

HOME RUN

5K RUN & FAMILY DAY OUT 2026

Run Plan

To get the most out of your upcoming running event, FLYEfit wants to give you some advice in the areas of **activity, nutrition, recovery** and **race day preparation**.

1. Race week prep
2. Race day prep
3. Post race recovery

This information is just a guideline and can vary from person to person, depending on a number of lifestyle factors. These are broad tips to help all levels, abilities, and backgrounds.

Race Week Prep

Activity

7-5 Days Out

- Continue normal training, but avoid trying to make up missed sessions.
- Your final meaningful run should be relatively easy. Avoid introducing new exercises, shoes or training methods.

4-3 Days Out

- Reduce training volume.
- Easy walking and light movement are encouraged. If running, keep it short and comfortable.

2 Days Out

- Rest or take an easy walk.
- No hard intervals, heavy leg training or exhausting conditioning.

Day Before

- Rest or very light activity.
- A 10-20 minute easy walk is perfect. Spend more time recovering than training.

Rule: Finish race week thinking, “I could have done more.” That's exactly where you want to be!

Race Week Prep

Nutrition

You don't need a special *5K diet*. Prioritise normal, consistent, carbohydrate-containing meals and adequate hydration.

Carbohydrates: rice, potatoes, pasta, oats, bread, fruit and cereal. Carbohydrates provide readily available fuel for running.

Proteins: chicken, eggs, fish, greek yoghurt, lean meat, milk and protein-rich alternatives.

Keep protein intake consistent rather than dramatically increasing it.

Fats: Continue eating healthy fats, but avoid making your meals unusually high-fat immediately before the race.

Hydration: Stay consistently hydrated throughout the week, rather than trying to drink huge amounts the night before. Don't force excessive water intake.

A simple check: pale-yellow urine = generally good hydration

Avoid Experimentation

Race week is not the time to try:

- A new supplement
- A new pre-workout
- A massive "carb load"
- A new diet
- Unfamiliar foods
- Excessive alcohol

Eat foods you already know agree with you, especially on race day.

Race Week Prep

Mobility

Mobility should make you *feel better*, not create soreness.

5-7 Minute Daily Mobility Routine

1. Ankle rocks/rotations (10 reps/side)
2. World's Greatest Stretch (5-10 reps/side)
3. 90/90 hip rotations (10-15 reps/side)
4. Walking lunges/arms overhead (8/side)
5. Leg swings (10 front/back + 10 side-to-side per leg)
6. Calf raises (15 reps)

Keep everything controlled and comfortable.

Important

Avoid aggressive stretching or mobility work that causes significant soreness. You're not trying to create adaptations this week, you're trying to maintain movement quality.

The Night Before

Dinner

Have a familiar meal containing carbohydrates, proteins, vegetables and fluids. This doesn't need to be an enormous meal, think boring and predictable.

For example:

- chicken + rice + vegetables + fruit

or

- pasta + lean mince + tomato sauce + bread

Prepare Everything

To reduce Race Day morning stress, lay out:

- Running shoes
- Socks
- Shorts/leggings
- Home Run 5K running tee
- Jacket
- Race number
- Watch
- Water
- Breakfast
- Any other race essentials

Sleep

Don't obsess if you don't sleep perfectly, one mediocre night won't ruin your race.

Instead, get into bed at your normal time and allow yourself enough opportunity to sleep.

Race Day Prep

2-3 Hours Before

Wake up, hydrate and eat your normal pre-run breakfast.

A good breakfast is carbohydrate dominant + familiar + relatively easy to digest.

Examples:

Porridge + banana

Toast + banana + yoghurt

Cereal + milk + fruit

Bagel + banana

Avoid eating a huge breakfast just because “it's race day”.

60-90 Minutes Before

Start getting yourself organised.

Sip fluids rather than drinking huge amounts. No new clothes or runners, stick to what you know works.

This goes the same for energy gels — if you have never used them, don't let race day be your first time as they may not agree with your stomach.

Remember: the work is done, enjoy the experience!

During the Race

If this is your first 5K, *pacing* is probably the biggest performance factor.

Don't sprint the first kilometre. The excitement of race day can make your normal easy pace feel ridiculously slow.

Resist it.

Race Pace Tips

KM 1: Controlled

KM 2–3: Settle

KM 4: Work

KM 5: Race

The first half should feel *easier* than the second half.

If you feel amazing at 1–2 km, don't panic and speed up. You've got plenty of race left.

Post Race Recovery

Your first priority is to *keep moving*. Walk for 5–10 minutes after the race while your breathing gradually returns towards normal. Don't immediately collapse onto the ground if you can avoid it. Then have some fluids.

Post-Race Stretch (5–10 minutes)

You should feel tension, not pain. The purpose isn't to “flush lactic acid”, it's simply a comfortable way to restore movement after the race.

The First 1–2 Hours: REHYDRATE + REFUEL + RELAX

Within the first couple of hours, have a normal meal containing carbohydrates + proteins + fluids. You don't need a complicated recovery shake unless that's convenient for you.

For example:

- chicken + rice + vegetables + fruit
- eggs + toast + yoghurt + fruit
- sandwich + yoghurt + banana

Important Distinction

It's important to understand the difference between:

Normal Post-Race Soreness

- general muscle soreness
- stiffness
- heavy legs
- mild tenderness

Potential Injury

- sharp/localised pain
- pain that changes your movement
- significant swelling
- joint pain
- pain that gets progressively worse

Pain isn't something to “push through” just because you finished a race.

Post Race Recovery

12-24 Hour Recovery Protocol

Movement

Don't spend the entire day completely stationary. Instead, get up every few hours and move. Easy walking is excellent.

The next day, aim for a 20–30 minute easy walk, provided you're feeling comfortable. No need to immediately start another hard training session.

Hydration

Continue drinking normally throughout the day. If you've sweated heavily, include fluids with electrolytes/sodium through normal food and drinks. Don't force excessive water.

Nutrition

Return to your normal balanced diet. There's no need for a “cheat day” simply because you ran a 5K.

Prioritise:

Carbohydrates → replenish energy

Protein → support muscle repair

Fruit & vegetables → micronutrients

Fluids → restore hydration

Sleep

The simplest recovery tool: get a good night's sleep. Aim for your normal healthy sleep duration. Your body does a huge amount of its recovery while you're asleep.

The Ultimate Race Day Checklist

Week Before

- Reduce training volume
- Keep moving
- Eat normally
- Stay hydrated
- Sleep well
- Light mobility
- No new foods, supplements, shoes etc.

Race Morning

- Familiar breakfast
- Hydrate
- Arrive early
- 5-minute easy movement
- Dynamic mobility
- 2-3 short strides

During the Run

- Start controlled
- Settle into rhythm
- Don't chase everyone
- Push from ~4 km
- Empty the tank in the final kilometre

After the Run

- Walk 5-10 min
- Rehydrate
- Eat carbohydrate + protein
- Light stretching
- Easy movement throughout the day
- Good night's sleep

Next day

- Easy walk
- Light mobility
- Normal nutrition and hydration
- Assess soreness
- Return to training progressively

The overarching message FLYEfit wants to give newcomers is:

“**Don't try to get fitter during race week.
Get fresher.**”