



5 TIPS FOR YOUTH 5K TRAINING

1 Proper Planning

Start run and walk sessions at least 4-6 weeks before race day.

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2



Nutrition

Avoid eating too close to running, allow at least 45-60 mins to digest.

Hydration

Drink at least 1 cup or 8 oz of plain water before and after a run.

3



4



Stretch & Recovery

Kids don't need to stretch before a running session. Post running stretching is sufficient!

5



Coaching & Guidance

Take a fun and no pressure, non-time and participation approach when teaching your kids to run.

