

WEEK 1 WORKOUT

REMEMBER: Don't skip your warm-up and cool down. You can follow along with an entire warm up and cool down demonstration by going to: www.LoudounSportsTherapy.com/video/10-25-warm-up-and-cool-down-demo

Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.

	<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<u>WARM UP</u>	5-10 min walk & stretch	5-10 min walk & stretch	5-10 min walk & stretch
<u>RUNNING TIME</u>	30 seconds running	45 seconds running	1 min running
<u>RECOVERY</u>	2 min walk	2 min walk	W min walk
<u>WORKOUT TIME</u>	20 min.	44 min	36 min
<u>COOL DOWN</u>	5-10 min walk & stretch	5-10 min walk & stretch	5-10 min walk & stretch

At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of successfully completing a 5K whether that's in an organized race or around your neighborhood. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.



703-450-4300

21251 Ridgetop Circle, Suite 140, Sterling, VA 20166
www.loudounsportstherapy.com