



 THE HUMAN RACE 10K
MY FIRST 10K

Featuring coaching by Jay Blahnik and
music by Nacional Records



REV UP FOR RACE DAY

You've signed up for your first 10K... Now what? Just lace up your running shoes, grab your iPod nano, and dial up My First 10K. This workout provides the ideal amount of training to get you started and the right kind of coaching to ensure you finish.

Award-winning fitness trainer Jay Blahnik specifically designed My First 10K for people who have never done a 10K race. This run mixes energizing, specifically engineered music and world-class coaching with walking and running to get you to the finish line. If you can complete this whole workout even just once before race day, you should be able to go the distance in the real event.

No matter if you've never run or only run occasionally, My First 10K is crafted to jumpstart your 10K training with a mix of endurance training and speedwork. Each section is long enough to boost results, but not so long that you can't make it through. You have the option to walk occasionally, which allows you to build your stamina progressively until you are motoring from start to finish.

My First 10K is 40 minutes long, but it also has two dropout points, one at 20 minutes and another at 30 minutes. These early exits allow you to shorten the run when you first start training, then lengthen the workout as your stamina improves and your confidence builds.

Here's an overview of the run:

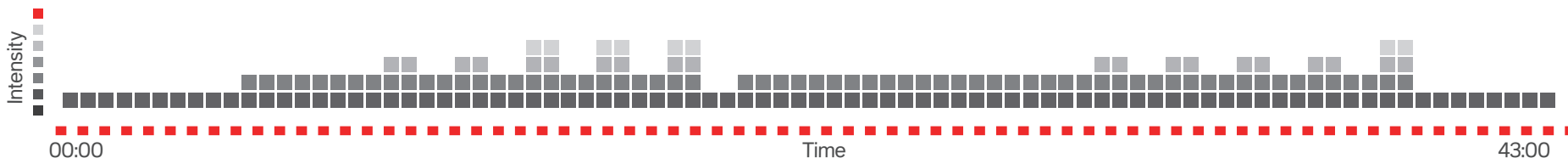
- 5-minute warm-up
- 4-minute endurance set
- 10-minute interval set (first dropout point)
- 10-minute endurance set (second dropout point)
- 10-minute interval set
- Cooldown

If you are new to running, take advantage of the dropout points and note how you feel at each dropout point, as well as at the end of each run. Try to go a little longer, a little farther, and a little faster each time you do the workout, and you will be ready for the full distance in no time.

MY FIRST 10K AT A GLANCE



RUN AT A GLANCE



MUSIC AT A GLANCE

WARM-UP (00:00 - 05:00)

Bitman & Roban: *Tatita*
DJ Bitman: *Shine*

ENDURANCE (05:00 - 09:00)

Mexican Institute of Sound:
El Micrófono
Mexican Institute of Sound:
Hey Tía

INTERVALS (09:00 - 19:00)

DJ Bitman: *El Diablo*
Kinky: *Radio*
Pacha Massive: *Don't Let Go*
Aterciopelados: *Improvisa*
(*Monareta Remix*)
Nortec Collective: *Funky Tamazula*
The Pinker Tones: *In Pea We Nuts*
Pacha Massive: *Pachanqueando*
Sara Valenzuela: *Para Continuar*
Nortec Collective: *Brown Bike*
The Pinker Tones: *Love Tape*

ENDURANCE (19:00 - 29:30)

Mexican Institute of Sound:
Mirando a Las Muchachas
DJ Bitman: *My Computer is Funk*
DJ Bitman: *El Diablo*

INTERVALS (29:30 - 39:30)

DJ Bitman: *Shine*
Kinky: *Radio*
Pacha Massive: *Don't Let Go*
Aterciopelados: *Improvisa*
(*Monareta Remix*)

Nortec Collective: *Funky Tamazula*
The Pinker Tones: *In Pea We Nuts*
Pacha Massive: *Pachanqueando*
Sara Valenzuela: *Para Continuar*
Nortec Collective: *Brown Bike*
The Pinker Tones: *Love Tape*

COOL-DOWN (39:30 - 43:00)

Ceu: *Ave Cruz*

MY FIRST 10K DETAILS



RUNNING TIME	INTENSITY	PLAYLIST	RUNNING TIME	INTENSITY	PLAYLIST
00:00 – 05:00	5 minutes of power walking	Bitman & Roban: <i>Tatita</i> DJ Bitman: <i>Shine</i>	19:00 – 29:30	10 minutes of easy run or power walk	Mexican Institute of Sound: <i>Mirando a Las Muchachas</i> DJ Bitman: <i>My Computer is Funk</i> DJ Bitman: <i>El Diablo</i>
05:00 – 09:00	4 minutes at a comfortable running pace	Mexican Institute of Sound: <i>El Micrófono</i> Mexican Institute of Sound: <i>Hey Tía</i>			
09:00 – 10:00	Prep for interval set	DJ Bitman: <i>El Diablo</i>		SECOND DROPOUT POINT	
10:00 – 11:00	1 st 1-minute interval	Kinky: <i>Radio</i>	29:30 – 30:30	Prep for interval set	DJ Bitman: <i>Shine</i>
11:00 – 12:00	1-minute recovery	Pacha Massive: <i>Don't Let Go</i>	30:30 – 31:30	1 st 1-minute interval	Kinky: <i>Radio</i>
12:00 – 13:00	2 nd 1-minute interval	Aterciopelados: <i>Improvisa (Monareta Remix)</i>	31:30 – 32:30	1-minute recovery	Pacha Massive: <i>Don't Let Go</i>
13:00 – 14:00	1-minute recovery	Nortec Collective: <i>Funky Tamazula</i>	32:30 – 33:30	2 nd 1-minute interval	Aterciopelados: <i>Improvisa (Monareta Remix)</i>
14:00 – 15:00	3 rd 1-minute interval	The Pinker Tones: <i>In Pea We Nuts</i>	33:30 – 34:30	1-minute recovery	Nortec Collective: <i>Funky Tamazula</i>
15:00 – 16:00	1-minute recovery	Pacha Massive: <i>Pachanqueando</i>	34:30 – 35:30	3 rd 1-minute interval	The Pinker Tones: <i>In Pea We Nuts</i>
16:00 – 17:00	4 th 1-minute interval	Sara Valenzuela: <i>Para Continuar</i>	35:30 – 36:30	1-minute recovery	Pacha Massive: <i>Pachanqueando</i>
17:00 – 18:00	1-minute recovery	Nortec Collective: <i>Brown Bike</i>	36:30 – 37:30	4 th 1-minute interval	Sara Valenzuela: <i>Para Continuar</i>
18:00 – 19:00	5 th 1-minute interval	The Pinker Tones: <i>Love Tape</i>	37:30 – 38:30	1-minute recovery	Nortec Collective: <i>Brown Bike</i>
	FIRST DROPOUT POINT		38:30 – 39:30	5 th 1-minute interval	The Pinker Tones: <i>Love Tape</i>
			39:30 – 43:00	Cooldown	Ceu: <i>Ave Cruz</i>

MY FIRST 10K MUSIC DETAILS



Musica para Después
de Almuerzo
Bitman & Roban
Tatita



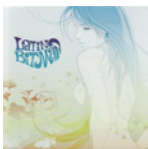
Latin Bitman
DJ Bitman
Shine



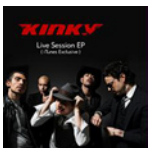
Piñata
Mexican Institute of Sound
El Micrófono



Méjico Máxico
Mexican Institute of Sound
Hey Tía



Latin Bitman
DJ Bitman
El Diablo



iTunes Live Session
Kinky
Radio



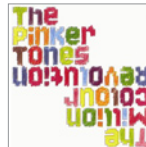
All Good Things
Pacha Massive
Don't Let Go



Oye
Aterciopelados
Improviso (Monareta Remix)



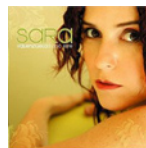
Tijuana Sessions, Vol. 3
Nortec Collective
Funky Tamazula



The Million Color Revolution
The Pinker Tones
In Pea We Nuts



All Good Things
Pacha Massive
Pachangueando



Lado Este
Sara Valenzuela
Para Continuar



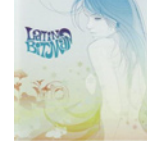
Tijuana Sound Machine
Nortec Collective
Brown Bike



The Million Color Revolution
The Pinker Tones
Love Tape



Méjico Máxico
Mexican Institute of Sound
Mirando a Las Muchachas



Latin Bitman
DJ Bitman
My Computer is Funk



Céu
Céu
Ave Cruz

POST-WORKOUT STRETCHES

When training for your first 10K race, you may run more often and more miles than usual, making it even more important to stretch after every run. These five stretches enhance flexibility, improve running form, and help prevent injury.



CALVES/SOLEUS

Kneel down on one knee and sit back on the heel. Place the opposite foot next to the knee, keeping the heel on the floor. Use the arms for balance. Hold the stretch for 10 to 30 seconds. Repeat on the other leg.

POST-WORKOUT STRETCHES



QUADRICEPS

Lie on one side and rest the head on the lower arm. Bend the top knee and hold the ankle with the same-side hand; pull the heel toward the gluteals. Hold the stretch for 10 to 30 seconds. Repeat on the other leg.



HAMSTRINGS

Lie on the floor face up with legs slightly bent. Lift one leg, keeping the knee straight. Place hands around the thigh and move the leg closer to the head. Hold the stretch for 10 to 30 seconds. Repeat on the other leg.

POST-WORKOUT STRETCHES



GLUTEALS

Sitting on the floor, extend one leg straight out in front; put the foot of the other leg across the thigh in the figure 4 position. Move the chest toward the legs, pivoting at the hip. Hold the stretch for 10 to 30 seconds. Repeat on the other leg.



ABDOMINALS

Lie on the floor, chest down with the hands near the shoulders. Lift the chest and ribs off the floor as far as comfortably possible by pushing with the hands. Don't extend beyond the point that's comfortable for the lower back. Hold the stretch for 10 to 30 seconds.



TIPS FOR RUNNING AND RACING

This may be the first of many 10Ks in your running career. Here are a few tips to ensure you enjoy your training and running events from the get-go:

- If you have never run a race, volunteer to help at one. This is one of the best ways to learn how a race works and get motivated to run one yourself.
- Running a 5K race is a great way to train for a 10K. It will give you some practice with a race environment, and 5K races are easy to find almost regardless of where you live.
- Cement is harder than asphalt, so get off the sidewalk and onto the road wherever it is safe. Even better, try running on a track or trails once in a while to mix up the impact and the view.
- When running your first 10K, don't be afraid to walk for one minute when you hit each mile marker. It only adds up to 5 minutes at a slower pace, but it can help you finish strong and feeling good.
- Don't overdress on a run. You want to feel a little bit chilly when you head out the door since your body will warm up as you get moving.



TUNE YOUR RUN WITH NIKE+

Tracking your progress as you train for a 10K will keep you motivated as race day approaches. Team this workout with Nike+ and you'll receive real-time feedback on how far and how fast you've run. Using Nike+ with My First 10K is simple:

1. Choose Basic from the Workouts Menu on your iPod nano.
2. Dial up My First 10K as your Workout Music.
3. On your mark... Get set... Go! Press the center button and start running. Jay will be in your ear talking you through your paces, telling you when to speed up and slow down. Enjoy the engineered-for-effort music between coaching instructions.

4. Want to know how fast you ran that last interval or how many miles you've covered so far? Press the center button to hear instant feedback at any time.
5. A summary screen tallying distance, time, and calories will appear when you finish the workout.
6. Once you are back at your computer, sync your iPod nano and log onto nikeplus.com. Your workout data uploads automatically and allows you to compare stats and chart improvement over time on your personal Nike+ page. Talk about seeing instant results!

Tune Your Run with Nike+

COACH BIO: JAY BLAHNIK

An award-winning fitness trainer, educator, and writer, Jay Blahnik has taught classes and seminars in more than 30 countries. He is the author of the best-selling book *Full Body Flexibility*, and he is a fitness expert for MSNBC.com and the Los Angeles Times. Known for his results-oriented, simplified training approach, he has developed programs for top health clubs across the globe and regularly teaches treadmill training classes for runners in Southern California. Jay's training programs, classes and advice have helped many new runners finish their first 10K races and dozens of high-level runners improve their paces and race times.

Medical Disclaimer: Consult your doctor or other medical professional before starting any new workout regimen.

