



Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 10

A GROUP RUN TO PICK UP A FEW THINGS AT THE MALL

SATURDAY'S RUN

On Saturday morning 63 of us signed in and took on our second 12 mile run from Severna Park High-School to the north end of Marley Station Mall and back. It was chilly at first but the sun came up and by the time we made the turn, we were looking into an early morning fireball in the sky. For those dressed for mile three the transition was a little smoother than it was for those who had to shed some layers as the radiant heat beat us up a little.

When they registered, 19 of the 63 of us who ran today indicated they were a veteran 10K runner or they recently completed their first 10K. While some of those may have completed a longer run in their past, it is safe to assume we had many among us who ran 12 miles for just their second time. To each of you know this...to me you were indistinguishable from the veterans in form, attitude and ability. Congratulations on an awesome run, and an awesome accomplishment!

REGISTRATIONS

CHECK AND RENEW YOUR STRIDERS MEMBERSHIP - Check [Here](#), Register [Here](#)

REGISTER FOR YOUR RACES NOW – Register for the B&A...Registration closes soon.

TRAINING PROGRAMS AND PLANS:

While most of you understand the races and their distances, you may have questions about the way those programs are structured and why in some cases to train to less, and in others to a training run that's equal to or greater than the planned distance.

RACE DISTANCES:

When most talk about running a race, in many cases they're talking about one of a handful of the common structured race distances. As some are based on the kilometer and others on the mile, and others still by a name with no number reference at all, it is sometimes hard to figure out where an event fits in the big scheme of things. In terms of distance, a mile is roughly 3/5 or .6 kilometers. Race distances from shortest to longest are as follows:

5K (3.1 miles)

10K (6.2 miles)

10 Miles

Half Marathon (13.1 miles)

25K (15 miles)

Full Marathon (26.2 miles)

Ultra Marathon (50K/30.1 miles, or greater...yes, greater)

Because many can walk 6 miles in two hours or less, many 5 and some 10K races will be conducted off the beaten path and may or may not advertise a cut-off time, and they may or

may not have on-course support (hydration stops or “aid stations”). With the exception of many off road events, almost all runs of 10K or more intercept public roads and will be limited in time because of the cost of support for traffic and crowd control, and race management; and because the race permit when issued normally requires a race director to remove (sweep) runners from the course at a specific time to relieve the burden on the impacted community, local law enforcement, and emergency first responders who support the event. New and novice runners should assess their current fitness level and participate in a formal training program to ensure they’re prepared to succeed within the allotted time.

TRAINING PLANS:

Almost all publicized training programs are aimed at preparing a broad range of new or novice runners for a particular distance goal by first helping them build or reinforce an assumed minimum level of fitness referred to as their “base”. A properly developed and executed training plan will establish the base level of fitness necessary to keep a runner on their feet (duration and distance) under exertion (at an elevated heart rate) for any realistic distance and time goal they’re training for.

When you select a distance goal, you should choose a specific target race and register for it as soon as possible before registration closes. Research it, look at the date, browse pictures and see how others are dressed, and learn about the kind of aid and support that will be available to you on race day. Generally speaking; the further or faster you want to go the more support you’ll need, whether provided by the race director, or whether you carry it with you.

A training plan will gradually increase your range until you actually run the planned goal distance ahead of race day (up to a half marathon), or out to about 80% (20-22 miles) of marathon range, and distances up to and even exceeding 50 miles (crazy talk, right?).

Training Plan	Assumed Fitness Level (sustained miles running going into the training cycle)	Goal Distance	Comment (new distance to runner)
Couch to 5K (C25K or C5K)	0 miles	5K (3.1 miles)	Steady progression; walk, walk/run, run (25-60 min); 8-12weeks
10K	5K (3.1 miles)	10K (6.2 miles)	Typically 10-15min/mi pace for new and novice runners; 8-12weeks
10 Miles	10K (6.2 miles)	10 Miles	Combined with Half Marathon
Half Marathon	10K (6.2 miles)	13.1 miles	2-3 hours, 8-12weeks
Marathon	10 miles	26.2 miles	4-6 hours, 16-20 weeks
Ultra Marathon	13.1 miles	50K+ (30.1 miles)	6-9 hours, typically mix of on and off-road, paved and trails. Lower exertion but much longer duration. 12-20 weeks depending on the distance.

The table above speaks to specific training plans; outlining the runner's base (sustained miles running) from which most plans build, the training goal distance, and commentary on the general approach to training for the particular event.

EBBS, PEAKS, AND SPEED WORK IN A DISTANCE TRAINING PLAN

In Update 6 released on February 10th, **stressors** were described as factors that increase the difficulty in a run. Specifically, that update recommended not adding more than one stressor at a time to any one run to reduce the risk of injury. There's several ways to apply speed work to a training regimen; however, speed work is normally only introduced to a veteran of

Saturday Date	Sat
20-Jan-18	6
27-Jan-18	6
3-Feb-18	8
10-Feb-18	8
17-Feb-18	10
24-Feb-18	10
3-Mar-18	12
10-Mar-18	12
17-Mar-18	8
24-Mar-18	14
31-Mar-18	8-10
7-Apr-18	Rest

the distance for which the training plan is developed; the Half Marathon in our case.

A veteran runner might incorporate speed work as a regular part of their training plan, so they can build speed on top a mileage base they've already established. Many of the veterans take advantage of the Annapolis Striders **Tuesday Night Track Workouts** managed by **Coach Lee Crumbaugh**.

As illustrated in the table to the left the generic Half Marathon Training Program Plan is specially aimed at increasing a runner's mileage base from 6 miles to a base they need to complete a half Marathon. This plan gradually grows distance in 2-mile hops every other week until it ebbs in week nine dropping from 12 to 8 miles, before peaking in the longest run of the program two weeks ahead of the half marathon in week 10. The week 9 drop is a planned, mini-taper so muscles can mend after a continuously increasing performance demand we placed on them during the ramp-up over the first 8 weeks.

While we want to inform those new to the half marathon about the concept of speed work; we do not apply it to the Half Marathon Training Plan for those new to that distance, as we are constantly adding distance and weekly mileage stressors over the course of the 11 week program. Before adding speed work, an additional stressor to your training routine, we recommend you first complete a run to the planned distance, and then in a new training cycle for that same distance, incorporate speed work using techniques described in Update 6.

BINGING IT ALL TOGETHER:

Training programs consist of **MACRO**, **MESO**, and **MICRO** cycles. Our training program, while oriented toward runners new to the Half Marathon distance; also includes veterans of races of 10 miles and more. Some of them are interested in improving their performance as you might in a next goal you set for the fall; after first completing a Half Marathon.

A **MACRO** Cycle is the work-up to a Goal performance. For example, you want to PR in a Half Marathon; specifically, after completing your first half in the spring you want to PR in a

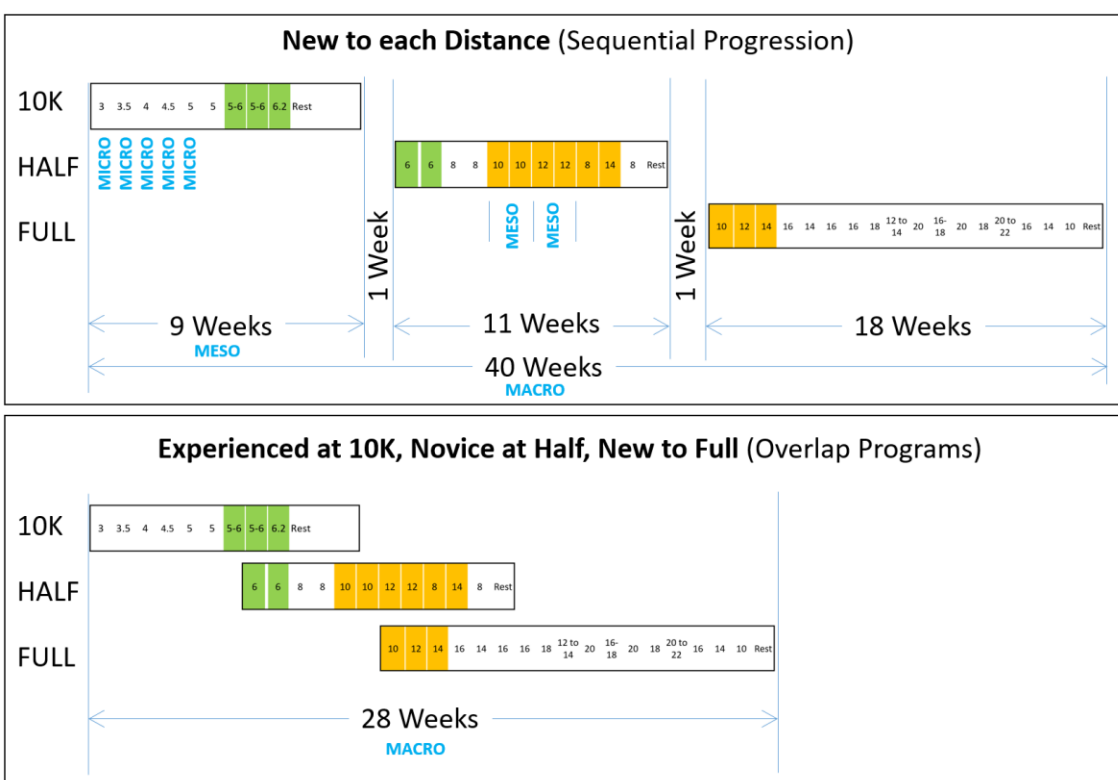
Half Marathon by 5 minutes, 6 months away in the fall. This is a significant physiological objective.

The hardest part once you've got the *performance* bug, is exercising patience. Generally, the safest approach is to focus on a single performance goal in any given **MACRO** cycle. For example in a given year, you might set as a goal completing a FULL Marathon OR, improving your performance in the HALF. Trying both will likely go more wrong than right with respect to injury and a resulting setback.

A **MESO** Cycle has a specific physiological goal. For example; this week we want to extend base miles from 8 to 10 miles; OR, in this 3 weeks we want to increase our pace by 10 seconds per mile while remaining in Training Zone 3 during miles 4-6. Running further requires one approach, while improving pace requires another type of effort/stressor types in that **MESO** cycle.

The **MICRO** Cycle is the structure of events, or cycle of days within a brief period of time within the **MESO** Cycle. For example; week one versus week two, and week two versus three, etc.; toward the overall **MESO** Cycle goal

Training programs of shorter and longer distances can be executed sequentially, or merged to meet different goals in a full training season. For example, one might merge a 5K and 10K with speed work to improve performance in the shorter races during one **MACRO** cycle in the spring, with a goal of increasing performance in a half during a subsequent **MACRO** cycle in the fall.



Another approach in a given **MACRO** Cycle (a year); might be extending ones distance to the Full Marathon. In this regard one might complete a Half Marathon Training program and

after a recovery from the performance event (the Half itself); join a Full Marathon program and continue to extend and grow your Half Marathon base to the Full sequentially.

If you're an experienced Half Marathoner and it's been several months or even a year since your last 13.1 mile effort, but you've maintained a base of 6-10 miles; you might also overlap the programs where their distance objectives are similar to shorten the Full Marathon **MACRO** Cycle goal, rather than incurring the risk of jumping directly into the Full Marathon Program right off the bat.

Consult a coach, or better still consult a few for suggestions about how to put together a long or short range plan.

2018 HALF MARATHON WEEK 7 TRAINING PROGRAM STATS

We are One Hundred Thirty-eight active runners. Last Week Dave Dold led a strong group through its second ten-miler in the mist. The herd was thin due to the RRCA club challenge draw on Sunday. I was running (and dining) with pirates in Florida.

Please be patient and do not exceed the distances in the plan. The goal at this point in the training program is avoiding injury. Ask questions. So far as shoes; if you're having issues, changing now or next week is the right time if you're considering, or think you need to do it.

Here's how things break after 8 weeks:

- Of 176 registered runners, 141 (91 female and 50 male) runners are active in the Half Marathon Program; participated in at least one training program run.
- Of the 141, 63 of us ran together Saturday morning March 10th from SPHS.
- Of that 63, 19 ran 12 miles for just the second time ever, or for the first time in a very long time.
- Including mentors and coaches 24 registered runners have participated in 75% of the group runs or a Striders Event of the 8 weekend runs so far.

Next weekend we'll run north again but we'll drop back to 8 miles; so we can cover the B&A Half Marathon track with a 14 miler on the 24th of March.

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17 MARCH - 8 MILE ROUTE – JUMPERS HOLE ROAD AND BACK

