

Tips to make your 5K a success!



The day before

- Rest! Go to bed early and avoid participating in any physical activity.
- Check the weather and plan what to wear accordingly; avoid wearing new clothes or shoes the day of the 5K.
- Plan ahead by setting your local route and putting out the items you will need for the 5K before you go to bed.

The day of the 5K

- Eat a light snack or meal 1–2 hours before the 5K. Choose something high in carbohydrates but low in fiber, fat and protein. Do not eat something new, as you do not know how your body will react.
- Before the 5K starts, warm up for 5–10 minutes by slowly walking and gradually increase the pace.
- Focus on finishing and enjoying the experience, rather than focusing on a fast time; this will allow you to have a fun and safe experience.

After the 5K

- Cool down for 5–10 minutes by slowly decreasing pace and end with stretching.
- After the 5K, continue to drink plenty of water throughout the day.
- Complete the QLife 5K survey that will be emailed to you after the event has ended. By registering and submitting your QLife 5K survey, you can earn points towards your QLife Wellness Rewards if you are enrolled in a Quad medical plan.

Common mistakes to avoid

Common mistakes 5K participants make include:

- Starting the 5K at too fast of a pace
- Not warming up before the 5K, as this can cause muscle cramps and increase risk for injury
- Training too often before the 5K
- Not consuming enough water or the proper nutrition before the 5K

Make sure to avoid these issues by following the guidelines here and checking out the other tip sheets available on the [QLife Wellness Rewards 5K page](#).

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Questions? Contact quadwellness@quadmedical.com