



*Race Prep
& Fitness Guide*

with contributions from the
Mary Kay Wellness & Product Teams

We envision a world where women are empowered, healthy and safe

Congratulations on making the exciting decision to run a 5K! Whether you are here to simply support the amazing work of Mary Kay Ash Foundation or you actually want to accomplish the physical feat of running a 5K, we want to make sure you are set up for success. With little training and a lot of “YES I CAN” attitude, we believe nearly everyone can achieve the wonderful goal of finishing a 5K race. We have gathered Mary Kay Inc. experts in both wellness and beauty to create a guide that will help you train, eat, and primp to perfection for your big day! We hope you find these suggestions helpful and wish you the best of luck on race day! Happy running!

In true Mary Kay Ash style, here are the SIX MOST IMPORTANT THINGS that you can do to make your 5K a success:

- 1 PICK A FRIEND** and make it your goal to run a 5K together. Running with a friend will make your goal to train and finish the MK5K race easier and a lot more fun! You can use each other to stay accountable and motivated. Get your entire team involved for group fun!
- 2 DEDICATE TIME** because training for any fitness goal takes a time commitment. Talk to your friends and family ask them to support and help you accomplish this amazing goal you’ve set for yourself! Once you cross that finish line, you will be so happy with the time you set aside to run a successful race.
- 3 CREATE GOALS** and write them down. It’s also helps to print the training calendar in this guide and hang it somewhere you can cross off your daily training goals.
- 4 YES YOU CAN...** if you believe in yourself, you can accomplish anything. The first step is always the hardest, but once you are going, you will finish the MK5K in no time!
- 5 DREAM BIG** by making the commitment to accomplish this incredible feat for yourself. It could even change your life and you’ll be so proud you did!
- 6 FOLLOW THE GUIDE** for expert suggestions. Feel strong, feel healthy, feel beautiful by following the recommended steps in this guide to optimize your training for your 5K goals!

Together we can make a difference. Together we can finish the MK5K!

MARY KAY ASH FOUNDATION



Guided by Mary Kay Ash’s dream to enrich the lives of women everywhere, the Mary Kay Ash FoundationSM raises and distributes funds to invest in breakthrough cancer research and clinical trials to find a cure for women-related cancers and ending gender-based violence against women and girls.

Since 1996, the Mary Kay Ash Foundation has contributed more than \$80 million to organizations aligned with its two-fold mission. In addition, the Foundation supports awareness initiatives, community outreach programs, and advocates for legislation to ensure women are healthy and safe. Through our global charitable foundations in Brazil, Canada, China and the United States, we are collectively making a deeper impact on the lives of women around the world.

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Training

IMPORTANCE OF TRAINING

The best way to cross the finish line strong is with some well-planned prep. For both seasoned runners and those gearing up for their first race. It's also a great opportunity to make healthy changes to your routine that will support you in your fitness goals and overall well-being.

Training helps you not just get better at running, but also get stronger for running and for anything else that comes your way. In this guide, we cover how to prevent injuries, stretch, strength train for the upcoming MK5K. We have also included several 5k training plans to help you crush it on race day.

Have any health-related issues giving you pause before you start your training? Reach out to your doctor to better understand whether training for a 5K is right for you!



**5K
TRAINING
PLANS**

BEGINNER 5K TRAINING PLAN

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	REPEAT 3x run 5 min; walk 1 min	STRENGTH WORKOUT	REPEAT 3x run 6 min; walk 1 min	REST	REPEAT 3x run 7 min; walk 1 min	STRENGTH WORKOUT	REST
WEEK 2	REPEAT 3x run 7 min; walk 1 min	STRENGTH WORKOUT	START run 8 min; walk 1 min REPEAT 3x run hard 1 min; walk 2 min FINISH run 7 min; walk 1 min	REST	REPEAT 3x run 9 min; walk 1 min	STRENGTH WORKOUT	REST
WEEK 3	REPEAT 2x run 10 min; walk 1 min	STRENGTH WORKOUT	REPEAT 4x run 12 min; walk 1 min run hard 1 min; walk 2 min	REST	REPEAT 2x run 13 min; walk 1 min	STRENGTH WORKOUT	REST
WEEK 4	REPEAT 2x run 15 min; walk 1 min	STRENGTH WORKOUT	START run 17 min; walk 1 min REPEAT 2x run hard 1 min; walk 2 min	REST	RUN 19 MINUTES walk 1 min; run 7 min	STRENGTH WORKOUT	REST
WEEK 5	RUN 20 MINUTES walk 1 min run 6 min	STRENGTH WORKOUT	REPEAT 3x run 15 min; walk 1 min run hard 1 min; walk 2 min	REST	RUN 26 MINUTES	STRENGTH WORKOUT	REST
WEEK 6	REPEAT 2x run 20 min; walk 1 min run hard 1 min; walk 2 min	STRENGTH WORKOUT	RUN 30 MINUTES	REST	RUN 20 MINUTES	REST	

For more information, visit www.verywellfit.com/six-week-5k-training-schedule

INTERMEDIATE 5K TRAINING PLAN

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	CROSSTRAIN 40 min	TREADMILL 25 min; 2 hill repeats	REST	INTERVALS x3 4 min @ 5K effort; 2 min EP	REST	LONG RUN 5 miles	EASY-PACE 3 miles
WEEK 2	CROSSTRAIN 40 min	TREADMILL 30 min; 3 hill repeats	REST	INTERVALS x4 4 min @ 5K effort; 2 min EP	REST	LONG RUN 7 miles	EASY-PACE 3 miles
WEEK 3	CROSSTRAIN 40 min	TREADMILL 25 min; 3 hill repeats	REST	INTERVALS x4 4 min @ 5K effort; 2 min EP	REST	LONG RUN 6 miles	EASY-PACE 3 miles
WEEK 4	CROSSTRAIN 40 min	TREADMILL 25 min; 4 hill repeats	REST	INTERVALS x4 4 min @ 5K effort; 2 min EP	REST	LONG RUN 7 miles	EASY-PACE 3 miles
WEEK 5	CROSSTRAIN 40 min	TREADMILL 25 min; 4 hill repeats	REST	INTERVALS x4 4 min @ 5K effort; 2 min EP	REST	LONG RUN 6 miles	EASY-PACE 3 miles
WEEK 6	CROSSTRAIN 30 min	REST	TREADMILL 20 min	REST	EASY-PACE 3 miles	REST	

For more information, visit www.verywellfit.com/six-week-5k-training-schedule

ADVANCED 5K TRAINING PLAN

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	CROSSTRAIN 40 min	TREADMILL 25 min; 3 hill repeats	EASY RUN 3-4 miles	INTERVALS x3 5 min @ 5K effort	REST	LONG RUN 5 miles	EASY RUN 3 miles
WEEK 2	CROSSTRAIN 45 min	TREADMILL 30 min; 4 hill repeats	EASY RUN 3-4 miles	INTERVALS x4 5 min @ 5K effort	REST	LONG RUN 8 miles	EASY RUN 3 miles
WEEK 3	CROSSTRAIN 40 min	TREADMILL 25 min; 4 hill repeats	EASY RUN 3-4 miles	INTERVALS x3 5 min @ 5K effort	REST	LONG RUN 7 miles	EASY RUN 3 miles
WEEK 4	CROSSTRAIN 30 min	REST	TREADMILL 20 min	REST	EASY RUN 2-3 miles	REST	

For more information, visit www.verywellfit.com/six-week-5k-training-schedule

TRAINING TIPS

INJURY PREVENTION

Prevention is much easier than treatment. It's easy to make excuses when you have a busy schedule, but even just 20 minutes of focused injury prevention efforts can dramatically reduce your risk of running injuries.

THINGS TO REMEMBER

- **Warm up before running.** Include plenty of slow and sustained stretches. Make sure you thoroughly stretch the muscles in your thighs and calves.
- **Cool down after running.** Incorporate stretches into your cool-down routine.
- **Drink plenty of water** before, during and after your run.
- **Wear Correct Footwear** - Professionally fitted shoes designed for running will support your feet and reduce your risk of injury.
- **Contact your Doctor** – If you have any preexisting injuries or underlying health issues that might increase your likelihood for injury, be sure to reach out to your doctor first to understand how to modify your training routine to assist in preventing further/new injuries.



STRETCHING

WHY SHOULD YOU ALWAYS STRETCH?

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.



BEST STRETCHES FOR RUNNERS

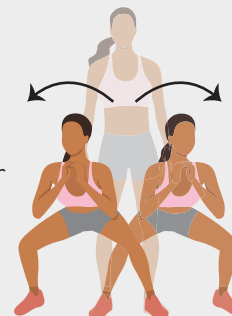
Standing Quad/Hip Flexor Stretch

Stand tall and engage your core. Bend your right leg to bring right heel up toward your right glute and grasp your right ankle with your right hand. Pull your ankle into your glute while simultaneously tucking your tailbone down towards the ground, trying to posteriorly tilt your pelvis. You should feel the stretch along the length of your quad up into the front of your hips. Hold for a breath, then repeat on the other side. Keep alternative as quickly as possible.



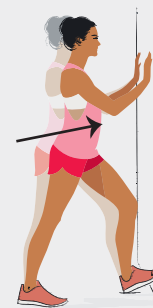
Lateral Squat Stretch

Stand tall with your feet wide apart and your toes pointing forward. Clasp your hands in front of chest for balance. Shift your weight onto your right foot and bend right knee as you send hips back as though you were going to sit in a chair while keeping the left leg straight. Make sure your right knee does not move forward past your right toes. Aim to get your right thigh as horizontal as possible. You should feel a stretch along the muscles of your left inner thigh. Hold this position for 5 seconds, then switch to the other side. Repeat for 60 seconds.



Standing Dynamic Hamstring/Calf Stretch

Stand with feet hip-distance apart. Place the heel of the right foot about 12 inches in front of you and flex the foot. Keeping the right leg straight, shift your weight onto the left leg while bending it slightly at the knee, and send your hips back—you should feel a stretch down the back of your right leg. Stay in this position and point the right foot, hold for 5 seconds, then flex the foot for 5 seconds. Repeat this 3 times per leg.



STRENGTH TRAINING

Strength training is an essential supplement to a runner's roadwork because it strengthens muscles and joints, which can improve race times and decrease injury risk.

BENEFITS FOR RUNNERS

- It strengthens muscles, joints and bones. High impact activity can take a toll on joints as we age.
- It decreases injuries.
- It increases endurance.
- It helps you gain more speed.

If you want to perform at your full potential, you need to take a comprehensive approach to running. That means targeting areas of fitness you may not normally pay attention to, like flexibility, balance, mobility, and strength.

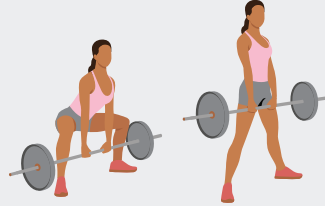
There are different ways to choose a weight training program. But if your goal is to improve your running performance, you should select a training program that aligns with your fitness level to minimize the risk of injury.

- **Endurance strength training and functional training:** These are good choices for anyone at any fitness level. You can modify almost every exercise for beginning to advanced level exercisers.
- **Plyometrics:** Plyometrics however, are generally more advanced movements and involve slightly more risk. While they can provide benefits, these exercises are best suited for those with more experience.
- **Bodyweight:** If you can't get to the gym regularly or don't have weights at home, then endurance training with weights may not be the best choice. However, bodyweight exercises can be performed anywhere with little to no equipment.

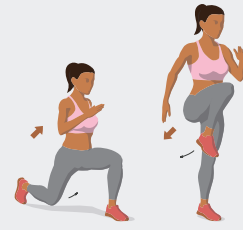
BEST STRENGTH TRAINING EXERCISES FOR RUNNERS



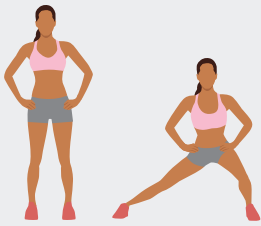
SQUATS



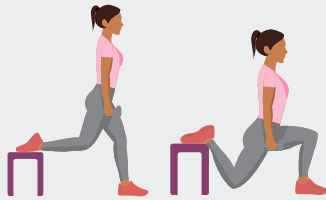
DEADLIFTS



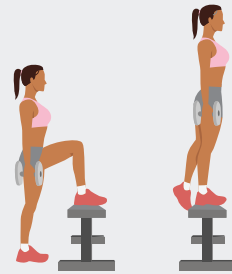
**FORWARD AND
REVERSE LUNGES**



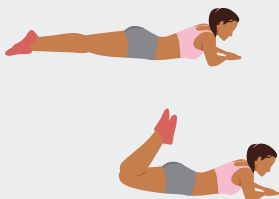
LATERAL LUNGES



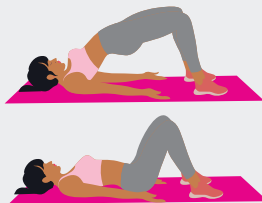
**BULGARIAN SPLIT
SQUATS**



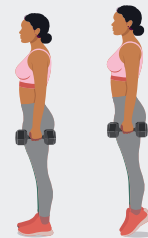
STEPS UPS



HAMSTRING CURLS



GLUTE BRIDGES



CALF RAISES

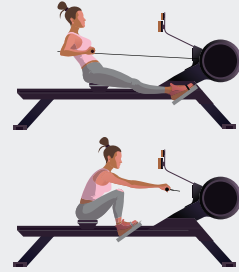
BEST STRENGTH TRAINING EXERCISES FOR RUNNERS



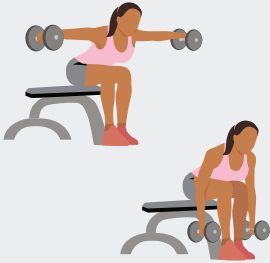
PUSH-UPS



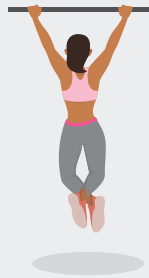
PLANKS



ROWS



REVERSE FLY



PULL-UPS



BIRD DOG



V-UPS

Nutrition

IMPORTANCE OF NUTRITION

While exercising is key to preparing your body for the run, so is a proper nutrition. What you feed your body will heavily influence your ability to finish the race strong.

Getting the right balance of quality carbs, proteins, and fats will help optimize your overall performance. Too much or too little can mean a slowdown, which won't benefit you. Here's what you should plan on when it comes to your intake of these major macronutrients.

Protein: An essential component in your body, protein helps you build and repair muscle, which is important when training for a 5K. Plan on eating approximately 0.5 grams of protein per pound of your body weight, and that should be enough to sustain you. Your ideal protein options are lean proteins, such as lean beef, poultry, and fish.



Carbohydrates: We've pretty much all heard the term "Carb-Loading" from athletes and gym rats alike. Runners, especially, typically steer toward eating many carbs to sustain their energy. However, if you're training for a 5K, you don't need an enormous boost in carbs. Try to keep your daily carbohydrate intake to approximately 2.5 grams per pound of your body weight. Additionally, you'll want to opt for whole grains where possible, such as sweet potatoes, squash, brown rice, and quinoa.



Fats: Not all fat is bad for your body. In fact, unsaturated fats provide vitamin absorption support, and some can even help reduce inflammation and help you recover. Great examples of healthy fatty foods to include in your diet include salmon, nuts, and avocado.



This is general nutrition information intended to provide context into how the food we eat fuels our bodies, but for personalized nutrition information, please be sure to reach out to our doctor or nutritionist!

MEAL IDEAS



BREAKFAST

Yogurt and Granola Bowl

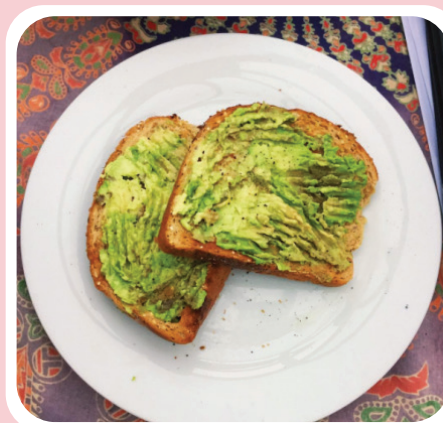
- 1 cup non-fat plain Greek yogurt
- 1-2 Tbsp honey
- 1/3 cup granola cereal

Add berries, if desired



Avocado Toast

- Mash 1/2 avocado with fork
- Drizzle 1 Tbsp olive oil and 1 tsp lemon juice. Sprinkle with 1/2 tsp salt.
- Put on toasted whole grain bread



Southwest Egg Scramble

- 1 Egg and 2 Egg Whites
- Chopped Veggies
- Sprinkle with mozzarella cheese

Add 1/2 avocado on top, if desired



LUNCH

Chicken and Cheese Quesadilla

- 1 cup shredded chicken
- 1/4 cup light shredded cheese
- 1 whole wheat tortilla



Chicken and Quinoa

- 1 cup rotisserie chicken
- 1/2 cup Quinoa
- 1/2 avocado



Turkey Wrap

- Whole grain tortilla with 1 Tbsp cream cheese, spread evenly
- Turkey lunch meat
- Add layer with 1/4 cup chopped tomatoes
- Top with 1 cup lettuce, roughly chopped

Sprinkle with salt and pepper to taste



DINNER

Teriyaki Bowl

- 1/3 cup brown rice
- 1 cup rotisserie chicken
- Saute bell pepper, scallions and sliced carrot
- Sprinkle with sesame seeds
- 1 Tbsp teriyaki sauce



Tacos

- Lean ground beef
- 1/2 avocado
- 1/4 cup mozzarella cheese
- Tomatoes
- Lettuce
- Corn tortilla



Pesto Past with Lemon

- 8 ounces
- 1/2 cup pesto sauce
- 8 ounces spinach
- Juice from 2 lemons
- 3/4 cup almonds, crushed and lightly toasted



SNACKS

Banana & Peanut Butter Toast

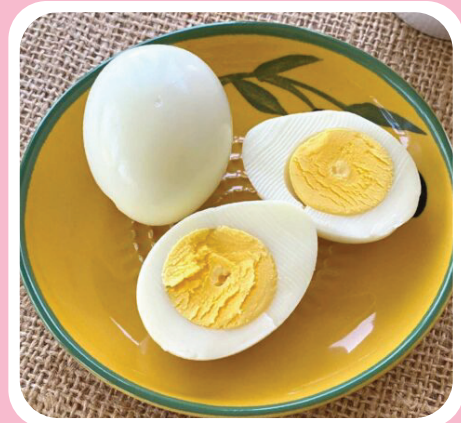
- 1 slice whole grain bread (toasted)
- Spread peanut butter evenly on toast
- 1/2 banana (sliced)

Sprinkle cinnamon on top



Hard Boiled Eggs

- 2 eggs, hard boiled



Apple Slices with Peanut Butter

- 1 small apple (cored and cut into 8 wedges)
- Toss apple slices with juice of 1 lemon
- Dip slices in peanut butter



Race Prep



LinoLux

308

755

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34

THE DAY BEFORE YOUR RACE

The morning of race day can get crazy, so prepare as much as you can the day before.

THINGS TO REMEMBER

- Know the course - If you can, run the race course (or drive or bike it) so you can get familiar with where you'll need to push and where you can cruise; if you're traveling to the race and don't have time to scope it out beforehand, you can study the course map online. Make sure to locate the race start early to eliminate the risk of getting lost on race morning.
- Eat what you're familiar with - focus on eating well-balanced meals throughout the day.
- Get ready the night before. Lay out your gear and get as much sleep as possible—aim for eight hours.



RACE DAY TIPS

RACE DAY

Fuel smart. Don't eat anything heavy within two hours of the race. While different meals work for different runners, as a general rule of thumb, your meal should contain mostly carbs, a little protein, and a limited amount of fiber and fat.

Breakfast Ideas

- Whole grain toast with jam
- Oatmeal topped with fruit
- Banana with nut butter
- Bagel with peanut butter

Arrive early. Plan to get to the race well before the start so you'll have time to pick up your race bib, use the bathroom, and warm up.

Enjoy the Moment and Have Fun!

AFTER THE RACE

Keep moving. Get your medal and keep walking for at least 10 minutes to fend off stiffness and gradually bring your heart rate back to its resting state. Be sure to do some *postrace recovery stretches* to stretch out your legs, back, and hips.

Refuel. To recover quickly, pack a snack (or grab one at the finish line) with a combination of protein and carbs to rebuild muscles and restock your energy stores.

Get warm. Change into fresh, dry clothes as soon as possible. After you cross the finish line, your core temperature will start to drop fast, and keeping sweaty clothes on will make you cold and also tighten up your muscles, possibly leading to more soreness later.

Shake out the next day. As sore as you might feel the day after the race, it's important to move the next day, as doing so will increase circulation to your muscles and help you bounce back sooner. If a slow jog is too much, try a *non-impact activity* such as swimming, cycling, or working out on the elliptical. Just keep the effort level easy.

Beauty Regimen

SKIN CARE

SKIN CARE TIPS FOR RUNNERS

IMPORTANCE OF SKIN CARE

An effective skin care routine is the perfect complement to a healthy, active lifestyle! The right routine can repair and prevent signs of aging, address concerns and ensure beautiful skin for life.

Before Going Out For A Run:

- **The night before, remove any makeup using makeup remover and micellar water.** Then wash your face well with cleanser and warm water to prevent clogging pores.



- **Protect your skin.** Sun exposure contributes to skin aging, so it's important to use SPF daily. Apply SPF to your face, throat, chest and back of neck before braving the elements to ensure your skin is well protected. For extra protection, wear a hat and long sleeves.



After a Run:

- **Wash your face and neck with cleanser and warm water.** This will help you avoid build up in your pores from sweat and dirt.
- **Moisturize.** Replenish moisture lost during your run/walk by applying your favorite moisturizer post workout. You can also use a serum to target additional concerns.



BEST SKINCARE REGIMEN FOR RUNNERS



1

CLEANSE

The first step to any skin care routine is to cleanse your skin and remove impurities. Pamper your skin with your favorite Mary Kay® cleanser to leave it feeling clean, renewed and nourished.

EXFOLIATE

Two or three times a week, exfoliate your skin to remove surface dead skin cells as well as any build-up using a product like the TimeWise® Microdermabrasion Plus Set. It includes Microdermabrasion Refine to refine skin's texture and Pore Minimizer to calm skin and help reduce the appearance of pores. *(Tip: Don't exfoliate directly after run/walk.)*

2



3

PAMPER

Take 20 minutes for yourself to refresh your eyes. The cooling and soothing sensation of Mary Kay® Hydrogel Eye Patches will immediately boost skin hydration and diminish the look of puffiness and dullness. For a full face option, treat yourself to the Mary Kay® 2-Step Hydrating Sheet Mask to moisturize and soften skin.



NOURISH

Calm skin and balance moisture levels with TimeWise® Moisture Renewing Gel Mask. Used to both instantly hydrate and lock in moisture, it will leave skin feeling nourished, smoother and softer.

4







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