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## High hurdle spacing

This article is talking about a tracking event and field. For equestrian form, see Hurdling. Leon Okafor of Austria runs the barrier at the 2018 event in Linz Hurdling is an act of running and jumping over the barrier at speed. [1] In the early 19th century, the hurdles came in and jumped over each obstacle, landing on both feet and checking on them. Today, the prevailing patterns of 3-step steps are for high obstacles, 7-step for low obstacles and 15-step for intermediate hurdles. Hurdling is a highly specialized form of obstacle racing, and is part of the sport of athletics. In the cases of obstacles, obstacles, known as obstacles, are determined at precisely measured altitudes and distances. Every athlete has to cross barriers; [2] [3] [4] the transition below or intentionally knocking obstacles will result in disqualification. The accidental collapse of obstacles is not the result of disqualification,[5] but the obstacles are weighted to put them at a disadvantage. In 1902, Spalding sold foster patent safety barrier, a wood barrier. In 1923, some wooden barriers weighed 16 kg. Improvements in the design of the barriers were made in 1935, when the L-shaped barrier was developed. The most high-quality obstacle events are the men's 110 meters hurdles, the women's 100 meters hurdles and the 400 meters hurdles (both genders) – these three distances are all controversial at the Summer Olympics and world athletics championships. Two shorter distances run at the level of the running track and the 400 m version comprises one full circle of standard oval track. Events at shorter distances often also take place on internal runways and field events ranging from 50 metres up. Women have historically competed in the 80 meters hurdles at the Olympics in the mid-20th century. The obstacle race is also part of the competitions in combined events, including the 10th fight and the heptathlon. [6] On the lines, obstacles are usually 68-107 cm in height (or 27-42 inches), depending on age and gender of the obstacle. [7] Events from 50 to 110 metres are technically known as high obstacle races, while longer races are low-barrier races. Track obstacles are the form of sprinting competitions, although the 400 m version is less anaerobic in nature and requires athletic qualities similar to the 800 meters level race. In steeplechase can also be found obstacle technique, although in this case athletes are allowed to step on the barrier to clean it. [5] Similarly, cross-athletes can be hampered by various natural barriers, such as logs, haube of land and small streams – this represents the sporting origin of modern events. Horse racing has its own version of obstacle racing, with similar principles. [8] Distances Most common obstacles Event Sexual Olympic 50m hurdles Both no 55 m hurdles Both no 60 m hurdles Both No. 1987–80 m hurdles Women's 1932–1968 No. 100 m hurdles Women's 1972–present 1983–present 110 m hurdles Men 189 6-00 1983-present 200m pre-barriers Men 1900-1904 No 300 m pre-barriers Both not 400m pre-barriers Both 1900-08 & 1920-present (men)1984-present (women) (1983-present) Standard or sprint The short hurdle race is 110 meters for men and 100 meters for women. The standard number of steps to the first obstacle must be 8. The standard long-barrier race is 400 meters for both men and women. Each of these races is over the top 10 hurdles and all olympic events are. [9] At the 1900 and 1904 Olympic athletics program, there was a low obstacle at the 200 meters. These low-barrier events were often involved in the early 20th century, especially in North America. However, in addition to these two Olympic outpourings, they have never gained a consistent place in international competitions and have become increasingly rare after the 1960s. This 10-hurdle race continues to take place in places like Norway. [10] [11] Other distances run, especially indoors but occasionally outdoors. The obstacle sprint race is usually 60 meters for both men and women, although races 55 meters long or 50 meters are sometimes run, especially in the US. The 60-metre indoor race is five hurdles. A shorter race can occasionally have only 4 obstacles. Outdoors, the long obstacle race is sometimes shortened to 300 metres for younger participants who run eight obstacles. For example, high school and high school athletes in California and Pennsylvania run 300 meters of obstacles instead of running 400 meters of obstacles, as most state competitors run today. The distance tracked by obstacles is the same as the start of a standard 400-metre race that would have 10 obstacles. There are also 200 meters races for high school and younger divisions over 5 obstacles (in the same position as the last 5 obstacles of the standard 400 meters race). [12] Finals at the men's 110 meters hurdles at the 1912 Summer Olympics. Height and spacing At most standard obstacles there are five obstacle heights. The highest position (sometimes college high or open high) is used for men's races with sprinting obstacles (60 m, and 110 m) that are 42 inches (106.7 cm). The next highest, (sometimes high school[12] ) 39 inches (99.1 cm) is used by veterans younger men under the age of 50 and younger boys. The middle position is 36 inches (91.44 cm), (sometimes intermediate), which is used for men's long obstacle races (400 m) plus some youth and veteran age divisions. The next lower position, 33 inches (83.8 cm) is called female tall[12], which is used for women's short obstacle racing. Lowest position called low barrier 30 inches (76.2 cm) applied to women's long hurdles and numerous youth and veteran races. In some races, it's 27 centimetres or 68.6 inches for youth or veterans events. [13] Barriers that go into this position are rare and have been spotted with a sixth position. [12] The sequence of obstacles in men's sprint obstacles, regardless of the length of the race, the first obstacle is 13.72 m (45 ft) from the start line and the obstacle distance is 9.14 m (30 ft). In women's sprinting hurdles, the first hurdle is 13 m (42 ft 8 and) from the start line, and the distance between obstacles is 8.5 m (27 ft 11 in). For long obstacles, whether for men or women, the first obstacle is 45 m (147 ft 8 and) from the starting line and the distance between obstacles is 35 m (114 ft 10 in). Most races that are shorter than the standard distance (such as indoor races) are simply run over by fewer obstacles, but use the same distances from the starting line. [12] There are changes in the level of barriers and spacing for the age groups of athletes who are being poted. See Master athletics (track and field) and Youth Athletics. [14] Technique This section needs additional citations to verify. Help improve this article by adding quotes to reliable sources. Material which is not pulled out may be challenged and disposed of. (August 2012) (Learn how and when to remove this template message) A sequence showing the obstacles of 1900. Today, the recommended distance to the first obstacle is more than 1 m. 100 m of the obstacle at Memorial Van Damme 2010. Priscilla Lopes-Schliep, Sally Pearson, Lolo Jones and Perdita Felicien 2008 Summer Olympics - Men's 110 m hurdles - Semi-finals 1 Kerron Clement running the 400 m hurdles in Berlin, 2009 (in the centre) To get optimal obstacle technique, it is necessary to first learn the appropriate running techniques. It is important that the runner stays on the balls of his legs for the entire race. As a result, fluid moves between each stage of the race. There is a technique that is desirable to achieve effective obstruction during the race. Many runners rely primarily on raw speed, but proper technique and well-planned steps leading to and during each obstacle can allow effective obstacles to escape opponents more quickly. In general, an effective obstacle consumes a minimum amount of time and energy that goes vertically over the obstacle, thus achieving maximum speed in the horizontal direction of the track. When approaching the first obstacle, athletes try to avoid stuttering (a term used to cut the length of a step before reaching the obstacle). This reduces the runner's momentum and costs valuable time. Athletes attack the barrier by firing from 18-7 meters away (depending on the runner's closing); the lead leg lengthened but slightly shut off (because the flat leg leads to more time over the obstacle), so that the heel only narrowly cleans Barrier. After launch, the leg of the path was stamped horizontally and flat, near the side of the hip. The aim is to reduce the sheer center of gravity from normal sprinting and reduce the time spent flying through the air. In order to obstruct properly and not just jump over it, the runner must adjust his boles to lift them over the barriers. This includes proper use of lead leg, tracked leg and hand positions. The lead leg is a leg that goes over the barrier first, and must remain fairly flat. After crossing the barrier, the runner's guiding leg quickly lands about 1 meter (3 meters) behind the obstacle. The tracked leg follows the main leg. The tracked leg drives forward at the knee (it does not swing as the oscillation causes the trunk to straighten), and is pulled through to maintain the length of the step. The efficient runway will be parallel to the top of the barrier and will be as close as possible to the top of the barrier. The position of the hand is one of the most critical aspects that people often ignore. When a pencil rises in front of the barrier, the opposing hand must cross the body parallel to the leg. This helps with the runner's balance and rhythm throughout the race. In the male hurdles, it is usually necessary to straighten the leg at the top of the flight path over the obstacle, although the partial bend in the knee pushes faster when the athlete hits the ground. The ability to do so depends on the length of the runner's leg. As soon as the foot cleanses the obstruction, the knee starts bending again to reduce the effect of the long, slow osh. In women's barriers, lead is usually flat and the centre of gravity does not rise according to normal running. Another way to view it is the footpath: the shortest way up and the shortest downward route. The opposing arm goes farther forward and the elbow travels to the side and then the back to make way for the pursuit leg. The tracked leg also leads with the knee, and the foot and knee is horizontal, tightened as tightly as possible in the armpit. As soon as the lead begins to descend, it is pushed downwards vigorously to allow the knee to reach the armpit and in front of the chest. This allows the recovery of some of the energy that is consumed in the year. When the lead leg touches the ground, it is crucial that the runner stays in the sprint. As soon as his lead leg touches down, the tracked leg expires the rest of his body forward. In events at 100 and 110 meters of obstacles, the fastest hurdlers use a three-step technique. This means that three big steps are taken among all the obstacles. To do this effectively, hurdlers must take long steps and maintain their speed for the entire race. If the obstacle starts to slow down during triangular, they may not be able to barriers and may need to switch to a four-way or fifth-jump technique. For three or five crossings, the barrier will use the same lead leg for all obstacles. If the obstacle is four steps, they will have to replace the lead legs at each obstacle. The modern hurdle will fall if the runner hits it. There is no penalty for hitting an obstacle (if this is not assessed intentionally). Mispredi's perception is based on the old rules before the barriers were weighted. At the 1932 Olympics, Bob Tisdall famously won an Olympic gold medal in the 400 meters hurdles in world record time, but was not given a record for knocking on the barrier. Disqualification can occur if the obstacle breaks down an obstacle in the opponent's lane and is judged to have interfered with the opponent's ability to run the race. Now there are specifications for inflating weight obstacles (weights need to be adjusted to fit the height of the obstacle), so hitting the barrier theoretically slows down the rhythm of the barrier. However, pushing obstacles with your hands or running out of the waist due to impact obstacles is the reason for disqualification. While batting hurdles are generally not considered desirable, a few sprinting hurdlers have succeeded despite knocking on a number of hurdles. Contact with obstacles can reduce speed and also cause interference disruptions. Some trainers suggest if you gently kiss the obstacle with the side of the leg closest to the obstacle, it can help speed the runners by keeping the runner closer to the ground. [9] Variants There are also shuttle hurdle relay races, although they are rarely running. They are usually found only on piscons consisting entirely of relay races. In the relay for the barriers in the boat each of the four hurdlers in the team runs in the opposite direction from the previous runner. Standard races correspond to standard sprint obstacle races: 4 × 110 m for men and 4 × 100 m for women. [15] The shuttle hurdle has a maximum of 4 teams, with only 8 lanes in most of the track. Two lines will be taken over by one team. Runners #1 and #3 team will run in one direction in one particular lane, while runners #2 and #4 will run in the opposite direction in the other lane. Runners in each team go in sequences from 1 to 4. Instead of using batons, runners waiting for a teammate to finish have to wait until their teammate gets to a certain point to start their part of the race. The official's going to want to see if they fly out early. If they do so, they will be disqualified; if they fly away late then it will only harm their time and chances of winning the event. The men's team from the US, Aries Merritt, Jason Richardson, Aleec Harris and David Oliver, hold the US and world record in the 440m shuttle hurdle relay race in a time of 52.94 seconds (set on April 25, 2015). [16] On the women's side, Brianna Rollins, Dawn Harper-Nelson, Queen Harrison, Kristi Castlin, ran together on August 24, 2015, in a world record time of 50.50 seconds in the 400m with a shuttle hurdle race. [16] In 2019, it was introduced at the IAAF World Relays in 2019, consisting of a race in which two men and two women in each team run the 110m hurdles. [17] See also List of hurdlers Women's 100 meters hurdles world record promotion women's 400 meters hurdles world record promotion Men's 110 meters hurdles world record progression steeplechase (athletics) Reference ^ b obstacle | Athletics. Encyclopedia Britannica. Retrieved 2017-02-01. † McDonald, Craig (2004). Obstruction is not a sprint. In Jarver, Jess (ed.). Barriers, modern theory, technique and training. 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Coach & Athletic Director. 71 (9): 24. Retrieved September 29, 2013. Group, diagram (1979). You can enjoy track and field sports. Countries: Visual information of the diagram. Pp. 36–41. External Links Trackinfo explains the IAAF's obstacle list of obstacle-records in XML 00. Hurdler's Bible 2, Wilbur L. Ross and Norma Hernandez de Ross, PH.D. Copyrighted 1966, 1978 and 1997. Wikimedia Commons is established from 2This article is about road races. For races, see the 5000 meters. Athletics5K running Runners during the 5k Parkrun in Cannon Hill Park, Great BritainWorld recordsMen Joshua Cheptegei 12:51 (2020)Wives Sifan Hassan 14:44Wo (2019) Caroline Chepko Ech Kipkirui 14:48Mx+ (2018) 5K round is a long-distance road run from five km (5,107 mi). Also called 5K road race, 5 km, or simply 5K, is the shortest of the most common road running distances. Usually, from running at 5,000 meters distance, instead of meters, the distance is. During road running events, the distance 5K is mostly popular with beginners or rare runners, as it is comparatively easier to complete a distance without endurance training. This also make the distance suitable for people looking to improve or maintain their overall fitness, rather than developing long-distance running skills. A short distance means that participation in an activity takes less time and that people from a wide range of ages and abilities can participate. From a physiological point of view, it's five kilometers towards the low end of the endurance run. [1] [2] The combination of activity simplicity, low cost and medium intensity of exercise means that it is often recommended by healthcare professionals and healthcare professionals. [3] [4] [5] As with all physical activity, regular 5K running can improve cardiovascular function and reduce body fat, as well as mental health benefits (see high runners). [6] Events Similar to other road events, there are many organized 5K runs, which include an element of charity running. [2] Runners can choose to raise money for a chosen charity on the condition that the race is delayed. [7] This is usually optional, while other participants run for pleasure. The distance 5K is particularly popular among women, and many annual races are organised for women only at this distance. A 2012 US running analysis of participation in U.S. road races showed that 58% of participants in 5K races were women. This is in contrast to women's participation in sport in general and in longer-distance races in particular, where the same report showed that gender depriving was reversed. [8] The Hot Chocolate 5K in Chicago and the Mercedes-Benz Corporate Run in Miami are the largest organized 5K runs in the United States, attracting more than 20,000 and more than 16,000 runners, 2012. It ranked Hot Chocolate 5K as the 20th largest road running event of all distances in the U.S. that year. [10] There are several extraordinary 5K racing series, including The Color Run, International, Mass Participation, Urban Series, which include colour water showers[11] and the Parkrun series, which is a global network of free-entry, volunteer races that occur every weekend, originating in the United Kingdom. Unlike longer road races, such as running and marathon 10K, the 5K distance is not usually challenged by elite runners at a distance. The Carlsbad 5000 is one of the few races that attracts competitive elite fields and has seen several of the world's best for distance (before the IAAF's 2018 decision to start recognising the world record for 5K). [13] [14] The IAAF, now World Athletics, did not go back to acknowledging the best performances in the world set in Carlsbad, leaving the dilemma of famous top performances at Carlsbad and inferior world records that will last until the performance or oversupping performances in Carlsbad. Another annual American race, Freihofer's Run for Women, also has regular elite women competing in the road distance,[15] as well as the BOCClassic in Italy. [16] Elite races are almost exclusively held on the track for this distance. No official World Cup events are organized for 5 km away from the road. The championship over 5 km takes place nationally in some areas, including the United States and England. [17] In 2002, the Annual North American 5K Championship was established, However, this competition was stopped after 2005. [19] [20] The 5 km road distance record was presented by the IAAF as a world record event in November 2017, which was a solemn record recognised after 1 January 2018 if the performances were equal to or better than 13:10 for men and 14:45 for women. [21] Other statistical organisations, including the Association of Road Race Statistics, record the best times for the event. [22] 5K records are often covered by national records in athletics. Men's World Best Promotion (Before IAAF) Time Athlete Date Location 12:59.5 Sammy Kipketer (KEN) March 26, 2000 Carlsbad 5000 13:12 William Mutwol (KEN) 29. March 1992 Carlsbad 5000 13:26 Yobes Ondieki (KEN) 2. April 1989 Carlsbad 5000 13:30.2 Steve Scott (USA) 27 March 1988 Carlsbad 5000 13:31 Mike McLeod (GBR) 4 April 1984 Newcastle, England 13:56 Carlos Lopes (POR) 18 February 1973 Seia , Portugal 14:19.0 Luigi Conti (ITA) 23 September 1960 Bologna, Italy Muscat record promotions (IAAF era) Athlete weather Location date 12:51 Joshua Cheptegei (UGA) 16 February 2020 Monaco 13:22 Robert Keter (KEN) 9. 7 April 2019 Carlsbad, United States 13:29 Julien Wanders (SUI) 17 February 2019 Monaco 13:30 Bernard Kibet Lagat (KEN) 8 September 2018. Češka Republika Ženske najbolje napredovanje (Pred IAAF) Cas Športnik Datum Lokacija 14:32+ Joyciline Jepkosgei (KEN) 9 September 2017 Birell Prague Grand Prix 14:46 Meseret Defar (ETH) 9. april 2006 Carlsbad 5000 14:47 Lornah Kiplagat (NED) 28. marec 2004 Brunssum, Nizozemska 14:50.4 Paula Radcliffe (GBR) 14. september 2003 London, Velika Britanija 14:53.6 Berhane Adere (ETH) 13. april 2003 Carlsbad 5000 14:53.8 Deena Drossin (USA) 7. april 2002 Carlsbad 5000 14:57 Paula Radcliffe (GBR) 2. september 2001 London , Velika Britanija 14:57.2 Lydia Cheromei (KEN) 8. junij 1997 Bern, Švica 15:05 Rose Cheruiyot (KEN) 2. april 1995 Carlsbad 5000 15:10 Elana Meyer (RSA) 16. oktober 1994 Providence, Združene države 15:11 Liz McColgan (GBR) 14. april 1991 Carlsbad 5000 15:20 Lynn Williams (CAN) 2. april 1989 Carlsbad 50 0 15:26 Liz McColgan (GBR) 20. december 1987 Derry, Velika Britanija 15:29 Grete Waitz (NOR) 20. oktober 1984 West Lafayette , Združene države Amerike 15:29 Lorraine Moller (NZL) 31. oktober 1982 Woodland Hills, Združene države Amerike 16:08 Mary Shea (ZDA) 14. februar 1982 Raleigh, United States 16:16 Julie Shea (USA) 20. september 1981 Jersey City, United States Women's World Record Progression (IAAF era) Time Athlete Date Location 14:44 Sifan Hassan (NED) 17 February 2019 Monaco All-time top 25 + = na cesti za dalju predstavu Men Correct od augusta 2020. Rank Time Athlete Nation Date Race Place Ref 1 12:51 Joshua Cheptegei Uganda 16 Februar 2020 Monaco Run 5K Monaco [23] 2 13:0 0 Sammy Kipketer Kenya 26 March 2000 Carlsbad 5000 Carlsbad 1 April 2001 Carlsbad 5000 Carlsbad 3 13:10 Dejene Berhanu Etiopija 3. april 2005 Carlsbad 5000 Carlsbad 4 13:11 Dejen Gebremeskel Etiopija 3. april 2011 Carlsbad 5000 Carlsbad Eliud Kipchoge Kenya 11 April 2010 Carlsbad 5000 Carlsbad 6 13:14 Hagos Gebrihiwet Etiopija 1. april 2012 Carlsbad 5000 Carlsbad 7 13:15 Abreham Cherkos Etiopija 9. april 2006 Carlsbad 5000 Carlsbad 8 13:16 Simon Ndirangu Kenija 30. marec 2013 Westfield Ta Riku Bekele Etiopija 1 April 2012 Carlsbad 5000 Carlsbad Paul Koech Kenya 29 March 1998 Carlsbad 5000 Carlsbad 11 13:18 A Quintanilla Mexico 31 March 1996 Carlsbad 5000 Carlsbad Jimmy Gressier France 16 February 2020 Monaco Run 5km Monaco [24] 13:18+ Rhonex Kipruto Kenya 12 Januar 2020 10k Valencia Ibercaja Valencia [25] 14 13:19 Bekana Daba Etiopija 5. april 2009. Carlsbad 5000 Carlsbad Ouassim Oumaiz Errouch Španija 19. julij 2020 Seven Hills 5K Vabilo Nijmegen [26] 16 13:20 Craig Mottram Australija 3. april 2005 Carlsbad 5000 Carlsbad Ben True United States 15 April 2017 BAA 5K Boston [27] Marc Scott Velika Britanija 8. avgust 2020 Barrowford [28] 19 13:21 Stephen Sambu Kenija 21. september 2013 Alton John Cheruiyot Korir Kenija 13. april 2003 Carlsbad 5000 Carlsbad Thomas Nyariki Kenya 29. marec 1998 Carlsbad 5000 Carlsbad 22 Philemon Hanneck Zimbabwe 28. marec 1993 Carlsbad 5000 Carlsbad Robert Keter Kenija 9. november 2019 Urban Trail Lille 5km Lille [1 29] 24 13:23 James Koskei Kenija 13. april 2003 Carlsbad 5000 Carlsbad 13:23+ Geoffrey Koech Kenya 7 2019. september 2019. Grand Prix Prague [30] Mathew Kimeli Kenya 7. septembra 2019. Praska Grand Prix Prague [31] Bravin Kiptoo Kenya 2 7. septembra 2019. Veliki nagrada Praga Prag [32] Shadrack Koech Kenija 7. septembra 2019. Praška Grand Prix Prague [33] Benard Kimeli Kenya 7. september 2019 VN Prage Praga [34] Opombe Spodaj je seznam drugihkrat enakih ali boljših od 13:23: Joshua Cheptegei je tekel tudi 13:23+ (2019). Ženske pravilno od marca 2020. Rank Time Athlete Nation Date Race Place Ref 1 14:32+ Joyciline Jepkosgei Kenija 9. september 2017 Birell Praga Grand Prix Praga [35] 2 14:44 Sifan Hassan Nizozemska 17 Februar 2019 5km Herculis Monaco [36] 3 14:45+ Fancy Chemutai Kenya 9. september 2015. 2017 Birell Prague Grand Prix Praga 4 14:46 Meseret Defar Etiopija 9. april 2006 Carlsbad 5000 Carlsbad 14:46+ Violah Jepchumba Kenija 10. septembra 2016 Praški polmaraton Prag Sheila Chepkirui Kenija 7. septembra 2019. Dorcas Kimeli Kenija 7. september 2019 VN Prage Praga [38] Norah Jeruto Kenija 7. september 2019 VN Prage Praga [39] 9 14:47 Lornah Kiplagat Nizozemska 28. marec 2004 Parelloop Brunssum 10 14:48 Genzebe Dibaba Etiopija 29. 2015 Carlsbad 5000 Carlsbad Kim Smith Novi Zeland 30. marec 2013 Westfield 12 14:50 Molly Huddle United States 18. april 2015 Boston 13 14:51 Sentayehu Ejigu Etiopija 18. april 2015 Boston Tirunesh Dibaba Etiopija 3. april 2005 Carlsbad 5000 Carlsbad Paula Radcliffe Velika Britanija 14. september 2003 London 14:51+ Caroline Chepkoech Kenija 7. april 2018 Praga Polmaraton Praga [40] Joan Mel Chelimo Kenya 7 April 2018 Prague Half Marathon Prague [41] 18 14:52 Mamitu Daska Etiopija 18 April 2015 BAA 5K Boston 1 19 14:53 Isabella Ochichi Kenya 28 March 2004 Carlsbad 5000 Carlsbad 20 14:54 Deena Kastor United States 7 April 2 002 Carlsbad 5000 Carlsbad Berhane Adere Etiopija 13. april 2003 Carlsbad 5000 Carlsbad Buze Diriba Etiopija 15. april 2017. BAA 5K Boston [27] 23 14:56 Sonia O'Sullivan Irska 1. september 2002 London 24 14:57 Liz McColgan Velika Britanija 27. oktober 1991 Chicago Gelete Burka Etiopija 18 April 2015 BAA 5K Boston Notes Below is a list of other times equal or superior to 14:53: Violah Jepchumba also ran 14:51+ (2017). Sheila Chepkirui je prav tako tekla 14:53+ (2017). Reference ^ Wolfe-Bieler, Kristen (2007-06-08). Zaženi svoj prvi 5-K. Runner's World. Pridobljeno dne 2014-01-18. ↑ a b Liberman, Art; Brown, Randy; Eileen (18. januar 2012). The Everything Running Book: The Ultimate Guide to Injury-free Running for Fitness and Competition. Adams Media. str. 194. ISBN 97814400529719. 5 km program Archived 2014-02-03 on Wayback Machine. Bupa. Retrieved 2014-01-18. ↑ 5K Fun Run Archived 2014-02-01 at the Wayback Machine. Diabetes.co.uk. Retrieved 2014-01-18. ^ 5K running: 7-week training schedule for beginners. Mayo Clinic. Retrieved 2014-01-18. ↑ running with Couch up to 5K. 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