 9-12

All fitness levels

1 student on an IEP

Year 2 - Breast cancer Run

Fit Female Class trained and ran for someone affected by breast cancer or any cancer