



Kinderhook
RUNNERS CLUB

FREE Spring Clinic
WEDS - 6 PM - ICC Track

April 16 to June 4

JOIN THE FUN

THE RUNDOWN



THE KINDERHOOK RUNNERS CLUB'S SPRING GUIDE
RUNNING CLINIC

Since our inception, the mission of Kinderhook Runners Club has been to foster the sport of running in our local community. Whether you are running your first 5K or your 50th marathon, we hope to be there to keep you company as you train.

The spring clinic we host at the Ichabod Crane Central School Track is a great way for people of many abilities to ease into a running habit or if you're a seasoned runner looking to run farther or get faster.

Join us every Wednesday through June 8 for this special couch-to-5K clinic. We'll show you proper running form as well as give you strategies to cross the finish line of our favorite 5K Race — OK5K on June 10. Hope to see you at the track!



SPRING CLINIC

FIVE RUNNING TIPS

RUN IN GOOD SHOES - Try Fleet Feet in Albany to get yourself fitted for free.

RUN AGAINST TRAFFIC. The first rule in run club is be safe on the roads.

WEAR GOOD SOCKS Moisture-wicking is essential. Spend more than \$10 on one pair.

LEAN FORWARD SLIGHTLY at your ankles, not at your waist.

DON'T TAKE LONG STEPS. Faster leg turnover is better than a long stride.

CLINIC OVERVIEW

WELCOME RUNNERS!

Trainer Jay Thorn of Kinderhook Runners Club has laid out an 8-week track workout plan designed to build endurance, speed, and strength for a novice runner aiming to complete a 5K. Each week includes one track workout and two 3-mile run/walks at an easy to moderate pace. Warm up with 5–10 minutes of light jogging and dynamic drills before each track session and cool down with 5–10 minutes of easy jogging, strength exercises, and stretching afterward.

WEEK 1 FOUNDATION AND FORM

1

- * Warm-up: 1 x 400m at slow jog/drills
- * 4 x 400m at a comfortably hard pace (around 5K pace) Rest: 90 seconds walk/jog between reps
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- * Goal: Build comfort with running at a steady pace.

WEEK 2 STRENGTH AND SPEED

2

- * Warm-up: 1 x 400m at slow jog and drills
- * 4 x 200m at fast pace (mile race pace) Rest: 60 seconds walk/jog
- 2 x 400m at 5K pace Rest: 90 seconds
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- Goal: Develop closing speed and race finish strength.

WEEK 3 BUILD ENDURANCE

3

- * Warm-up: 1 x 400m at slow jog and drills
- * 3 x 800m at 5K pace Rest: 2 minutes walk/jog between reps
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- Goal: Develop stamina and aerobic capacity.

WEEK 4 CONTROLLED SPEED

4

- * Warm-up: 1 x 400m at slow jog and Drills
- * 4 x 400m at a slightly faster than 5K pace Rest: 60 seconds walk/jog between reps
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- * Goal: Increase comfort with higher speeds.

WEEK 5 STRENGTH/ENDURANCE

5

- * Warm-up: 1 x 400m at slow jog and drills
- * 3 x 400m at 5K pace, 2 x 200m at mile pace Rest: 90 seconds after 400m, 60 seconds after 200m
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- * Goal: Build both speed and endurance.

WEEK 6 RACE PACE

6

- * Warm-up: 1 x 400m at slow jog / drills
- * 1 x 1200m at 5K pace Rest: 2 minutes
- 2 x 400m at slightly faster than 5K pace Rest: 90 seconds
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- * Goal: Simulate race conditions and pacing.

WEEK 7 SHARPEN SPEED

7

- * Warm-up: 1 x 400m at slow jog/drills
- * 4 x 200m at fast pace (mile race pace) Rest: 60 seconds walk/jog
- 2 x 400m at 5K pace. Rest: 90 seconds
- * Stretching and Strength Building
- * Homework: 2 run/walks of 3 miles each with at least 1 day between each
- * Goal: Develop closing speed and race finish strength.

WEEK 8 RACE WEEK TAPER

8

- * Warm-up: 1 x 400m at slow jog and Drills
- * 3 x 400m at 5K pace. Rest: 90 seconds walk/jog
- * Stretching and Strength Building
- * Homework: Rest, Recover, and get to bed early Thurs. & Fri. night
- * Goal: Maintain sharpness while reducing fatigue.



SPRING CLINIC

CLINIC OVERVIEW

FOR THE EXPERIENCED

Here's an 8-week track workout plan tailored for an experienced runner aiming to sharpen speed, strength, and endurance for a strong 5K performance. Each week includes one track workout and two 5-mile runs at an easy to moderate pace. Warm up with 10–15 minutes of easy jogging and dynamic drills and cool down with 5-10 minutes of easy running, strength exercise, and stretching.

WEEK FOUNDATION AND PACING

1

Warm-up: 1 x 400m at slow jog/drills
* 6 x 400m at 5k pace. Rest: 90 seconds walk/jog between reps
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Establish race pace and build control.

WEEK SPEED AND TURNOVER

2

*Warm-up: 1 x 400m at slow jog and drills
*8 x 200m at mile pace (or faster, this is a controlled sprint). Rest: 60 seconds walk/jog between reps
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Improve leg turnover and running economy.

WEEK STRENGTH & ENDURANCE

3

* Warm-up: 1 x 400m at slow jog and drills
* 3 x 1000m at **5K PACE**. Rest: 2 minutes walk/jog between reps
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Build strength to hold race pace longer.

WEEK RACE PACE SIMULATION

4

* Warm-up: 1 x 400m at slow jog/drills
* 1200m at 5K pace; 2 x 400m at slightly faster than 5K pace; 2 x 200m at mile pace. Rest: 90 seconds after 1200m and 400m reps, 60 seconds after 200m reps
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Build strength and closing speed under fatigue.

WEEK THRESHOLD AND SPEED

5

* Warm-up: 1 x 400m at slow jog/drills
* 3 x 800m at slightly faster than 5K pace
Rest: 2 minutes jog between rep
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Push lactate threshold and improve pacing.

WEEK VO2 MAX FOCUS

6

* Warm-up: 1 x 400m at slow jog and drills
* 5 x 600m at 5K pace. Rest: 90 seconds walk/jog between reps
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Increase ability to maintain higher intensities.

WEEK SHARPEN SPEED

7

*Warm-up: 1 x 400m at slow jog/drills
*4 x 400m at slightly faster than 5K pace; 4 x 200m at mile pace; Rest: 90 seconds after 400m, 60 seconds after 200m
* Stretching and Strength Building
* Homework: 2 runs of 5 miles each with at least 1 day between runs
* Goal: Improve closing speed and race sharpness.

WEEK RACE WEEK TAPER

8

* Warm-up: 1 x 400m at slow jog and drills
* 3 x 400m at 5K pace; Rest: 90 seconds walk/jog
* Stretching and Strength Building
* Homework: Rest, Recover, and get to bed early Thurs. & Fri. night
* Goal: Keep legs fresh and sharp without overloading.



Jay Thorn
Trainer



STRETCH

BIG

Jay has gathered some post-run stretching exercises to help with recovery, flexibility, and injury prevention. Hold each stretch for 20–30 seconds and repeat on both sides where applicable:

1. Calf Stretch (Fence or Curb)
Targets: Calves (Gastrocnemius & Soleus)
Place hands on a wall, step one leg back, and press heel into the ground. Keep back leg straight for upper calf, bent for lower calf.

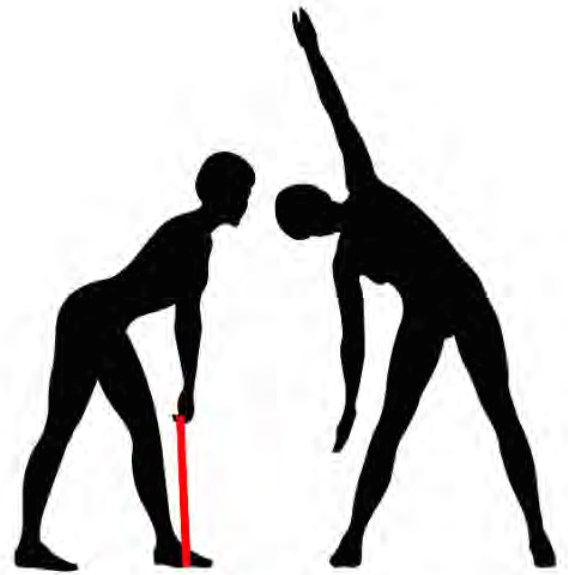
2. Hamstring Stretch
Targets: Hamstrings
Sit with one leg extended, the other foot against the inner thigh. Reach toward your toes while keeping your back straight.

3. Standing Quad Stretch
Targets: Quadriceps
Stand tall, grab your ankle behind you, and gently pull it toward your glutes. Keep knees close together and push hips slightly forward.

4. Hip Flexor Stretch
Targets: Hip flexors and psoas
Lunge forward with one leg, drop the back knee, and gently push your hips forward. Raise your arms overhead to deepen the stretch.

5. Glute Stretch (Figure 4 or Seated)
Targets: Glutes and piriformis
Lie on your back, cross one ankle over the opposite knee. Pull the uncrossed leg toward your chest to stretch the glutes.

6. IT Band Stretch (Standing Cross-Leg Reach)
Targets: Iliotibial band and outer thigh
Cross one leg behind the other, then reach your arm overhead and lean toward the opposite side.



7. Lower Back Stretch (Child's Pose)
Targets: Lower back, glutes
Kneel on the floor, sit back onto your heels, and stretch arms forward while lowering your forehead to the ground.

8. Adductor Stretch (Butterfly Stretch)
Targets: Inner thighs
Sit with soles of your feet together, knees out to the sides. Gently press down on your knees with your elbows while leaning forward.

9. Standing Cross-Body Shoulder Stretch
Targets: Rear Deltoids, Rhomboids, and Trapezioids
Stand tall with your feet hip-width apart. Extend your right arm straight across your chest. Use your left hand to pull the right arm closer to your chest, just above the elbow. Keep your shoulders relaxed and avoid twisting your torso. Hold for 20–30 seconds, then switch arms.

Tip: Breathe deeply and keep the stretching arm straight but relaxed.



STRENGTH

STRONG FINISH

Strength Exercises
8 bodyweight strength exercises for runners to do after a run—to help build muscular endurance, improve balance, and support injury prevention without need of any equipment.

1. Bodyweight Squats

Muscles: Quads, glutes, hamstrings, core
Stand with feet shoulder-width apart, squat down like sitting into a chair, and return to standing.

!!! Tip: Keep your chest up and knees behind your toes.

2. Glute Bridges

Muscles: Glutes, hamstrings, core
Lie on your back, knees bent, feet flat. Lift your hips until your body forms a straight line from shoulders to knees.

!!! Squeeze your glutes at the top for max benefit.

3. Single-Leg Deadlifts (Bodyweight)

Muscles: Glutes, hamstrings, balance
Stand on one leg, hinge at the hips, and extend the other leg back as you lower your torso forward. Return to start.

!!! Keep your back straight and core engaged.

4. Wall Sit (Use a Buddy – Increases balance and fun)

Muscles: Quads, glutes, calves
Slide your back down a wall until your knees are at 90°. Hold the position.

!!! Start with 30 seconds, work up to 1–2 minutes.



5. Calf Raises

Muscles: Calves

Stand tall and lift your heels off the ground, then slowly lower back down.

!!! Try on a step for added range of motion.

6. Plank (Forearm or High)

Muscles: Core, shoulders, glutes
Hold a plank position with your body in a straight line from head to heels.

!!! Engage your core and glutes, avoid sagging hips.

7. Side-Lying Leg Raises

Muscles: Hip abductors, glutes

Lie on your side and lift the top leg up and down slowly.

!!! Helps stabilize hips and prevent IT band issues.

8. Bird Dog

Muscles: Core, glutes, lower back

On all fours, extend opposite arm and leg straight out, then return. Alternate sides.

!!! Focus on smooth, controlled movement.

MAKE IT OFFICIAL ... WE HAVE IT ALL

JOIN THE CLUB ONCE A WEEK IS A START, but running just two more days a week will help you finish strong! We can help you make new habits and give you a FREE shirt. Come run with us on Saturday mornings. We start from the House of History in the Village of Kinderhook. We will have various routes and paces to meet your goals. You also get a free shirt with your new membership!

SOCIAL AND STRETCHY DID YOU KNOW WE DO MORE THAN RUNNING? We host special events that offer fun for the whole family, including out-and-back run/walks that are designed to tour a new landscape and try a fun restaurant. We also offer members free monthly yoga classes!