



WEEK 8

Couch to 5K Tip Sheet

Spring is right around the corner, and with it comes warmer temperatures. Many of us have started this program by exercising indoors, but is it better to start exercising outside?



Both Have Advantages

Treadmills provide a place to exercise indoors when the weather is not conducive for an outdoor workout.

They also provide cushion that can help to reduce repetitive stress injuries that can occur from constantly running on pavement.



What Is Your Goal?

Running outdoors is preferred when training to run a road or trail race. Being on solid ground best trains your legs to run on a surface that is not self-propelling.

Being outside also helps you to acclimate to outdoor temperatures and provides the experience needed to understand how to navigate running on an uneven surface.



Shoot For A Mix

If you have been training indoors up to this point, slowly introduce outdoor training sessions. Overall, you should shoot for running indoors 50-60% of the time, and outdoors for the remaining 40-50%.

When you do go outside, ensure that you incorporate a longer warm-up routine. Dress in layers, so that you can remove items as you warm-up.

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.