

8 years old - 1st 5k



[alexvanv](#) 3 posts since

Oct 14, 2008

My name is Alex and I ran my first 5k this past saturday. My final time was 23:42! I really want to keep running, but my mom is not a runner, she is a swimmer, and she is worried about me burning out. If I want to keep running 5ks what should my mom and I do?



[brittinaxel](#) 49 posts since

Aug 13, 2008 1. **Re: 8 years old - 1st 5k** Oct 14, 2008 8:41 AM

First of all, Wow Great Job!!!! I'm not sure of your biking or swimming ability, but you could maybe try a triathlon??? I would say don't give up on running and don't over do it then you should be fine.

B.A.R.

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[btraber](#) 52 posts since

Oct 1, 2008 2. **Re: 8 years old - 1st 5k** Oct 14, 2008 10:39 AM

Awesome job!!!! If you want to keep running, and I assume you're in a school that doesn't have a track team yet, ask your mom to make an appointment with the track coach at the local high school and get his/her input and also pay a visit to your doctor. Between them, they can probably come up with a great plan to help you keep running without getting burnt out or overuse injuries. Good luck to you and I hope you are able to keep running!!!



[Dinine](#) 47 posts since

Sep 27, 2008 3. **Re: 8 years old - 1st 5k** Oct 16, 2008 7:57 AM

Hi Alex!

First- please tell me that your mom is with you on this Board. Second- Congratulations on your run!



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 4. **Re: 8 years old - 1st 5k** Oct 16, 2008 8:28 AM

Congratulations on your race Alex. I encourage you to stay physically active and running is one way to do that. At your age though, there are physiological issues with doing a lot of running, because your body is still growing. You and your mom should discuss these issues with your doctor to come up with a good plan for your running that will also avoid injury.

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Len