

# Praise for Chi Running and Chi Walking

"I recommend Chi Running to every runner I know, even the healthy ones."

–Jim D.

"My professional running career was hampered with injury, forcing me to withdraw from the Sydney Olympics in 2000. Then I discovered Chi Running and it changed my life. Though I am no longer a professional runner, I run between 8-12 miles every day, and get much more satisfaction from running now than I ever did from competing."

–Catherina McKiernan, World Cross Country Championship medalist, winner of Berlin, London and Amsterdam Marathons

"This method has given me running longevity, made it easier and painless, and has given me the confidence that I can run forever."

–Mark Cucuzzella, M.D., sub-2:40 marathoner

"I took one Chi Walking workshop. I was sort of afraid to run because I've fallen several times and wasn't sure how my bones would hold up. Now I am actually jogging! I feel more trusting of my body's strength and balance. I am very grateful to my Chi Running Instructors in Montreal, who were patient and encouraging."

–Colleen K.

"In July of 2009, I discovered the Chi Running book. It made so much sense. I didn't have to stop running, because all of the problems I had been plagued with could be avoided. I've been working on mastering the Chi Running technique ever since reading the book and I can now run further and faster and, most importantly, without any discomfort."

–Darren L.

"I was forced into running because of the Air Force Fit test. I was worried about getting hurt and then I found the Chi Running book in a local bookstore in 2006. I read the book cover to cover and then read it again and again. I spent a year working on my form and perfecting my skills. Chi Running changed my life and help me go from a 1.5 mile run to a marathon in 4 years. I have never been injured running. I currently have logged over 2,000 running miles since I started keeping track. Thanks, Chi Running!"

–Mark C.





# CHI WALK-RUN

## 8 Weeks to a 5K Training Program

**From the bestselling authors of:**

- *Chi Running: A Revolutionary Approach to Effortless, Injury-Free Running*
- *Chi Walking: Fitness Walking for Lifelong Health and Energy*

**Danny Dreyer and Katherine Dreyer**

**Also by Katherine and Danny Dreyer:**

*Chi Running and Chi Walking DVDs, Audio Programs & Training Programs*

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Please use caution and be sure to consult with a health care practitioner before starting any physical fitness program. If you have any current mitigating health related factors that you should consider as you begin a regular exercise program, make an appointment to see your health care practitioner to get a thorough physical exam and address any health concerns you may have.

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Edited by Elizabeth Frost & Shelly Schmidt  
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ChiRunning.com  
ChiWalking.com  
ChiLiving.com



**This program is for you if any of the following apply:**

- You want to walk-run or run a 5K injury-free and finish feeling fabulous
- You are just getting started on a fitness program
- You are recovering from an injury
- You are new to Chi Walking and Chi Running
- You are willing and able to train 3 days per week
- You wish to enhance your walk/run program with technique-based training
- You want the option to walk-run a 5K or transition into a full running program by the end of 8 weeks
- You are a regular walker who would like to transition from walking into running

**Visit our website for additional Chi Walking and Chi Running Training Programs, including:**

- Chi Running Injury-Free 5K Training Program – Beginner & Intermediate
- Chi Running Pain-Free 10K Training Program – Beginner & Intermediate
- Chi Running Pain-Free Half Marathon Training Program – Beginner & Intermediate
- Chi Running Pain-Free Marathon Training Program – Beginner & Intermediate
- Chi Walking: 8 Weeks to Walking a 5K



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# Chi Walk-Run 5K Training Program

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Congratulations on making a positive choice to successfully walk-run a 5K. By following this program you are ensuring that your training and event will be an injury-free and life-enhancing experience. This program will help you develop healthy habits that will benefit you for the rest of your life.

This program is a great introduction to both Chi Walking and Chi Running, and is designed to help you walk-run a 5K or take a gradual approach to safely transition from walk-run to a run-only program.

You can use this program to walk-run for the rest of your life and to complete longer distances, from the 5K to a marathon. Once you have completed the 5K distance and feel comfortable with the lessons in the Chi Walk-Run DVD, you may want to increase your knowledge and abilities. You will probably find that running is easier than you ever thought possible with Chi Running. In a few months, when and if you can run for 20-30 minutes without walking intervals, you may then want to focus on Chi Running and study the Chi Running book and DVD to deepen your practice.

If you prefer the walking portions of your workouts, the Chi Walking book and DVD will provide you with in-depth knowledge.

## Getting Started

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To begin, read this introduction and review the outline of the eight weeks of workouts (p. 11-14). Watch the Introduction and first few lessons of the Chi Walk-Run DVD (or all the way through if you have the time) to acquaint yourself with the program. You don't have to learn

it all right away. Every week you'll focus on different lessons to gradually build your knowledge.

Before beginning your training, we suggest you complete the Personal Assessments outlined in Appendix B of this manual. Your Personal Assessments will act as a baseline to monitor your progress and keep you focused and motivated throughout the program.

### **Injury Prevention and Energy Efficiency**

In Chi Walking and Chi Running we have two priorities. First and foremost is injury prevention, since running is considered a high injury sport. This technique-based training program takes the pounding, pain and injury out of training by combining low-impact running technique with walking intervals. If you've been injured in the past, or are curious about preventing specific injuries, please refer to Chapter 9 in the Chi Running book (May 2009) where you'll find an extensive list of common running injuries along with their causes and recommended treatments.

Our second priority is energy efficiency. As your walking and running technique improves, your ease and joy of exercising will increase. Being able to walk-run efficiently will lower your overall effort level, ensuring that you complete your 5K with plenty of energy and self-confidence.

### **The Chi Walk-Run Technique**

Chi Walking and Chi Running are based on the relaxing yet powerful movement principles of T'ai Chi, combined with modern physics.

Two T'ai Chi principles we draw upon are Alignment and Relaxation. When your posture is aligned properly, it provides strong support so that your arms and legs can swing freely and easily as you allow gravity to pull your body down the road.

These techniques will loosen your joints, strengthen your core muscles and leave you with a clear understanding of the lifelong benefits of mindful movement.

### **Items You Need to Support Your Training**

The Chi Walk-Run DVD is all you need to get started with this program. For more clarification, read the Chi Running book or get instructions from a Certified Instructor which you can find on our website.

**Shoes:** Proper shoes are a key ingredient to safe walking and running. Choose shoes that are comfortable, flexible and have less than 300 miles of wear. If they are new, make sure you do a few short workouts to break them in before doing any long walks or runs. (For more information on choosing shoes, visit our Library of Articles at [ChiRunning.com](http://ChiRunning.com) or read more in the Chi Walking or Chi Running books.)

**Wrist watch:** A good sports watch is essential while training for running. You'll want one that has a chronometer and a countdown timer. (Available on our web site at [store.chiliving.com](http://store.chiliving.com).)

**Metronome:** We highly recommend training with a metronome to maintain consistent, rhythmic tempo during every run and walk throughout this training program. In terms of energy efficiency, the metronome is a great way to maintain a sustained, steady pace. Please read Appendix C for more information on how to use this great tool. (Available on our web site at [store.chiliving.com](http://store.chiliving.com).)

**Additional Support:** The Chi Running book will be referenced throughout this manual for more information and clarification, but is not required to successfully complete this program. If you want in-person support, you'll find a list of workshops and Certified Instructors at [ChiRunning.com](http://ChiRunning.com). You can also ask questions on our "Ask the Expert" online forum. We want to provide you with all

the help you need.

## Choose a 5K

If you have the goal of participating in a 5K event, choose an event now, or choose the date by which you want to complete your 5K distance. Put that date on p. 31 of this manual, then go backwards and write in the specific dates at the top of each Weekly Workouts page, like this:

WEEK 6 \_\_\_\_\_ *October 7-11, '13*

Goal: Moving from your Center

If you are not experienced with running or walking hills, make sure your event is predominantly flat. If you've chosen a hilly course, make sure you train for hills.

## Form Focuses

In this program, you will learn the basic Form Focuses (the individual components of the techniques). The Form Focuses are the specific instructions you will practice to learn to move efficiently and avoid injury. These Form Focuses are what will become your "tool kit." Throughout your training and during your 5K, if you feel any pain or fatigue in your body, you'll rely on your tool kit to make the necessary adjustments in your walking or running technique to remedy the situation.

# The Workouts

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Weekly workouts will guide you through your training. Each workout has specific Form Focuses to practice and each week has a theme, taken from the lessons in the Chi Walk-Run DVD.

In this 5K program, you will have 3 workouts per week in weeks

1-3. In weeks 4-8, we add a fourth day: a cross-training day in which you can walk, swim, bike, do yoga or any activity you like. Start with four days right away if you feel you can. The workouts are scheduled on Monday, Wednesday and Friday with the cross-training day on Saturday.

Feel free to change the days, but stick to the sequence of workouts as much as possible.

Your workouts will progress from longer walk intervals and shorter run intervals to shorter walk intervals and longer run intervals.

The schedule is not carved in stone. If at any time you feel it is moving too fast, or too slow, repeat a week, or do a little more in each workout. Make it work for you. Just don't overdo it. Injury and pain will stop healthy progress. If you have to skip a workout, don't try to force it into your routine, just move on and keep to the rest of your schedule.

Keeping to a schedule will help make fitness a regular part of your life. Morning, lunch time, anytime is a great time to get in your workout.

## **Weekly Workout Themes**

If you focus on one theme each week, by the end of 8 weeks you'll have a great start to good walking and running technique that will serve you for a lifetime.

**Week 1:** Start with Good Posture

**Week 2:** Chi Walking

**Week 3:** Chi Running

**Week 4:** Transition: Walk-to-Run

**Week 5:** Transition: Run-to-Walk

**Week 6:** Lower Body Relaxation

**Week 7:** Upper Body and Armswing

**Week 8:** Relaxation in Motion

## **Anatomy of a Workout – Body Looseners & Stretching**

Start every workout with a Body Scan (see p. 9). Notice where you feel tight or are holding tension.

Then do your Body Looseners. Our Body Looseners, demonstrated on the DVD and in the Chi Running book (p. 195), will gently relax and loosen muscles and joints. Stretching before exercising has been proven to strain cold muscles and cause injury. Body Looseners are the perfect start to every workout.

Start and end every workout with a walk to warm up and cool down. After your workout, do the stretches in the DVD to relax tight muscles. Do a final Body Scan to see how you feel before moving on to your next activity. When you start running, take small steps and don't try to go fast. You'll get faster when you've practiced your Form Focuses for several weeks.

## **Workout Terrain**

For the first four weeks of your training you need to be on flat terrain ... no hills. You cannot learn proper technique on hills. A track is ideal, but not necessary. Find favorite places to exercise that are enjoyable, provide variety to keep you interested, but are flat for the first four weeks.

## **Breathing**

If you are just getting started or coming back to fitness, you will most likely get short of breath. It's natural. Good posture will help (your first lesson on the DVD). Additionally, practice breathing out fully through your mouth and then "belly breathing" in through your nose, expanding your stomach out with each inhalation. Practice when you're sitting or lying down. Your breath rate will improve as your aerobic conditioning improves. You'll find more information about breathing in the Chi Walking and Chi Running books.

## Monitoring Your Heart Rate

When training for a 5K, it's important to run at an aerobic pace, but not at a consistently high aerobic zone. The best way to ensure you're training at an appropriate aerobic pace while running is to make sure you can talk while exercising. We explain other ways to monitor your heart and calculate your maximum aerobic heart rate in order to stay within your aerobic zone in Appendix D.

## Hydration

It is important to be well hydrated when exercising. We suggest you hydrate well before each workout and make sure you drink plenty of water between training runs as well. A good rule of thumb, even when you're not exercising, is to drink water before you become thirsty.

## End-of-Run and End-of-Week Review

It is very satisfying and helpful to keep an exercise journal. We suggest you keep simple notes about each workout and spend a bit more time writing an End-of-Week Review. The Chi Running & Chi Walking Daily Fitness Journal (available at [store.chiliving.com](http://store.chiliving.com)) is a great way to track your walking and running workouts, monitor your progress, and can be used to complete your Assessments, Vision and Goals (Appendix B).

### Here are some simple items to log:

- Minutes or miles of each workout
- How hard or easy the workout felt
- Mileage on your running shoes

### Here are some important questions to ask yourself:

- How did you feel immediately after your run? At the end of the week?
- Do you have any pain or discomfort? Where in your body? What might be the cause? Which Form Focus could help eliminate the pain or discomfort? (Chi Running Book -

Chapter 9: Troubleshooting)

- Did you do your Body Looseners and stretches? Which ones do you need to focus on to relax places where you are tight or sore?
- What Form Focuses do you need to practice?
- Did you experience any notable breakthroughs in your Chi Walking or Chi Running technique?

By spending the extra time to review your training program each week, you'll become your own best coach.

## Intelligent Movement

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An overarching theme in the Chi programs is to use your mind to make the work on your body easier, safer and more efficient. It is not mind over body, where you force your body to do more than it is ready to do. It is mind and body working together as a team. We call it Intelligent Movement.

### **Body Sensing and Focusing Your Mind**

We ask you to listen to your body, what we call Body Sensing. You then give your body good directions on how to improve your movement (the Form Focuses). By being intelligent about how you move, you rely on technique more than strength to get healthy and fit.

When you Body Sense, you feel what it feels like to practice the Form Focuses. You'll strengthen your core muscles and let everything else relax. Body Sensing is the practice of listening to your body, making an adjustment with a Form Focus, then listening again.

Body Sensing and focusing your mind make the Chi Walk-Run program a practice like yoga, Pilates® or T'ai Chi. When practicing, your mind will wander ... it's natural. Refocus your mind on your

Form Focuses as often as you can. It will help calm your mind and get your body fit at the same time.

## **The Body Scan**

Pretend your mind is an MRI. Scan your entire body, starting at your feet and moving up (or start at your head and move down). This process will facilitate your mind connecting with each part of your body. Sense for tightness or soreness. Identify tense areas and take a deep breath and relax those parts of your body.

Sense...your feet...your lower legs (calves and shins)... upper legs (quads and hamstrings)...pelvis and lower back...spine... abdominals...chest and breathing...upper back and shoulders... hands and arms...neck...head.

You can do a Body Scan first thing in the morning, before a workout, during a workout, or before bed to relax before sleep.

## **Gradual Progress – Quality not Quantity**

Gradual Progress is the principle that underlies any natural and healthy growth process. When beginning a fitness program, it is crucial to allow time for your body to progress naturally. Injuries happen when we push our bodies beyond their current limits of distance or speed. When we take more time and allow life to unfold, positive change happens.

Following the principle of Gradual Progress will allow your body to progress in a natural way. Having fun is the best way to learn, and certainly the best way to enjoy life (Chi Running Book – p. 37 for more on Gradual Progress). Sore legs, longer recovery time, disappointing event times, or even injury can be the unfortunate outcomes of not following a path of Gradual Progress. The most successful athletes stick to this valuable principle in all areas of their training and racing.

The focus is on having quality workouts that allow you to add quantity (distance or time) without pain or injury. When you have good technique you will find that you can walk-run or run longer distances with much greater ease and enjoyment.

### **A Successful 5K**

Completing a 5K is a healthy and challenging activity to affirm your potential, physically, mentally and emotionally. In this program, we offer you the tools to complete a 5K injury-free and to come away with the confidence and joy of true success.

Best wishes,

*– Katherine and Danny Dreyer and the Chi Living Team*

## WORKOUT SCHEDULES

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On the next pages you will find two overviews of your workouts. The weekly workout details in the rest of the book are based on **Schedule A**.

**Workout Schedule A** is for those of you who would like to walk-run your entire 5K.

**Workout Schedule B** is for those of you who would like to start with a walk-run program and progress to a run-only program over the course of the eight weeks. You will adjust your weekly workouts accordingly.

All of our workouts are in minutes. In the first week, the first workout on Schedule A looks like this:

	<b>Mon</b>
<b>1</b>	Run 1/ Walk 3 x 5 T-20

That means that you will run 1 minute, then walk 3 minutes and repeat that 5 times for a total of 20 minutes. Always warm up with your Body Looseners and a 4 minute walk. Focus on practicing the lessons on the DVD so you learn the best walking and running technique. That is what will make the workouts easy and enjoyable.

### Minutes versus Miles

The final week of workouts are 45 minutes in length, an approximate amount of time for a 5K. If you choose, measure a mile or walk on a quarter mile track so you know how fast you walk-run a mile. Multiply that by 3.1 miles to get your 5K time.

As you run more, you'll be covering the distance faster. If you end up running a 12-minute mile, you could complete a 5K in as little as 37 minutes. If you walk-run an average pace of 15 minutes per mile, the 45 minutes will be just about a 5K distance. Good luck!

(See next page for training schedules.)

# EVENT WEEKEND

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## 5K Event

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**SAT****Warm up with Body Looseners** and a 4 minute walk.

Run 5-7 minutes, walk 1-2 minutes. Do this workout 5 – 6 times. Use your metronome. Set it at 130-150 spm while walking, and 170-180 spm while running.

Cycle through these focuses: short stride; level your pelvis, “C” shape, lean from your ankles, swing your elbows to the rear, lengthen the back of your neck, toes pointed forward. Have fun and smile!

**SUN****Walk or run or cross-train for 30 minutes**

## Event-day Diet Suggestions

Eat foods that digest quickly, providing quick blood sugar. Eat lightly – bananas, toast, honey, fruit – and don't eat anything new that your stomach isn't used to.

## Event-day Guidelines

**Arrive Early:** Get to the event with plenty of time to park, warm up with a walk and get settled.

**Warm up:** Do your Body Looseners! You can use these to focus your mind, relax your body and get centered before event time. Walk for four minutes before the start.

**Start off easy:** When the event starts, do your best to maintain an easy pace and don't take off fast. You don't need to worry about a few minutes at the beginning; you'll make it up and have a better event if you start slowly.

## Mindful Maintenance

**Use your timer!** Set the countdown timer on your watch to beep every 5-10 minutes. When it goes off, check in with your posture and your lean. Use the timer as a “refresh” button throughout the event to remind your body/mind to communicate and check in with your Form Focuses.

**Show gratitude and boost your energy:** Look up, smile, talk to someone, take in your surroundings, find someone ahead of you and try to “reel” him/her in, swing your arms more, check in with your Focuses, smile some more. Thank every event volunteer you see and cheer on every participant.

## Fatigue Fixes

Here's a list of the most important things you can adjust if you find yourself getting tired. This is the same list Danny uses when he's dealing with fatigue during an event:

**Shorten your stride.**

**Correct your posture.** Make sure your shoulders are ahead of your hips, which should be ahead of your feet!

**Re-engage your lean,** making sure not to bend at the waist ... keep that core engaged.

**Slow down your pace** until you regain some strength.

**Belly-breathe and increase your breath rate.** Don't breathe too slowly – your body needs air.

**Don't think about being tired** because you'll get even more fatigued. Try to stay upbeat and take a look at all the people and volunteers out there with you.

**Relax your shoulders.** Let your arms dangle at your sides when weary and at the top of any uphill sections.

**Remember your circular feet.** Try to avoid shuffling and remember the circular motion of your heels.

## Post-event Suggestions for Recuperation

**First:** When you cross the finish line, thank yourself. You've just accomplished a great goal, and this moment deserves your attention.

**Cool Down:** After you cross the finish line, walk to cool down your body. Stretch gently. Remember to drink water or juice. Massage your legs to keep the lactic acid moving.

**Take a Moment:** When you get home or someplace quiet, take a moment to ask yourself: How do you feel about the day? Did you accomplish what you set out to do? Are you happy with your success? Do an End-of-Event Review, just like your training reviews, and turn your realizations into lessons.

**Celebrate!** Go hang with your fellow participants, family and friends. You deserve a toast!

**Keep moving:** We highly encourage you to take a walk or go for a bike ride the day after your event. Your legs and body will really appreciate you for it.

# Rest and Renewal

## Time to rest, renew and recover

In this phase you will thank your body for all its amazing accomplishments. We encourage you to renew your commitment to yourself and to your health and exercise practice.

### Themes

- What did you learn?
- How are you feeling?
- Any positive realizations about yourself?
- Any soreness or fatigue?
- What impressions do you have about your training and event experience?
- What worked for you, and what would you do differently?

**Reflect on the answers to these questions as you move into maintaining or increasing your workouts.**

## Post-Event Workouts

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**MON** Walk-Run - 25-45 minutes

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**TUE** REST

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**WED** Walk-Run - 25-45 minutes

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**THU** Walk-Run - 25-45 minutes

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**FRI** REST

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**SAT** Walk or cross-train

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**SUN** REST

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## Congratulations... You did it!

You've completed your 8-week Chi Walk-Run 5K Training Program. The past several weeks have hopefully been the launch pad to a lifelong practice of healthy choices. We encourage you to get your calendar out and set up a regular exercise schedule. You don't have to schedule another event right away, but keep walking and running.

All of us at Chi Living wish you the very best with your continued success. By being consistent with exercising, you'll ensure yourself a lifetime of vibrant energy and good health.

For additional support with your Chi Running/Chi Walking program, visit our website at [ChiWalkRun.com](http://ChiWalkRun.com) or call toll-free 1-866-327-7867.

## **Appendices A-D**

# APPENDIX A:

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## Chi Walk-Run Focuses

### SINGLE FOCUSES

This Focus List can also be found in the Chi Running book, p. 117

#### **Start with Good Posture - For Chi Walking & Chi Running**

- Align your legs
- Point your feet forward
- Lengthen your spine
- Engage your core
- Sit Up in Your Chair
- Feel yourself move into alignment
- The "C" Shape
- Check-in for posture
  - ◆ Look for your shoe laces
- The One-Legged Posture Stance

#### **Upper Body & Arm Swing - For Chi Walking & Chi Running**

- Bend elbows to 90° (don't pump)
- Curl fingers with thumbs on top; relax hands
- Hands always held above your waistline
- Hands don't cross your center-line
- Swing elbows to the rear
- Shoulders always facing forward
- Shoulders low and relaxed
- Lead with forehead, not your chin

#### **Chi Walking Focuses**

- Short stride
- Bend your front leg, straighten your rear leg
- Keep your balance point forward
- Sit Up in Your Chair - shoulders over your hips

- Walk tall while lifting ankles
- Increase cadence to walk faster, decrease cadence to walk slower

## **Chi Running Focuses**

- The Lean
  - ♦ Three steps to engage lean:
    1. Check in with your posture
    2. Feel your feet
    3. Fall from there
  - ♦ Relax lower legs and ankles
  - ♦ Land midfoot
  - ♦ Upper body ahead of your feet
  - ♦ Feel your core engage as you lean more
  - ♦ Your lean is your gas pedal
- Lift your ankles
- Midfoot strike - Feel the bottoms of your feet
- Bend your knees
- Cadence & Gears
  - ♦ Set metronome to 170-180 strides per minute (spm)
  - ♦ Cadence always remains constant
  - ♦ Stride lengthens as your speed increases
- Create a circular stride

## **Transition from walk to run**

- Check in with your posture
- Increase your walking cadence to 130-150 spm
- Fall gently forward with your whole body into a running gait
- Keep a short running stride
- Increase your running cadence to 170-180

## **Transition from run to walk**

- Check in with your posture
- Decrease your lean and shorten your stride

- Drop into a fast walk, 140 spm
- Maintain your posture and forward movement
- Sit up in your chair – shoulders over your hips

### **Chi Walking and Chi Running Uphill Focuses**

- Keep your stride short
- Lean into the hill
- Arms at 45°
- Arms forward and upward
- Don't step past your hip

### **Chi Walking downhill**

- Maintain a vertical posture line...don't lean forward or backward
- Allow your stride and hips to swing rearward
- Increase your cadence
- Pick up your feet and knees
- Roll feet heel-to-toe

### **Chi Running downhill**

- Regulate your speed with your lean
- On steeper hills lean less or not at all
- When slowing down shorten your stride
- On easy downhills allow your pelvis to rotate and enjoy the speed
- Allow your stride to lengthen behind you
- Keep your knees bent to avoid a heavy heel strike

### **Pre-workout Body Looseners**

- Ankle Circles
- Knee Circles
- Hip Circles
- Pelvic Circles

- Pelvic Rotations
- Spine Rolls
- Spine Twist
- Shoulders
- Grounding Stance

### **Post-workout Stretches**

- Calf and Achilles
- Hip Flexor
- Psoas
- Hamstring and Adductor
- Quadriceps
- Latissimus Dorsi (Lats)
- Leg Drain

# APPENDIX B:

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## Vision, Goals and Assessments

### Vision and Goals

When preparing to complete a 5K, it is very helpful to have a vision and goals for your training, for crossing the finish line and for the days and weeks after the 5K.

The first question you want to ask yourself, and answer as honestly as possible, is why you want to complete a 5K.

#### **Some answers might be:**

- To challenge myself physically and mentally
- To realize my potential
- To keep myself motivated to stay fit
- To feel healthy and strong
- To help me lose weight
- To get back into shape again
- To support a meaningful cause
- For the friendship and camaraderie of training with others

In your journal or log, write down the reasons that are most meaningful to you. To write your vision, imagine and write down how you want to *be* and *feel in your life*. Use your imagination and put yourself in that future moment and get a Body Sense of the experience you want to have.

#### **Some answers might be:**

- Focused
- Strong
- Healthy
- Vibrant
- Joyous
- Proud

- Enriched
- Deeply nourished
- Present
- In awe and wonder

Your vision is very important because it will help you when you are discouraged or challenged.

Write your vision in the present tense, as if you were journaling an actual experience. Most importantly, read your vision and check in with your goals on a regular basis so that you can have a place to turn to and get help when you need it.

### **Personal Assessments**

Chi Walking and Chi Running ask you to be present and listen to your body, and from that place, make adjustments that will help your body move well. Self awareness is both the practice and the result.

We suggest you do a physical assessment and a psychological/emotional assessment of yourself. On the following pages are some questions to consider and respond to.

#### **Physical Assessment:**

Consider your age, weight and blood pressure. Are you happy with your weight and overall health?

It is good to know your Resting Heart Rate (RHR) and check it on a regular basis. To determine your RHR, you will want to check it first thing in the morning before you get out of bed. Count your pulse with your pointer and middle finger on your neck, beneath your lower jaw. Count the number of beats in 15 seconds and multiply by 4 to get beats per minute. As you get into better shape from your training, you may find your RHR gets lower, which is good news.

Do you have any health or physical concerns you need to take into consideration before starting a fitness program? Illness, injury, aches, pains? Are you addressing your physical concerns?

Evaluate your overall health and energy level. What improvements do you want to make for your long term health and physical well-being? Seeing improvements in your health will inspire you to continue walking and running after you have completed your 5K.

### **Psychological/Emotional Assessment**

It's the mind which ultimately gets you across the finish line. The winning formula for success is not, however, mind over body, but rather the mind listening to and directing the body in positive and helpful ways.

Be aware of the thoughts that will enhance your training and the thoughts that might undermine your efforts. Put yourself on a “diet of the mind” and focus on the thoughts that are supportive of your vision and goals. Have a plan to overcome the obstacles that your mind may create on your path to success.

Write down the qualities and characteristics you possess that will enhance your training. Are you goal-oriented? Do you have strong willpower? Are you inspired and ready to commit to your program? Write them down and keep in mind all of your internal allies.

Keeping a log and journal of your progress will keep you connected to your vision and goals and help you complete your 5K in the very best of health and good spirits.

# APPENDIX C:

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## Determine your Cadence and Use a Metronome

### Chi Walking with a Metronome

Stride length and cadence are some of the major differences between Chi Walking and Chi Running. In Chi Walking, as you walk faster, your cadence will increase but not your stride length. The principle is: If you want to go faster, simply increase your cadence but always keep your stride length the same. To increase your cadence, simply bend your arms more and swing them faster. The three basic speeds of Chi Walking and their corresponding cadences are: Strolling/Warm Up (120-130 spm), Aerobic (130-140 spm) and Cardio (140-150 spm).

SPM means strides-per-minute and corresponds to the tempo on your metronome. When you walk at 130 spm each foot will land with each beep (or the number of times both arms swing per minute, since your arm swing and foot landing are always the same cadence).

### Chi Running with a Metronome

In Chi Running, you maintain a steady cadence at all speeds. An ideal cadence is 170-180 strides per minute (spm). When you want to go faster, you'll lengthen your stride to increase your speed, rather than increasing your leg turnover. By maintaining a steady cadence you'll find that your running form will be much more efficient and relaxed, and your legs will feel great after each run.

### Buying a metronome

We have found the best portable metronome on the market. It's small, lightweight, and will clip onto your shirt or shorts. You can purchase the metronome from [store.chiliving.com](http://store.chiliving.com) if you don't already have one.

## **Getting familiar with the metronome**

Get familiar with the buttons so that you don't have to hassle with them while you're running. The metronome we sell has four main functions: power, volume, tempo and tone. We suggest you choose a volume and tone on your metronome before you go walking and/or running. Then, all you have to do when you turn it on is adjust the tempo.

## **Transitions**

Using the metronome as you transition between walking and running is one of the most effective ways to maintain momentum and prevent injuries. Many people have a tendency to slow down too much during walk breaks, so using the metronome to maintain a quick cadence (130-150 spm) will help keep your posture strong and your legs relaxed. When you transition from walking to running, check in with your posture, increase the metronome beats to 170-180 spm and let yourself fall into a nice easy run, keeping your stride short. This will help you maintain a safe and effective stride length, preventing over-striding and lower leg injuries.

## **Practice an Ideal Cadence**

1. Stand in a staggered posture stance. Turn on the metronome, and set it to a beat of 130 spm for walking or 170-180 spm to practice while running. Hold the metronome in one hand and bend both arms to 90°.
2. Begin to swing your arms naturally, focusing on sending them gently rearward with each swing. Every time your elbows reach the back of their swing it should match the beep of the metronome, as if your elbow is hitting the beeper.
3. Continue practicing this until you feel comfortable swinging your arms at this cadence.

4. Slowly transition into walking at this pace. Body Sense what it feels like to walk with this cadence. Keeping your stride very short while synching with your metronome.

5. Do the same thing for running. Set the tempo to 170. Practice while standing and swinging your arms, then run, with a very short stride and Body Sense running at this cadence. Over time you want to increase your cadence to 180, unless you are taller than average.

### **The waltz beat**

Once you can run at a steady cadence and match the metronome with your stride, you can run with the metronome beeping once every three strides or a waltz beat: It's like this: right, two, three ... left, two, three ... right, two, three and so on.

The waltz beat will be  $\frac{1}{3}$  of your regular cadence. For example, if your cadence is 140 while walking, your waltz cadence will be 47 spm. If your running cadence is 180, then your waltz beat will be 60.

### **10 minute check in**

Rather than listen to the metronome all the time, start your walk and run with the metronome, then use it as a tool to check in. The metronome will keep you walking at an aerobic pace and keep your running steady and smooth.

Training with a metronome is the best way to train your body to run and walk with proper technique, and it's extremely helpful when transitioning between the two.

## APPENDIX D:

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### Heart Rate Training

Heart rate monitors are a convenient and easy-to-use tool for measuring your heart rate. You can also measure your pulse manually by pressing your fingertips on the side of your neck just below your jawbone. If you'd like to measure your pulse in the middle of a run or walk, just stop and count your pulse for 15 seconds then multiply that number by four to get your heart beats per minute. If you stop for too long, your heart rate will slow down and not give you an accurate reading.

### Your Aerobic Zone

To run within your aerobic zone it is important to know what your maximum aerobic heart rate is. The best formula for figuring your maximum aerobic heart rate was developed by Dr. Philip Maffetone. He calls it the "180 Formula."

#### To find your maximum aerobic heart rate:

1. Subtract your age from 180 (180 - age).
2. Modify this number according to which of the following categories you fall into:
  - A. Subtract 10 – If you are recovering from a major illness, surgery or you're on any regular medication.
  - B. Subtract 5 – If you have not exercised before, have been injured, have regressed in your running, get colds often or have allergies.
  - C. Subtract 0 – If you have been exercising for up to two years with no real problems and have not had colds or flu more than once or twice a year.
  - D. Add 5 – If you have been exercising for more than two years with no problems and you're making progress in competition without injury.

**Example:**

If you are **40** years old and fit into **category B**:

**Subtract your age from 180:**  $180 - 40 = 140$

**Then, subtract 5 for category B:**  $140 - 5 = \mathbf{135}$

So, **135** is your maximum aerobic heart rate.

Using the above example, your aerobic zone would be a heart rate of approximately 110-135 maximum. If you have a heart condition, check with your doctor to find out what your best heart rate should be while exercising.

## APPENDIX E:

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### Pace Chart

#### **Pace Chart**

The following is a pace chart that shows either: how long you can expect to be walking and running once you've determined the average pace you hope to maintain during your event, or what your pace needs to be if you have a specific time goal. We've listed cumulative times for significant mileposts along your 5K route.

#### **The mileposts are:**

1 mile, 2 mile, 5K

These times are calculated relative to a steady pace throughout the event, so use them only to approximate where you should be if you're aiming for a specific overall time.

<b>DISTANCE/TIME</b>			
<b>Time/ Mile</b>	<b>1 mi</b>	<b>2 mi</b>	<b>5K (3.1 mi)</b>
8:00	8:00	16:00	24:51
8:20	8:20	16:40	25:53
8:40	8:40	17:20	26:56
9:00	9:00	18:00	27:58
9:20	9:20	18:40	29:00
9:40	9:40	19:20	30:02
10:00	10:00	20:00	31:04
10:20	10:20	20:40	32:06
10:40	10:40	21:20	33:08
11:00	11:00	22:00	34:10
11:20	11:20	22:40	35:11
11:40	11:40	23:20	36:13
12:00	12:00	24:00	37:15
12:20	12:20	24:40	38:17
12:40	12:40	25:20	39:19
13:00	13:00	26:00	40:23
13:20	13:20	26:40	41:25
13:40	13:40	27:20	42:27
14:00	14:00	28:00	43:29
14:20	14:20	28:40	44:31
14:40	14:40	29:20	45:34
15:00	15:00	30:00	46:36
15:20	15:20	30:40	47:38
15:40	15:40	31:20	48:40
16:00	16:00	32:00	49:42

# ChiWalking

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# ChiRunning

Additional Support for Your Chi Walk-Run Program:

## **TRAINING PROGRAM & LOG**

Run-Walk, Walk or Run any distance  
from a 5K to a marathon

**DVDs, Books  
& Audio Programs**  
Chi Running • Chi Walking  
Hills & Trails



## **SUPPORT & PRODUCTS**

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