



WEEK 6

## Couch to 5K Tip Sheet

If this your first time jogging, you are most likely noticing new aches and pains. Your body is most likely not used to the repetitive motions that come with jogging. Here is the good news: it will pass!



### No Pain, No Gain

While this can be a cute saying, it does not always ring true. Whenever you start a new exercise program, sore muscles are to be expected. This is the same with starting or increasing a jogging program.

For the most part, pain and soreness that lasts less than 7 days is normal.



### Easing Achy Muscles

One of the best ways to reduce or even prevent soreness is to stretch before and after your workout. Revisit the tip sheet from Week 3 if you need ideas.

You may also want to consider:

- Ice! Place an ice pack on the sore area for no more than 15 minutes.
- Keep moving. Remember to cool down.



### Call the Doc!

If pain persists for longer than 7 days, it is time to consider scheduling an appointment with your personal physician. Injuries that might need further medical treatment include:

- Shin splints
- Runner's Knee
- Meniscal injury
- Achilles Tendonitis
- Plantar Fasciitis

Remember to return all three months of tracking sheets to [wellness@weber.edu](mailto:wellness@weber.edu) or MC 3501 by April 19, 2019.