Tahlequah Community Walking/Running Group

ABOUT THE CLASS:

➢ The goal is to help you develop a passion for running and at the same time, improve your health, develop a more positive self-image, boost your energy level, and enhance your overall quality of life.
➢ Over the course of this class, you will achieve goals that you once thought were impossible. We hope the feeling of success and empowerment that you experience in class will extend into other keys areas of your life.

THE RUN/WALK PHILOSOPHY:

➢ Our program is safe and gradual in design. It’s been proven by hundreds of women and men just like you and it truly takes the intimidation out of running.

OUR RUN/WALK PROGRAM:

➢ Decreases injuries because you are building muscle recovery into your runs.
➢ Decreases post-run soreness and recovery time.
➢ Decreases stress on your muscles and joints while allowing you to constantly progress.
➢ Increases your endurance and fitness more quickly and easily.
➢ Increases the calories you are able to burn since your sessions are 45 minutes and longer (as you progress).

REASSURANCE:

We would like to emphasize 2 points.
  1. This class is for YOU! It is not a competition. It’s a safe, welcoming place for you to get fit, make friends, and have fun! The staff at Healthy Nation encourages you to exercise at your own comfortable pace.
2. No matter how slow you run, you never have to worry about “being last” or “holding up the class”. With each walk break, we initiate a “follow-the-leader” turnaround where the front of the class turns around and walks back to meet the back of the class, which brings the entire class together again. You never have to worry about getting left behind.

CLASS DETAILS:

- We offer 1 coached run per week:
  - Tuesday at 5:30
  
  **Start Date:** March 3rd, 2020
  
  **Time:** 5:30
  
  **Location:** Cherokee Nation Outpatient Health Clinic

- The program is set up for 3 run/walk sessions per week. Therefore, you will be “on your honor” to do a second and third run on the weekend.
- Be sure to hydrate before and after your run. We will provide water for your Tuesday runs.

PROGRAM DURATION:
8 Weeks

**March 3rd – April 21st, 2020**

PROGRAM REQUIREMENTS: Recommended for beginning runners.

1. There is no age requirement for this class but all children must be accompanied by a parent or guardian.
2. Registration will be conducted before classes begin.
3. If you have not been exercising, we recommend you start with our Walking 101 program or consult your physician.
4. All minors will need their parents or guardian signature and permission to start this program.
5. It is recommended that all participants join the Wings Fitness program otherwise the participant will have to pay the registration fee for their goal race.
6. Registration forms, Par-Q and doctors letters (if needed) are required before you can begin the class.

YOUR GOAL: to get in shape to Run or Run/Walk a 5k! We are there to motivate and inspire you to adopt a healthy lifestyle of running. Make it a priority and it will pay dividends!

PLANNING: Depending on the distance scheduled for a specific day, plan for at least an hour for your “workout”. As the distance increases, you may need to plan for a little longer than an hour to complete the run and the post-run stretching (cool down) routine.
### UPCOMING RACES:

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<thead>
<tr>
<th>Date</th>
<th>Race</th>
<th>Location</th>
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<tbody>
<tr>
<td>March 28</td>
<td>Superhero 5K</td>
<td>Sallisaw</td>
</tr>
<tr>
<td>April 4</td>
<td>Grand Dam 5K &amp; 10K</td>
<td>Langley</td>
</tr>
<tr>
<td>April 11</td>
<td>Happy Hills 5K</td>
<td>Tahlequah</td>
</tr>
<tr>
<td>April 18</td>
<td>Lake Vian Trail Run</td>
<td>Vian</td>
</tr>
<tr>
<td>April 25</td>
<td>CC Camp 5K &amp; Fun Run</td>
<td>Stilwell</td>
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REGISTRATION FORM

First Name: __________________________ Last Name: __________________________

Address: ________________________________________________________________

City: ___________________ State: _______ Zip Code: ______________

Phone: _______________ Cell: _______________ Gender (circle one): M F

E-mail: __________________________ Date of Birth: ___________ Age: _______

Emergency Contact Name: ______________________ Phone: ______________

Informed Consent Statement:
I understand that my participation with Running 101 involves physical exercise that may be strenuous at times. This activity involves risks and injuries that may occur during my physical fitness activity. I understand and agree that I should be in adequate physical condition or acquire a recommended physician clearance before engaging in this fitness and exercise program.

In the event of illness, injury or accident during my fitness participation in Running 101, I or my parent/guardian if I am a minor child, hereby release, hold harmless, discharge and agree not to sue the Cherokee Nation, partner school systems and organizations, their employees or representatives, and owners/lessors of premises from all liabilities or damages brought in litigation by other persons or parties on behalf of participants. This includes, but is not limited to liability of illness, injury or accident, lost, stolen or damaged property, or other risks that are not foreseeable which may occur during my participation.

If illness, injury or accident occurs requiring immediate medical attention, I or my parent/guardian If I am a minor, authorize sponsoring representatives to obtain necessary medical treatment for my condition.

I have read this form and understand that there are inherent risks associated with any physical activity and recognize it is my responsibility to provide accurate and complete health/medical history information. Furthermore, it is my responsibility to monitor my individual physical performance during any activity.

Participant Signature:____________________________________ Date:______________

Parent or Guardian Signature:________________________ Date:______________

(Must be signed by Parent or Guardian if child is under the age of 18)
Physical Activity Readiness Questionnaire (PAR-Q)

Name_________________ Gender _______________________

Age_________ Date of Birth________________ Phone #:_________ 

Mailing Address____________________________________________

What is a Par-Q? The Par-Q is a simple screening tool and necessary before beginning this exercise program. The purpose is to clear for exercise or refer for further screening. The objective is not diagnostic, but to determine risk: orthopedic, cardiovascular and chronological.

Yes NO Please read each question carefully and check the appropriate answer.

______ _______ 1) Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

______ _______ 2) Do you feel pain in your chest when you do physical activity?

______ _______ 3) In the past month, have you had chest pain when you were doing physical activity?

______ _______ 4) Do you lose your balance because of dizziness or do you ever lose consciousness?

______ _______ 5) Do you have a bone or joint problem that could be made worse by a change in your physical activity?

______ _______ 6) Is your doctor currently prescribing medication for your blood pressure or heart condition?

______ _______ 7) Do you have insulin dependent diabetes?

______ _______ 8) Do you know of any other reason why you should not engage in physical activity?

If you answered “Yes” to one or more questions, you MUST complete a physical examination with physician consultation i.e. LETTER TO PHYSICIAN before becoming more physically active.

If you answered “No” to all questions, you have reasonable assurance that you can safely increase your level of physical activity on a gradual basis. A physical examination is not required.

I have read, understood and completed this Par-Q form. I am aware that there are inherent risks associated with any physical activity and recognize that it is my responsibility to provide accurate health and medical history information.

Participant Signature_________________________________________ Date_____________

Parent/Guardian Signature____________________________________ Date______________

(Must be signed by Parent or Guardian if child is under 18 years of age)
Letter to Physician

Dear Physician:

Your patient ________________________________________________, wishes to become a member of the Wings Physical Activity Program. This self-paced program involves progressive resistance training, flexibility exercises, and a cardiovascular routine, increasing in duration and intensity over time.

After completing a Physical Activity Readiness Questionnaire (PAR-Q) and identifying a medical condition, we agree to seek your advice before participation in this physical activity program.

A physical examination is required, so please make recommendations or restrictions that are appropriate for your patient.

Thank you.

Please check one of the following that apply.

| I am not aware of any contradictions toward applicant participation in this physical activity program. |
| The application should not engage in the following activities: |
| I recommend the applicant not participate in this physical activity program. |

Physician Signature:______________________________________  Date:_______________

Physician Name (print):_______________________________________________________

Clinic/Hospital Name:_________________________________________________________________

Address:__________________________________________________________________________

Phone #:__________________________________________________________________________
Cherokee Nation/Healthy Nation Training Schedule

**Running 101**

**Rest:** Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest.

**Run:** Don’t worry about how fast you run; just cover the distance—or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so.

**Run/Walk:** There’s nothing in the rules that suggests you have to run continuously, either in training or in the 5K race itself. Run until fatigued; walk until recovered.

**Walk:** Don’t worry about how fast you walk, or how much distance you cover. Begin with about 30 minutes and add 5 minutes a week until you peak with a full hour in Week 7.

The following schedule is only a guide. Feel free to make minor modifications to suit your work and family schedule.

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>1</td>
<td>Rest or run/walk</td>
<td>1.5 mi run</td>
<td>Rest or run/walk</td>
<td>1.5 mi run</td>
<td>Rest</td>
<td>1.5 mi run</td>
<td>30 min walk</td>
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<tr>
<td>2</td>
<td>Rest or run/walk</td>
<td>1.75 mi run</td>
<td>Rest or run/walk</td>
<td>1.5 mi run</td>
<td>Rest</td>
<td>1.75 mi run</td>
<td>35 min walk</td>
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<tr>
<td>3</td>
<td>Rest or run/walk</td>
<td>2 mi run</td>
<td>Rest or run/walk</td>
<td>1.5 mi run</td>
<td>Rest</td>
<td>2 mi run</td>
<td>40 min walk</td>
</tr>
<tr>
<td>4</td>
<td>Rest or run/walk</td>
<td>2.25 mi run</td>
<td>Rest or run/walk</td>
<td>1.5 mi run</td>
<td>Rest</td>
<td><strong>Superhero 5K</strong> Or 2.25 mile run</td>
<td>30 min walk</td>
</tr>
<tr>
<td>5</td>
<td>Rest or run/walk</td>
<td>2.5 mi run</td>
<td>Rest or run/walk</td>
<td>2 mi run</td>
<td>Rest</td>
<td><strong>Grand Dam Run</strong> Or 2.5 mile run</td>
<td>30 min walk</td>
</tr>
<tr>
<td>6</td>
<td>Rest or run/walk</td>
<td>2.75 mi run</td>
<td>Rest or run/walk</td>
<td>2 mi run</td>
<td>Rest</td>
<td><strong>Happy Hills 5K</strong> Or 2.75 mile run</td>
<td>30 min walk</td>
</tr>
<tr>
<td>7</td>
<td>Rest or run/walk</td>
<td>3 mi run</td>
<td>Rest or run/walk</td>
<td>2 mi run</td>
<td>Rest</td>
<td><strong>Lake Vian Trail Run</strong> Or 3 mile run</td>
<td>30 min walk</td>
</tr>
<tr>
<td>8</td>
<td>Rest or run/walk</td>
<td>3 mi run</td>
<td>Rest or run/walk</td>
<td>2 mi run</td>
<td>Rest</td>
<td><strong>CC Camp 5K</strong> Or 3 mile</td>
<td>30 min walk</td>
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Walking 101

Monday: Rest or walk. You trained pretty hard over the weekend, so use this day of rest if you experience any fatigue, or if your leg muscles are sore. In my Novice training programs developed for runners, Monday is usually a rest day. Only the Intermediate and Advanced runners train on this day.

Tuesday: Many of my training programs utilize a 48-hour break between bouts of hard exercise, so it's time to train again. In this eight-week program, begin by walking for 15 minutes at a comfortable pace. Every other week, add another 5 minutes to the length of your walk. By going at it gradually, you should be able to improve your walking ability without discomfort or risk of injury.

Wednesday: Rest or walk. Hard/easy is a common pattern among runners. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went good, feel free to walk again, regardless of distance. If you're really feeling strong, repeat the Saturday or Sunday pattern for your Wednesday walks.

Thursday: This is a repeat of Tuesday's workout pattern. Begin with 15 minutes and add five more minutes to your walk every second week.

Friday: Another rest day. You need to make sure your muscles are well rested so you can train hard on the weekends. Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter much on which day you do specific workouts as long as you are consistent with your training.

Saturday: The Saturday workouts are stated in miles rather than minutes. This is to give you an idea of how much distance you are able to cover over a specific period of time as well as to give you confidence in your ability to walk 5 kilometers. The 5K is actually 3.1 miles long, so by the time you get to the 3-miler on the seventh Saturday, you will be only a short distance from achieving your goal.

Sunday: At least one day a week, it's a good idea to go for a long walk without worrying about exactly how much distance you cover. For instance, walk in the woods over unmeasured trails. Most people should be able to walk continuously for an hour at least once a week, even if it means walking very slowly or pausing to rest. If walking an hour seems too difficult the first week, start with 30 minutes and by adding 5 minutes each week, build up to the point where you can walk continuously for 60 minutes.

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<td>15 min walk</td>
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<td>30-60 min walk</td>
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<td>Rest or walk</td>
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<td>Rest</td>
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<td>Rest or walk</td>
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<td>40-60 min walk</td>
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