

Get healthier one step at a time.

Training program for a 5k.



Congratulations on taking the first step on this exciting fitness challenge. To help you get ready for this 3.1 mile road race, we've developed a weekly training program that includes cardio endurance, strength training and stretching.

What you need to get started:

- A good pair of walking/running shoes.
- Water to help keep you hydrated during your workout.
- Exercise booklet and videos. You can download both on nyl.com/achilles. Click on "Exclusively for New York Life Group Benefit Solutions Disability Customers."

Cardio – get your feet moving and your heart pumping

For the first few weeks, your goal is to get moving. Walk, jog or run the minutes assigned to each day. Do what feels right to you – start off slow and increase your speed as you get stronger. When you get to the last few weeks, it's all about the distance. You've been steadily moving and building up muscle and cardiovascular endurance by this point and it's time to see how far you can go.

Make sure you can easily carry on a conversation while exercising. If you can't talk, you're working too hard. If you can easily talk, you're not working hard enough. If you use a heart rate monitor, keep your maximum heart rate under 75% for the first eight weeks ($220 - \text{your age} = \text{max heart rate}$.)

Strength – things are really shaping up

Strength training helps keep the body in shape to avoid injuries that can occur from running. Complete exercises 1–12, in the exercise booklet, with minimal rests (15–30 seconds) in between. This is known as performing a circuit.

Take a short water break and then repeat from the beginning.

Follow the exercise level that's right for you:

Level 1 – New to exercise

Level 2 – Currently exercising

Level 3 – Up for a challenge

As your ability to perform the exercises improves over time, you may want to choose a more challenging level.

Warm up and stretch – prepare to move, prevent the pain

Stretching is most important, as inflexibility limits your normal range of motion. The dynamic warm-up in the exercise booklet can be done every day to loosen up your muscles before you walk or run. A longer workout, as demonstrated in the stretching video, can be done once a week.

Tips – helping you along, keeping you strong

- You can expect a little soreness after each run and workout, especially in the beginning. If you are extremely sore, pull back on the intensity. If an exercise hurts, decrease the level of difficulty. If your pain goes beyond soreness, stop exercising and talk with your doctor.
- If you miss a day of exercise or just need to rest, don't get discouraged. Just pick up where you left off. If your time off is extended, go back in the training schedule and redo the last week you previously completed.



GROUP BENEFIT
SOLUTIONS

Your training program for a 5k race

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Walk 15 min	Strength 2 circuits	Walk 15 min	Strength 2 circuits	Walk 15 min	Walk 20 min	Strength 1 circuit plus Stretch
2	Walk 15 min	Strength 2 circuits	Walk 15 min	Strength 2 circuits	Walk 15 min	Walk 25 min	Strength 1 circuit plus Stretch
3	Walk/Run 20 min	Strength 2 circuits	Walk/Run 20 min	Strength 2 circuits	Walk/Run 20 min	Walk/Run 30 min	Strength 1 circuit plus Stretch
4	Walk/Run 20 min	Strength 2 circuits	Walk/Run 20 min	Strength 2 circuits	Walk/Run 20 min	Walk/Run 30 min	Strength 1 circuit plus Stretch
5	Walk/Run 25 min	Strength 2 circuits	Walk/Run 20 min	Strength 2 circuits	Walk/Run 25 min	Walk/Run 35 min	Strength 1 circuit plus Stretch
6	Walk/Run 25 min	Strength 2 circuits	Walk/Run 30 min	Strength 2 circuits	Walk/Run 25 min	Walk/Run 40 min	Strength 1 circuit plus Stretch
7	Walk/Run 30 min	Strength 2 circuits	Walk/Run 25 min	Strength 2 circuits	Walk/Run 30 min	Walk/Run 45 min	Strength 1 circuit plus Stretch
8	Walk/Run 30 min	Strength 2 circuits	Walk/Run 30 min	Strength 2 circuits	Walk/Run 30 min	Walk/Run 45 min	Strength 1 circuit plus Stretch
9	Run 3 miles	Strength 2 circuits	Run 3 miles	Strength 2 circuits	Run 3 miles	Run 4 miles	Strength 1 circuit plus Stretch
10	Run 3 miles	Strength 2 circuits	Run 4 miles	Strength 2 circuits	Run 3 miles	Run 4 miles	Strength 1 circuit plus Stretch
11	Run 4 miles	Strength 2 circuits	Run 4 miles	Strength 2 circuits	Run 4 miles	Run 4 miles	Stretch
12	Run 4 miles	Strength 2 circuits	Run 4 miles	Strength 2 circuits	Run 1 mile	5k race	Stretch



**If you experience pain at any time during your workout,
stop exercising and consult your doctor.**

This is for informational purposes only and should not be construed as medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new exercise or fitness program. Advance consultation with your doctor is particularly important if you are under eighteen (18) years old, pregnant, or have health problems. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure. New York Life Group Benefit Solutions assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this brochure.

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