

Dean Karnazes' 5K Training Tips

TRUST YOUR TRAINING:

This gradual plan is designed to get your body accustomed to running for sustained periods of time. Be patient and pace yourself, your body will adapt over time and things will get easier.

NUTRITION:

Proper nutrition can help maximize performance, quicken recovery and improve training efficiency. Overall, my advice is, "Listen to everyone; follow no one." We're all different—so experiment with food to find what works best to keep you energized.

HYDRATION:

The right hydration can mean the difference between the best and worst race of your life. Start with plain H₂O and avoid sugary sports drinks. To determine how much to drink during the race, pay attention to your sweat loss and outside temps.

APPAREL:

The right apparel can help keep you cool and dry, while preventing chafing and discomfort. Choose moisture-wicking, technical fabrics, and try to avoid cotton. In cooler temps, wear a base-layer underneath a shell, then add arm sleeves, gloves and a running cap when temperatures really drop.

CROSS-TRAINING:

I recommend incorporating strength-building to boost performance and prevent injury. My preference is high-intensity training routines that use bodyweight, exercises like pushups and lunges. It doesn't take a lot of time, and has many benefits.

RACE PREPARATION:

Being prepared can help reduce pre-race jitters. Simple things, like choosing your running outfit the night before and knowing what you're having for breakfast, can help everything go smoothly. And if you're driving to the race, arrive early, as traffic tends to snarl on race morning and parking may take longer than expected.

DEAN'S RACE WEEK ADVICE

Monday	Carry a water bottle with you all day and focus on staying well hydrated.
Tuesday	Try to eat healthy and avoid processed and refined foods for the week—that means nothing from a bag or wrapper.
Wednesday	Set your morning alarm a little late and give yourself 10-15 minutes of extra sleep.
Thursday	Treat yourself to a dinner full of high-quality protein.
Friday	Avoid alcohol, and instead drink unsweetened herbal tea
Saturday	Go light on, or entirely abstain from, caffeine. Avoid high-fiber foods and limit dairy intake. Try to get to bed early.
Race Day	Have the race of your life!



About Dean

Dean Karnazes is an ultramarathoner, motivational speaker and best-selling author, named one of *TIME* magazine's "Top 100 Most Influential People in the World." He once completed 50 marathons in all 50 U.S. states in 50 consecutive days. His adventures have been featured everywhere from *ESPN* to *Newsweek*.

Dean Karnazes' Half-Marathon Training Tips

PACE:

Use these guidelines to dictate your pace:

- Easy = Able to maintain a brief conversation
- Moderate = Able to exchange simple words
- Hard = Unable to talk or hold a conversation

TAKE YOUR REST DAYS:

Rest days are essential for mental and physical recovery. Studies show that allowing the body to rest and recover makes it easier to push harder during future workouts.

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RACE PREPARATION:

Being prepared can help reduce pre-race jitters. Simple things, like having your running outfit laid out the night before, can go a long way. If you're driving to the race, arrive early, as traffic and parking may be more difficult than expected.

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