

NIAGARA FALLS WOMEN'S HALF MARATHON 5K TRAINING PROGRAM

MONEY BACK GUARANTEE!

Great! You have decided to run or walk our Niagara Falls Women's 5K on Sunday, June 3. You will be going past The Falls TWICE!

Race Director Ross, has been around the running game for many years, as an athlete, helper, coach, volunteer and cheer-er. The following few suggestions will get you to the Finish Line.

*The toughest part of any training program is the first step, so go lace up your running shoes!

*Try to find a training buddy, as this has proven to be a motivator.

*Push yourself each time, but not too much.

Now, **GET STARTED!** Take the first step, and enjoy the exercise, the fresh air, and the sense of improvement. Don't forget to bring some fans to cheer for you on June 3rd!

ON YOUR FIRST DAY:

Stretch your legs. Start to jog or run. When you get a bit tired, walk. When rested, jog/run a bit more. Then walk. Repeat this pattern for 15 or 20 minutes. If you feel good you may be able to continue for a little longer. This will depend how you feel, and if you are a total beginner or have perhaps been doing other forms of exercise.

SET UP A SCHEDULE:

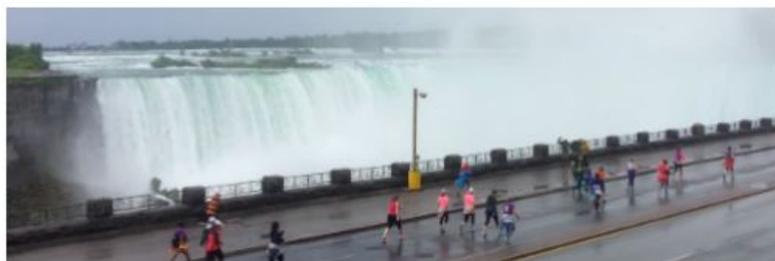
Try to get out and exercise at least 3 times per week. Maybe 4 or 5. Take at least 2 days off per week. Gradually increase the time and distance you jog or run or walk. And, each week, go a wee bit faster.

The best way to keep on track with training is to create a weekly exercise schedule. Make sure to schedule your training during a convenient, non distracting time of your day. This will help you stay on course and not make excuses to skip your training days.

JUNE 3, 2018 - YOU MADE IT

Remember your goal and you GOT THIS! There will be thousands of other women just like you who have trained hard and will be walking or running past the finish line! Think how great you will feel knowing you had a goal, created a plan and stuck to it. We believe in you! Now go start training!

Our 5K time limit will be 75 minutes. This will allow for a leisurely walk pace all the way.



Let us know how your #NFWHMtraining is going on our Niagara Falls Women's Half Marathon facebook page!