

**RUN**  
**MALIBU**  
HALF MARATHON & 5K  
PRESENTED BY **RUSNAK BMW**

**DON'T DREAM IT,  
TRAIN FOR IT!**

**FREE  
VERSION**



**2022 OFFICIAL  
5K TRAINING PLAN**

BROUGHT TO YOU BY

**ZEN  
RUNNING  
CLUB**

5 & 6 NOV 2022 • [RUNMALIBU.COM](https://runmalibu.com)

## 2022 RUN MALIBU

# 5K TRAINING PLAN

Congratulations!! One of the hardest things to do is to commit to getting from the couch to a 5k. Now that you've made that leap, you're in for a beautiful, at times challenging, but rewarding journey!

This program is designed to be a general training plan for you to go from not really running at all, to running the entire distance of a 5k, which is 3.1 miles! That is no small feat for those of us who do not run. We begin with some short walks, then add some fartlek training (run/walk combo), as well as tempo runs, and finally you'll get a

mix of strength training and recovery days. Do the best you can following the training plan, but also make sure you listen to your body. Rest when you need to and make sure you don't push yourself too much. While we want you to succeed and cross that finish line with a huge smile on your face, we also want you to do it injury free!

We realize that your schedule and/or training level may not accommodate training everyday so feel free to switch workouts, change days and do what you can.

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*YOU DON'T HAVE TO GO FAST, **BUT YOU HAVE TO GO!***  
*YOU WON'T ALWAYS FEEL MOTIVATED, BUT TRUST THAT*  
*MOTIVATION WILL COME **WHEN YOU ARE CONSISTENT***  
**- TED MCDONALD**

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If you manage to do 70% of what is listed in the plan you will be in great shape to finish the 5K race!

Good luck, have fun, and always reach out with questions if you have them.





# TIPS

## ON EQUIPMENT AND NUTRITION

Before you begin your training, here are a couple of tips on equipment and nutrition that will come handy.

### MAKE SURE YOU HAVE THE PROPER RUNNING SHOES

When shopping for running shoes, fit is by far the most important thing. The shoe should wrap comfortably around your foot. It should not pinch or feel sloppy. Based on the shape of your foot, choose a shoe that accommodates your narrow or wide foot. Leave a thumb-width in front of your big toe to accommodate foot spread and so prevent

your toes from hitting the tip on downhill runs. If you are still confused about how to choose the right footwear, we recommend visiting a specialty running store and asking for a free consultation. Many stores will actually put you on a treadmill and film your running stride so do that if you can.

Here at Run Malibu, we love Zen Running Club's plant-based and vegan approved road running shoes. Their shoe is a lightweight, cushioned and responsive shoe. It naturally molds around your foot shape providing maximum comfort.

**ZEN  
RUNNING  
CLUB**

**15% OFF ZEN RUNNING CLUB**

USE CODE RUN15 AT CHECKOUT

Vegan approved running footwear that prioritizes sustainable, plant-based materials



## 'FOOD IS YOUR FUEL'

The second most important thing is understanding the concept that what you put in your body will help with your training, and help you become a better athlete. It's up to you to be on a Paleo, Vegan, Mediterranean, or Low Carb diet. You know yourself better than anyone else does so do what's right for you. However, generally speaking, you want to follow a balanced and healthy diet as much as possible. Most experts describe a well-balanced diet as a combination of some carbohydrates, some protein, and some healthy fats.



sustaining your body during training and racing. Make sure you begin hydrating early on in the week before the race. There's an old adage you should adhere to: 'If peeing isn't inconveniencing you, you're not drinking enough!'

At the Malibu 5K, hydration is provided by QURE water. Their water is an excellent Alkaline water with a pH of 10. Drinking alkaline water decreases your acid levels and increases your overall health from digestion to bone health

and keeps your hydration levels optimal. We also recommend trying their electrolyte formula QURE Power Endurance during your training so your body can get used to it.

When you are on the go or post run, perhaps bring a healthy snack bar with you. Wipala Snacks is our official Snack Bar Sponsor and you'll get to taste some of their delicious bars during the Expo and after your race.

Finally, get familiar with the course map and elevation chart in advance, check the weather forecast for the day and prepare yourself for race day logistics such as parking and timelines.

*WHAT YOU PUT IN YOUR BODY WILL  
HELP WITH YOUR TRAINING,  
& HELP YOU BECOME A BETTER  
ATHLETE.*



If you want to dig deeper, or you feel unsure about how to fully prepare for your first race you can purchase the **Run Malibu - Coach in your pocket course**.

In the course Ted McDonald, endurance athlete and Run Malibu coach, will guide you step-by-step starting from the basics of mindset, training, nutrition and recovery to a detailed mile-by-mile race strategy with the objective to get you to the finish line uninjured and with a smile on your face.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK ONE</b>	15 MIN WALK	<b>STRENGTH / YOGA</b>	15-20 MIN WALK	<b>REST DAY</b>	30 MIN WALK	<b>RECOVERY / YOGA</b>	30-45 MIN WALK
<b>WEEK TWO</b>	15-20 MIN FARTLEK		20-30 MIN WALK		1-3 MILE FARTLEK		15-30 MIN RUN/JOG
<b>WEEK THREE</b>	20-30 MIN FARTLEK		15-20 MIN WALK		1-3 MILE TEMPO RUN		20-40 MIN RUN/JOG
<b>WEEK FOUR</b>	30-45 MIN FARTLEK		20-30 MIN WALK		1-3 MILE TEMPO RUN		30-45 MIN RUN/JOG
<b>WEEK FIVE</b>	20-30 MIN FARTLEK		15-20 MIN WALK		2-4 MILE TEMPO RUN		4-5 MILES FARTLEK
<b>WEEK SIX</b>	30-45 MIN FARTLEK		20-30 MIN WALK		3-4 MILE TEMPO RUN		2-4 MILE TEMPO RUN
<b>WEEK SEVEN</b>	20-30 MIN FARTLEK		15-20 MIN WALK		1-3 MILE TEMPO RUN		1-3 MILE TEMPO RUN
<b>WEEK EIGHT</b>	15-20 MIN FARTLEK		20-30 MIN WALK		10-15 MIN WALK/JOG		<b>RACE DAY!</b>



PRINT THIS PAGE OR KEEP IT HANDY TO STAY UP TO DATE WITH YOUR TRAINING SCHEDULE.

# THE DIFFERENT WORKOUTS

## WALK

The program starts with a few walks to get used to moving. Strength and speed come with training, but if you're not used to this kind of exercise, it's going to be challenging, so like babies crawl before they walk, we have to walk before we run. It's also important to know that you always have the option to walk instead of running for the entire training program and walk the entire 5K course on race day. Plenty of people do this, so remember it's always an option.

## FARTLEK

Fartlek is literally, playing around with speeds. Essentially, it's a form of unstructured speedwork. It involves a continuous run in which periods of faster running are mixed with periods of easy-or moderately-paced running (not complete rest, as with interval training). Fartlek training stresses both the aerobic and anaerobic energy pathways. That's why it's one of the best ways to help you improve running endurance and speed at the same time.

It can be as simple as running for 3-6 minutes and then jogging for a minute. You could even decide to use this technique for your long runs and for the actual race. Science has shown that your body recovers a little bit during those jogs and this technique could make you faster overall.

## RUN / JOG

The goal of this kind of workout is to challenge your body and keep it moving with something that is more than walking. It can be hard, especially at first, but you can vary your speed of running and jogging. Typically, jogging is a slower pace than running. Try to distribute your effort in such a way that you can either jog and/or run the entire workout. When you build up to this level, you'll know! And remember, if you feel that you need to walk instead, please do.

## TEMPO RUN

This will be one of your toughest workouts. The purpose of a tempo workout is to run at a sustained effort to build 'speed endurance' – that is, the ability to hold a challenging pace over a longer period of time. Warm up for the first mile and then choose a pace that's faster than "moderate" but not exactly "hard" and that you can maintain for the rest of the run. For instance, if you're looking to run a 10-minute mile during your race, start with 12-13 minutes for the first mile, and then try to maintain an 11-minute per mile pace during the entire training workout.





# ABOUT COACH TED

Ted McDonald is an endurance athlete, yoga teacher, and wellness coach. He brings the benefits of yoga and mindfulness to athletes everywhere. A former Elite Adventure Racer and a Lacrosse player at UCLA, he has been an athlete his entire life. He's run countless marathons, triathlons, trail races, ultra marathons, and completed an IronMan.



He is the founder of TeamWRx.us, Adventure Yoga Retreats, and owns 5 Point Yoga, the premiere yoga and fitness studio in Malibu, California.

## GET THE PREMIUM RUN MALIBU TRAINING COURSE



### 13 VIDEOS - 5 MODULES

Mindset, Nutrition, Training, Recovery and Mile-By-Mile Race Strategy.



### HEALTHY RECIPES

5x downloadable healthy recipes to fuel your run.



### GUIDED WORKOUTS

Warm-Up, Cool Down and Yin Yoga For Runners.



### PARTNERS' OFFERS

Unlock exclusive discounts and offers from Run Malibu's Partners.



### 1 Q&A ZOOM SESSIONS

Discuss Race Strategy with trainer Ted McDonald.

Dig deeper and fully prepare for your first race you can purchase the **Run Malibu - Coach in your pocket course**. Ted will guide you step-by-step starting from the basics of mindset, training, nutrition and recovery to a detailed mile-by-mile race strategy with the objective to get you to the finish line uninjured and with a smile on your face.



**BUY NOW**

**\$39**

[RUNMALIBU.COM](https://runmalibu.com)

If you're looking for personalized coaching you can reach him directly.



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# RUN MALIBU

HALF MARATHON & 5K

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