

Hit the ground running with this six-week workshop that will help you cross the finish line into a lifestyle of optimal health and well-being.

Course Description

If you are interested in running a 5K, 10K, ½ marathon or marathon, this course will guide you through a simple, easy to understand six-week workshop designed to enhance your running lifestyle. You might not have the genetic endowment to set a world record, but you should be able to compete safely and successfully with the information from this class and proper training.

Should you begin a running program? It's up to you. If you are currently running for health and general fitness, then exercising at your target heart rate for 20-30 minutes 3 to 4 days per week will provide you with sufficient exercise to benefit your cardiovascular system. But if running is beginning to mean more to you, if you are looking for a major physical challenge, and if you are willing to make a commitment in time and effort, then this course will help you focus and train for a local, regional or national race.

Instructor

This course will be provided through Brian Konzelman, founder of Living Strong Fitness Training (www.livingstrong.org), and instructed by Chris Rasmussen, Certified Strength & Conditioning Specialist. Chris has completed several marathons, half-marathons, 10K's and 5K's and is eager to share his experiences. Contact Chris at Chris_Rasmussen@baylor.edu.

Location

The Classes will be held at the LIVING STRONG FITNESS TRAINING CENTER, located just 4 minutes from MCC at The Village Green Center, 4315 Lake Shore Drive. For directions visit the "OUR FACILITY" link at the www.livingstrong.org website.

Text

RUNNER'S WORLD COMPLETE BOOK OF RUNNING – **Everything You Need to Know to Run for Fun, Fitness, and Competition**, Amby Burfoot Ed., May 2004, ISBN 1-57954-929-2. Available at Barnes's & Noble Booksellers, Books-A-Million or from www.amazon.com. Get your copy early and read Chapter 1 before the first class.

Week 1

An introduction and summary leading to a running lifestyle

- Physician clearance
- Define "Running"
- Compete with yourself

Assignments:

- 1.) Read Chapter 4 & Part 6 of text
- 2.) Web site research: www.runnersworld.com

Week 2

Goal Setting and Record Keeping

- Behavior vs. Outcome goals

- Formulating an exercise log
- Exercise adherence

Assignments:

- 1) Read Part 3 of text
- 2) Formulate an exercise log & begin using it!
- 3) Select and enter an event: www.wacostriders.com

Week 3

Basic Exercise Physiology/Injury prevention

- Aerobic exercise
- Anaerobic exercise
- Stretching

Assignment:

- 1) Read Chapter 3 of text

Week 4

Equipment and Safety

- Gear selection
- Safety tips

Assignment:

- 1) Read Part 5 & 7 of text

Week 5

Proper Training

- Principles of training
- Phases of a workout
- Types of training

Assignment:

- 1) Read Part 2 of text

Week 6

Sport Nutrition

- Pre, during and post-exercise nutrition
- Nutritional supplementation
- Ergogenic aids