

# RACE DAY

## RUNNER'S TOOLKIT

### FOR A 5K



**READY TO RACE** TRAINING PLANS  
RACE DAY STRATEGIES  
**TOP GEAR & APPS**

# TRAINING FOR A 5K

## How long does it take to train for a 5K?

Most beginner runners can prepare for a 5K in **6 to 8 weeks** with consistent training 3–4 times per week. If you're already active, you may need less time. New runners will benefit from gradually building endurance with a mix of walking and running.

## What is a good 5K time for a beginner?

For new runners, finishing is the first goal! Average beginner times range between **30–40 minutes**, but it's perfectly okay to go slower or use a walk/run strategy. Every step counts.

## Are you ready to run a 5K in 8 weeks?

Yes, you can be! With a structured 8-week training plan, anyone in average health can cross the finish line. Success comes from showing up, staying consistent, and believing in your progress.



# 5K TRAINING PLAN



## Intro - Week 1

Whether you're lacing up your shoes for the first time or returning to the pavement after a long break, this 8-week plan is built to help you confidently complete a 5K—3.1 miles—with a mix of walking, running, and optional cross-training. The goal: build endurance, stay injury-free, and enjoy every step of your journey to race day.

### Plan Overview

**3 Run/Walk Sessions per Week:** Build endurance and confidence without overwhelming your body.

**Optional Cross-Training Days:** Activities like swimming, cycling, or strength training enhance overall fitness.

**2+ Rest/Recovery Days Weekly:** Let your body heal, adapt, and come back stronger.

**Progressive Distance:** Gradually increase your run time to reduce injury risk and improve stamina.

**Weekly Motivation: Stay inspired with pro tips, mantras, and mindset shifts.**

### ✓ Week-by-Week Breakdown

#### Week 1: Start Strong, Start Smart

**Run/Walk:** 1 min run / 2 min walk x 7 rounds (3x/week)

**Cross-Training:** 1 day (bike or brisk walk)

**Rest Days:** 3

**Motivation: "You don't have to be great to start, but you have to start to be great." — Zig Ziglar**

# 5K



# TRAINING PLAN

## Week 2 – Week 6

### Week 2: Consistency Over Speed

**Run/Walk:** 1.5 min run / 2 min walk x 6 rounds

**Cross-Training:** 1–2 days (swim or bodyweight strength)

**Rest Days:** 2–3

**Motivation:** Show up, even when it's tough. Progress lives in consistency.

### Week 3: Building Confidence

**Run/Walk:** 2 min run / 1.5 min walk x 6 rounds

**Cross-Training:** 1–2 days (add light core workout)

**Motivation:** You're stronger than you think. Trust the process.

### Week 4: Embrace the Momentum

**Run/Walk:** 3 min run / 2 min walk x 5 rounds

**Cross-Training:** Add optional yoga for mobility

**Motivation:** Midway milestone—celebrate how far you've come!

### Week 5: Push Through the Plateau

**Run/Walk:** 5 min run / 2 min walk x 4 rounds

**Cross-Training:** Focus on active recovery

**Motivation:** Growth happens outside your comfort zone.

### Week 6: Getting Race Ready

**Run/Walk:** 8 min run / 2 min walk x 3 rounds

**Cross-Training:** Prioritize stretching & mobility

**Motivation:** Visualize the finish line. Feel the pride of completing your goal.

# 5K TRAINING PLAN



## Week 7 & 8

### Week 7: Peak Confidence

**Run/Walk:** 10 min run / 1 min walk x 3 rounds

**Cross-Training:** Light strength or core work

**Motivation:** “Don’t count the days. Make the days count.” — Muhammad Ali

### Week 8: Taper & Triumph

**Run/Walk (Early Week):** 8 min run / 2 min walk x 2

**Mid-Week:** Easy 15–20 min jog

**Race Day (End of Week):** 5K – run, jog, walk, or a mix—just finish!

**Motivation:** You’ve earned this. Be proud. Run your race, your way.

### Pro Tips for Success

**Listen to your body:** Soreness is okay. Pain is not.

**Fuel right:** Hydrate and eat balanced meals for energy.

**Track your progress:** Use an app, journal, or watch for motivation.

**Dress smart:** Comfortable shoes and moisture-wicking clothes make a huge difference.

**Celebrate milestones:** Every completed session brings you closer to your goal.

# RACE WEEK TIMELINE



## 1 WEEK TO GO

- ✓ Final run of 3-4 miles
- ✓ Continue regular training
- ✓ Review race day strategy
- ✓ Get plenty of sleep

## 4 DAYS TO GO

- ✓ Run 2 miles at comfortable pace
- ✓ Finalize race day logistics (packet pickup, parking)
- ✓ Prepare comfortable race outfit

## 2 DAYS TO GO

- ✓ Rest or run a 1-mile to stay loose
- ✓ Cut back on caffeine and alcohol
- ✓ Increase hydration, 8-10 cups

## 1 DAY TO GO

- ✓ Rest day or brief 15-minute workout
- ✓ Eat familiar, carb-rich meals
- ✓ Check weather, gather gear

## RACE DAY!

- ✓ Eat breakfast 2-3 hours before race
- ✓ Easy jog/dynamic stretching
- ✓ Follow race plan & enjoy



# 5K RACE DAY GEAR CHECKLIST

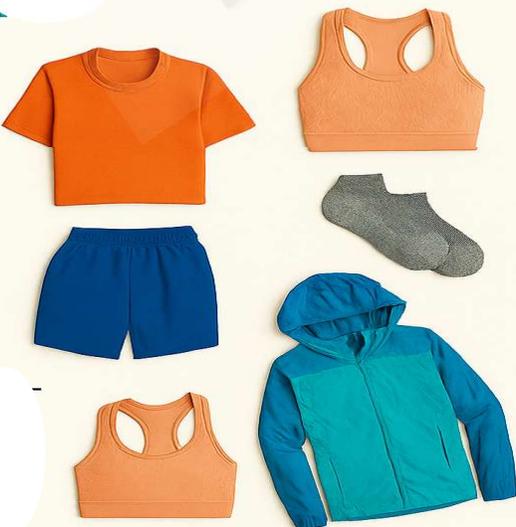
**Be prepared. Run strong. Finish proud.**

Whether you're an experienced runner or running your first 5K, having the right clothing and race gear is critical.

## ✓ RACE DAY OUTFIT



- ✓ **Moisture-Wicking Top**
  - Breathable, quick-dry fabric (tech shirt or tank)
- ✓ **Performance Short / Leggings**
  - Lightweight, stretch fabric with secure fit
  - Built-in liners/pockets for storage
- ✓ **Supportive Sports Bra (for women)**
  - Impact support depending on bust size
  - Moisture wicking and chafe-free
- ✓ **Technical Running Socks**
  - Synthetic or wool blend to prevent blisters, wick moisture, reduce friction
- ✓ **Running Shoes**
  - Properly fitted and broken-in (Avoid brand-new shoes)
- ✓ **Hat or Visor (optional)**
  - Sun protection and keeping hair/sweat out of face
- ✓ **Sunglasses**
  - UV-protective and non-slip design to reduce glare



# OPTIONAL RUNNING GEAR



## Wireless Headphones or Earbuds

Listen to music, podcasts, or motivational playlist to stay focused (if race rules allow).



## Belt or Bib Holder

Skip the safety pins. Use a belt to hold your race bib, gels, or phone without damaging your shirt.



## Small Running Pack or Waist Pouch

Great for carrying keys, ID, energy gels, and personal items without bouncing.



## Lightweight Gloves

On chilly days, light gloves keep your hands warm without overheating the rest of your body.



## Sunglasses

UV-protective and non-slip frames help with visibility and eye protection in bright conditions.



## Compression Socks and Sleeves

Compression aids circulation and reduces muscle fatigue both during and after the race.



## Anti-Chafing Balm or Tape

Apply to reduce chafing and blisters on inner thighs, underarms, and feet.



## Lip Balm with SPF

Protects against sunburn and wind exposure, especially during longer races.

# TECHNOLOGY & TRACKING



**GPS watch or  
running app**

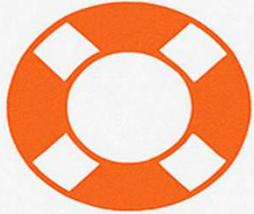


**Heart rate  
monitor**  
(if used in training)

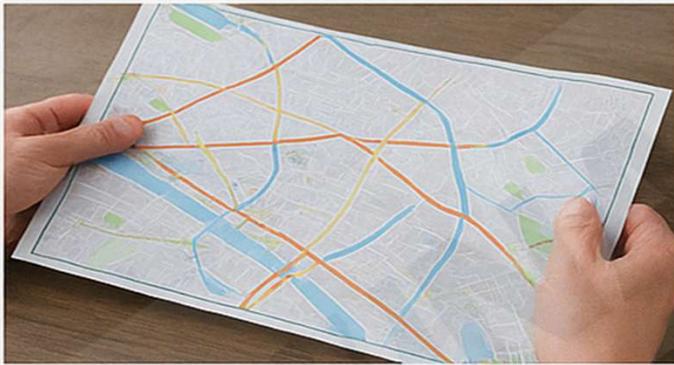
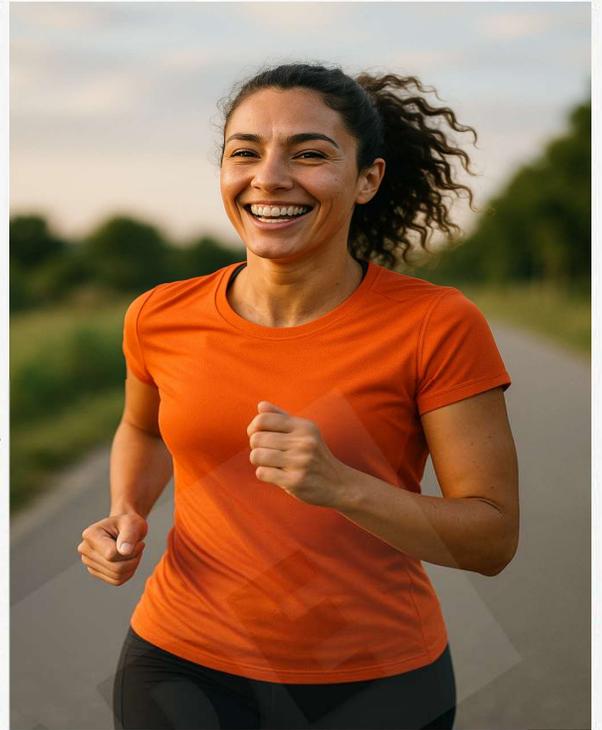


**Headlamp or  
reflective gear**

# RACE DAY RUNNER'S TOOLKIT



## RACE DAY SAFETY TIPS



**LISTEN TO RACE  
OFFICIALS**



**CARRY ID OR  
EMERGENCY CONTACT  
CARD**

**STAY ALERT &  
WATCH YOUR FOOTING**

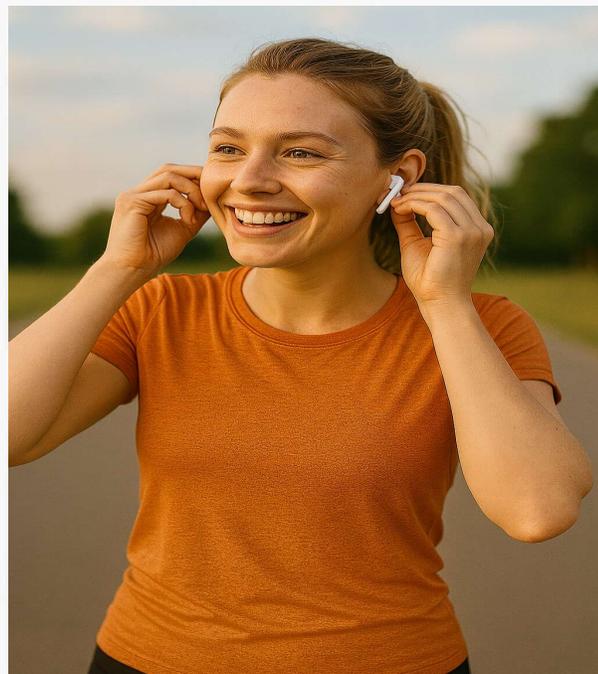


**IF YOU DON'T FEEL WELL,  
SLOW DOWN OR STOP**



# RACE DAY RUNNER'S TOOLKIT

## MENTAL PREPARATION & MOTIVATION



### PRE-RACE VISUALIZATION

Picture yourself running strong and confidently on race day to reinforce positive mental imagery.



### SET REALISTIC GOALS

Establish achievable race goals to maintain motivation and focus.

### POSITIVE SELF-TALK

Use affirmations like “i can do this” to boost confidence and combat negative thoughts.



### BREATHING EXERCISES

Practice deep breathing to calm your mind and body, reducing pre-race anxiety

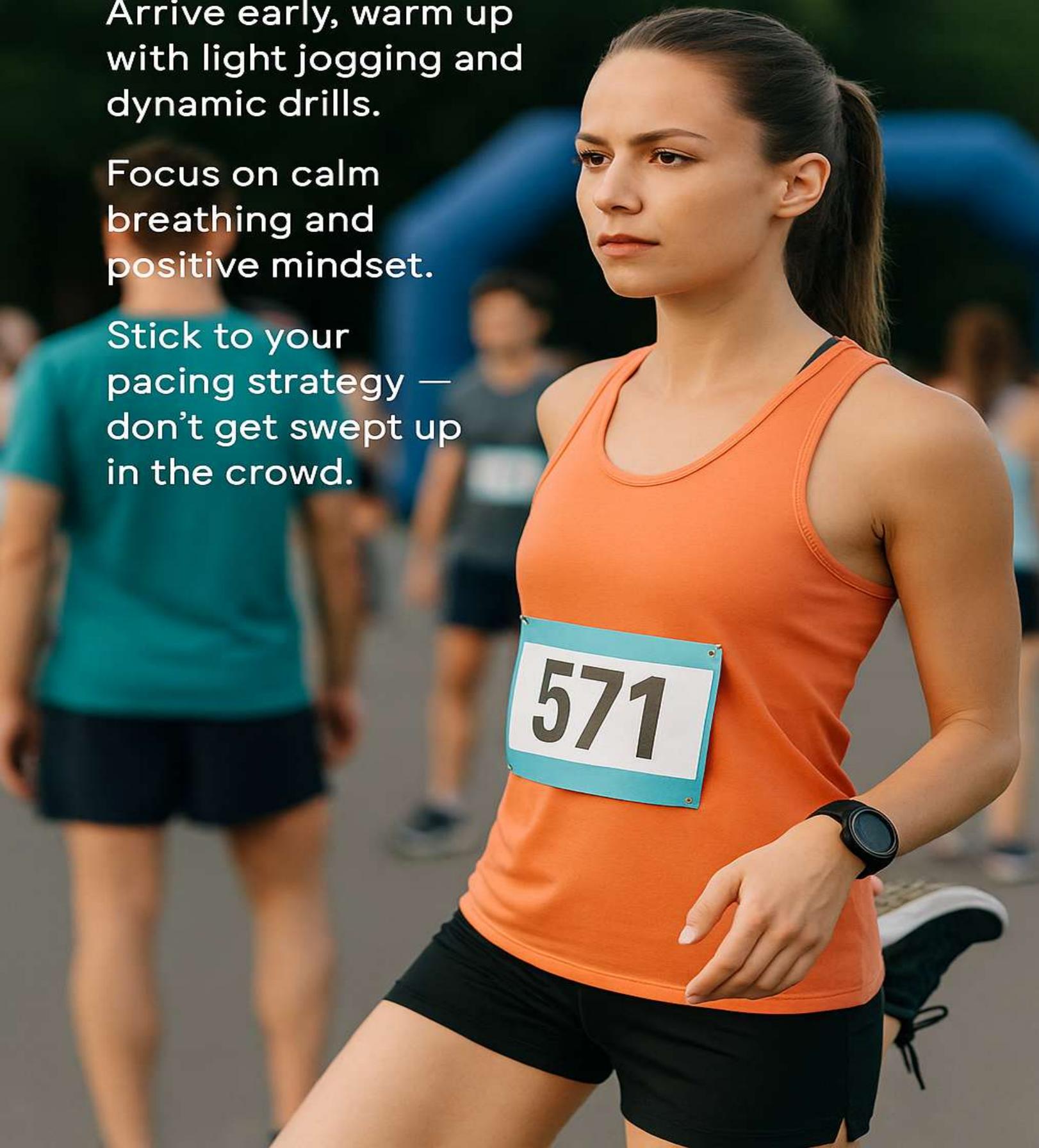


# 🕒 Race Morning

Arrive early, warm up with light jogging and dynamic drills.

Focus on calm breathing and positive mindset.

Stick to your pacing strategy — don't get swept up in the crowd.





# RACE STRATEGY TIPS

Mile	Strategy
1	Start relaxed, find your rhythm
2	Maintain target pace
3	Push strong, use mantras
3.1	Sprint to the Finish Line!



## SAMPLE 5K FINISH TIMES & PACING

Goal Time	Avg. Pace Per Mile
20.00	6:26
25.00	8:03
30:00	9:39
35:00	11:16
40:00	12:52

# RACE PREP ROUTINE

Tips for a smooth and successful 5K

## RACE WEEK TIMELINE

- ✓ Get plenty of rest.
- ✓ Eat nutritious, carb-rich foods.
- ✓ Review key race details, course, and weather forecast.
- ✓ Hydrate well throughout the week.

## RACE MORNING ROUTINE

- ✓ Eat light, familiar breakfast with good hydration.
- ✓ Dress in race attire with bib and timing chip.
- ✓ Do a short, easy warm-up.
- ✓ Use bathroom before leaving.
- ✓ Stay positive!

## MENTAL PREPARATION & MOTIVATION

- ✓ Approach the Start Line with confidence.
- ✓ Breathe deep and relax.
- ✓ Turn nerves into excitement.
- ✓ Avoid comparisons with others.
- ✓ Focus on your race goals.

## NIGHT BEFORE CHECKLIST

- ✓ Set out your clothes, gear, and bib.
- ✓ Charge your watch and headphones.
- ✓ Set your alarm for early wake-up.
- ✓ Do a short, easy warm-up. (see below)
- ✓ Stay positive!

## WARM-UP & STRETCHING ROUTINE

- ✓ Jog for 5-10 minutes
- ✓ Do dynamic stretches (arm & leg swings, lunges)
- ✓ Perform short bursts at race pace

# STAY POSITIVE!



# MOTIVATIONAL RACE DAY PLAYLIST



Get pumped. Stay strong. Finish proud.

Whether you're setting your pace or pushing through that final stretch, music can make all the difference. This curated playlist mixes high-energy beats, Powerful lyrics, and rhythmic motivation to you from start to finish.



## Pre-Race Warm-Up Vibes

Eye of the Tiger · Survivor  
Run the World (Girls) · Beyoncé  
Lose Yourself · Eminem  
Can't Hold Us · Macklemore & Ryan Lewis  
On Top of the World · Imagine Dragons



## Mid-Race Momentum

Stronger · Kanye West  
Don't Start Now · Dua Lipa  
Blinding Lights · The Weeknd  
Can't Stop the Feeling! · Justin Timberlake  
Levitating · Dua Lipa ft. DaBaby



## Final Kick Finish Line Boost

Titanium · David Guetta ft. Sia  
Uptown Funk · Bruno Mars  
Born to Run · Bruce Springsteen  
High Hopes · Panic! At The Disco  
Hall of Fame · The Script ft. will.i.am





# WARM-UP & STRETCHING ROUTINES

## WARM-UP

- ✓ Increases heart rate & blood flow
- ✓ Prepares muscles and joints for race pace
- ✓ Helps prevent injuries
- ✓ Key to mental preparation

### The Routine



**3-5 minutes of In-Place**  
Dynamic exercises  
Leg Swings, Arm Windmills,  
Lunges, High Knee Kicks, Toe  
Touch, Torso Twists



**Stretching**  
Quadricep, Calf and Hip  
Flexors, Hamstring Stretch  
and Slow Squats

## STRETCHING



### In-Motion Exercise

- ✓ Short distance bursts – 50 meters at fast race pace followed by walking recovery
- ✓ 5-10 minutes of easy jogging



# SKIN & SUN CARE TIPS



## CHOOSE A HIGH SPF



- ✓ Use a broad-spectrum sunscreen with SPF-30 or higher.
- ✓ Ensure water and sweat resistant.

## APPLY SUNSCREEN PROPERLY



- ✓ Apply liberally to all exposed skin 40 minutes before the race.
- ✓ Don't forget areas like ears, neck, tops of legs, and back of knees.

## PROTECT YOUR FACE



- ✓ Wear a hat or visor to shield your face from
- ✓ Consider sport sunglasses with UV protection.

## TRY SPF CLOTHING



- ✓ Wear lightweight, moisture wicking clothing with UPF for added protection.

## USE ANTI-CHAFING PRODUCTS



- ✓ Apply to areas prone to chafing, the inner thighs and underarms.
- ✓ Note products can reduce sores.

## REAPPLY DURING THE RACE



- ✓ If possible, reapply chafing and sunscreen every two or more if needed.
- ✓ Use convenient travel-size tubes.

## USE LIP BALM WITH SPF



- ✓ Protect your lips from sunburn with a balm with SPF 25 or higher.
- ✓ Apply often as it can wear off quickly.

## TREAT YOUR SKIN AFTERWARD



- ✓ Apply aloe or other skin conditioners.

# FUEL & HYDRATION FOR RACE DAY

## Power Your Performance. Hydrate Like a Pro.

Smart fueling and hydration can prevent cramps, boost energy, and help you cross the finish line strong.



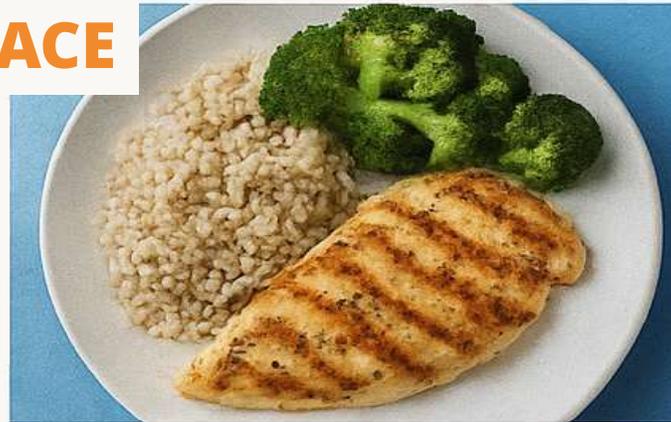
### DAY BEFORE THE RACE

✓ **Hydrate Early:** Drink water steadily throughout the day – aim for half your body weight in ounces.

✓ **Skip Alcohol:** It dehydrates your body and disrupts sleep.

✓ **Eat Balanced Meals.** Focus on complex carbs (brown rice, pasta), lean proteins (chicken, tofu), and healthy fats (avocado, olive oil).

✓ **Avoid New Foods:** Stick with food that your body knows to avoid any GI issues.



### RACE MORNING

✓ **Eat 2-3 hours before the race:** Eat a light, carb-rich breakfast 1-2 hours before the race (oatmeal, bagel, banana, yogurt smoothie, low-fiber cereal)

✓ **Before the Race:** Drink 6-16 ounces of water 1-2 hours before you run.

✓ **No sugar crash.** Avoid sugary, heavy, or greasy foods.



# HYDRATION DURING THE RACE

**Stay Fueled. Stay Focused. Finish Strong.**

Smart hydration strategies help maintain energy, prevent cramps, and support peak performance from start to finish.



## BEFORE THE START LINE

💧 **Pre-Hydrate:** Drink 8–16 oz of water 1–2 hours before race. Sip, don't chug.

**Skip sugary drinks or excess caffeine:** These can dehydrate or upset your stomach.



## DURING THE RACE

🕒 **Sip regularly:** Drink small amounts every 15–20 minutes, especially in hot or humid weather.

### Water vs Electrolytes:

- For races under 60 minutes, water is enough.
- For longer runs, add electrolytes (sports drinks, hydration tabs) to replenish sodium and potassium.

🕒 **Don't overdrink:** Too much water can cause bloating or hyponatremia (low sodium).



## KNOW YOUR BODY

Every runner is different – practice your hydration strategy during training, not just on race day.

# FUEL & HYDRATION AFTER THE RACE

## Refuel, Rehydrate. Recover Like a Pro.

Proper recovery can reduce muscle soreness, restore energy levels, and recharge your body.



### RIGHT AFTER THE RACE

- ◆ **Replenish fluids:** Have water or a low-sugar sports drink right after finishing.
- ◆ **Refuel soon:** Eat a snack with carbs and protein within an hour.



### POST-RACE



**Eat a meal:**  
Refuel with a nutrient-rich meal of carbs and protein.

**Continue hydrating:**  
Drink water steadily – your urine should be pale yellow.



# RUNNING APPS



**Strava**



**Runkeeper**



**MapMyRun**

# MOTIVATIONAL QUOTES FOR RUNNERS ⚡

“ The miracle isn't that I finished.  
The miracle is that I had the  
courage to start.

– John Bingham

“ Your body will argue that there is no  
justifiable reason to continue.  
Your only recourse is to call on your  
spirit.

– PattiSue Plumer

“ Running teaches us that we are  
capable of so much more than we  
ever imagined.

– Unknown

“ Pain is temporary.  
Pride is forever.

– Unknown

“ Don't dream of winning.  
Train for it.

– Mo Farah



# KEEP GOING



# Comprehensive Running Terms Glossary

## ✿ Fundamental Terms

- **5K / 10K / Half-Marathon / Marathon** – Common race distances: 5K (3.1 miles), 10K (6.2 miles), Half-Marathon (13.1 miles), Marathon (26.2 miles).
- **PR (Personal Record)** – Your fastest time at a given distance.
- **PB (Personal Best)** – Same as PR; more commonly used internationally.
- **Pace** – The time it takes to run one mile or kilometer (e.g., 9:00 min/mile).
- **Splits** – The times for specific segments of a run (e.g., each mile in a 5K).
- **Negative Split** – Running the second half of a run or race faster than the first.
- **Chip Time** – Official race time measured from when you cross the start line to when you cross the finish line.
- **Gun Time** – Time measured from the official start signal (regardless of when you cross the start line).



## Training Types

- **Easy Run** – Comfortable pace where conversation is possible.
- **Tempo Run** (Threshold Run) – Sustained effort at a “comfortably hard” pace just below your anaerobic threshold.
- **Long Run** – The longest run of the week, building endurance.
- **Intervals** – Repeated bouts of fast running with rest or jogging in between.
- **Fartlek** – Swedish for “speed play”; unstructured intervals of faster running mixed with easy effort.
- **Progression Run** – A run that starts easy and finishes at a faster pace.
- **Strides** – Short bursts (20–30 seconds) of fast running used to improve running form and leg turnover.
- **Recovery Run** – A short, easy-paced run after a hard effort or race.
- **Cross-Training (XT)** – Low-impact activities like cycling, swimming, or rowing that support running fitness.



# Comprehensive Running Terms Glossary (Continued)

## 🧠 Performance & Metrics

- **VO<sub>2</sub> Max** – The maximum rate your body can use oxygen; a measure of aerobic fitness.
- **Lactate Threshold** – The point at which lactic acid begins to accumulate in the muscles; key marker for tempo effort.
- **Cadence** – Steps per minute. Higher cadence (around 170–180) often indicates better running efficiency.
- **Stride Length** – The distance covered with each running step.
- **Heart Rate Zones** – Training ranges based on beats per minute (BPM) that guide intensity.
- **RPE (Rate of Perceived Exertion)** – A 1–10 scale used to subjectively gauge workout intensity.

## 💡 Gear & Gadgets

- **Running Shoes** – Footwear designed for performance, often categorized as neutral, stability, or motion control.
- **Drop (Heel-to-Toe Drop)** – The difference in cushioning between the heel and the forefoot of a shoe.
- **GPS Watch** – A tool to track pace, distance, and other metrics.
- **Hydration Belt / Vest** – Gear to carry fluids on longer runs.
- **Chafe Balm** – Anti-friction balm used to prevent skin irritation.
- **Technical Fabric** – Moisture-wicking, breathable fabric designed for athletic wear.



# Comprehensive Running Terms Glossary (Continued)



## Race Day Vocabulary

- **Corral** – Designated area at the start line based on expected pace or finish time.
- **Pacer** – A runner who maintains a consistent speed to help others hit a goal time.
- **Bib Number** – The numbered tag each runner wears during a race.
- **Aid Station** – Locations along a race course with water, electrolytes, and sometimes fuel.
- **DNF** (Did Not Finish) – When a runner starts but doesn't complete the race.
- **DNS** (Did Not Start) – When a registered runner does not start the race.
- **Taper** – A reduction in training volume leading up to race day to allow for recovery.
- **Warm-Up / Cool-Down** – Easy running or mobility work before and after a workout or race.



## Injury & Recovery Terms

- **Runner's Knee (Patellofemoral Pain Syndrome)** – Pain around the kneecap, often from overuse.
- **Shin Splints** – Pain along the shinbone, common in newer runners.
- **Plantar Fasciitis** – Inflammation of the tissue along the bottom of the foot.
- **DOMS** (Delayed Onset Muscle Soreness) – Muscle soreness 24–72 hours after intense effort.
- **Foam Rolling** – Self-myofascial release technique for muscle recovery.
- **Ice Bath** – Cold-water immersion used to reduce inflammation post-run.



# Comprehensive Running Terms Glossary (Continued)

## Training Periodization Terms

- **Base Phase** – Building aerobic fitness with easy mileage.
- **Build Phase** – Adding intensity, speed, and race-specific workouts.
- **Peak Phase** – Highest intensity and race-specific volume before tapering.
- **Recovery Phase** – Reduced volume post-race to allow full physical and mental recovery.

## Biomechanics & Form

- **Footstrike** – The part of your foot that contacts the ground first (heel, midfoot, forefoot).
- **Overstriding** – When your foot lands too far ahead of your center of mass, often causing inefficiency.
- **Hip Drive** – Forward propulsion generated by powerful glute and hip activation.
- **Arm Swing** – Controlled backward-forward motion that balances leg movement.

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## 💬 Slang & Lingo

- **The Wall** – A point during long-distance running where energy levels crash.
- **Bonking** – Severe energy depletion due to low glycogen.
- **Runner's High** – Euphoria caused by endorphins released during long or intense runs.
- **Rabbit** – A runner who sets a fast pace early, often unsustainably.
- **Bandit** – Someone who runs a race without registering.
- **Dead Legs** – The sensation of heaviness or fatigue in the legs during a run.
- **CR (Course Record)** – Fastest time ever recorded on a specific course.
- **BQ (Boston Qualifier)** – A race time that meets the standards to enter the Boston Marathon.

# BIB MEMORY SHEET

5K

NO. \_\_\_\_\_

- Write down your finishing time, thoughts, and memories from your race.



# RACE NOTES & REFLECTIONS



RUNWAGADE

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# FINISHER CERTIFICATE

This certifies that

**NAME HERE**

**Successfully completed  
the 5K race!**

**RACE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**Congratulations on a great race**



# RACE GOAL TRACKER

- Track your 5K race result against your target time

**RACE:** \_\_\_\_\_

**START TIME:** \_\_\_\_\_

**FINISH TIME:** \_\_\_\_\_

**DISTANCE:** \_\_\_\_\_

**PACE:** \_\_\_\_\_

# RUNAGADE<sup>TM</sup>

*RUN Wild. RUN Free.*

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