

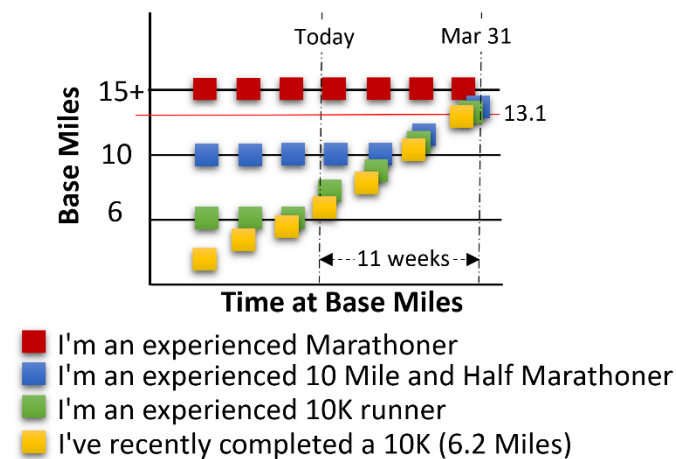


Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 03

OUR FIRST RUN AND OUR MAKE-UP

On Saturday 20 January, of the 154 registered to date, 93 runners signed in and participated in our first long run together. Most of you logged a little over 6 miles while some veterans pressed for a few more. As you will inherently join others or simply draft others among us; it is important you each understand there are four experience and base training mile levels among you. The Half Marathon Training Program is open to anyone who wants to participate. So the coaching team knows what the the make-up of our herd is with regard to experience levels, we asked you to answer a question about your experience level when you registered for the program. We've circulated that information among us so we understand our make-up.



These data help us understand the rates at which we are escalating your distance and the associated demand on your body. It is important you work within your experience level and not be drawn into a group who is starting from a base performance level that is a higher level than yours. That difference becomes less relevant after about 8 weeks into the program as the long run distance

nears the race distance. At the start of the program if you're new to 10 mile programs, you should stick to the plan all week long and not just on weekends; as it's the plan in its entirety that most effectively prepares you for that run.

That said, there are days in the training plan that recommend rest and cross training, and once you've got a few weeks under your belt you can add speed work, and hills.

LOGGING OUT AND BACK IN ON OUR LONG RUNS

Many of you are veterans. Some of you ran longer than the designated miles and others went in a different direction than the planned route. We mentors and coaches and those new to the Half Marathon may not know what your experience level is and what your mileage plans are for the day. As everyone's safety is a concern; I'd like veterans and new Half Marathoners alike to confirm with those you might run with what their plans are for the day, so you don't inadvertently drag someone, or follow someone to an unintended distance.

If you plan to run more miles or in a different direction than the planned route; please sign OUT and sign IN BEFORE you leave on our run. This lets us coaches know when our work is done.

Also, if you think about it on the run; if you deviate from the planned route; we'd appreciate it if you would announce that to anyone on your heels that you don't know, in an effort to prevent runners who don't know the area from being pulled unknowingly in the wrong direction.

CROSS TRAINING (MONDAY'S)

RUNNER'S WORLD

Cross-training, sometimes referred to as circuit training, refers to combining exercises of other disciplines, different than that of the athlete in training. In reference to running, cross-training is when a runner trains by doing another kind of fitness workout such as cycling, swimming, a fitness class or strength training, to supplement their running. It builds strength and flexibility in muscles that running doesn't utilize. It prevents injury by correcting muscular imbalances. And the variety prevents boredom and burnout.

BENEFITS OF CROSS-TRAINING

Alternative forms of exercise have definite benefits: improves your fitness, injury prevention and rehabilitation, quicker recovery, and boredom busters. The trick is to approach cross-training as a runner. Runners have their obvious strengths: power, endurance, tenacity. But within those strengths lies the potential for weakness: quads that overpower our hamstrings, neglected upper bodies, and poor flexibility—qualities that could lead to problems.

CROSS-TRAINING FOR RUNNERS

Four keys to **Cross-Training** for runners

- Choose workouts that are closest to running in terms of muscles used and aerobic systems taxed. Good options include elliptical trainers, cross-country ski machines, stationary bikes, and water running.
- When cross-training, keep your heart rate at or above 70 percent of your maximum heart rate (220 minus your age) most of the time. In other words, you should be working hard and sweating a lot.
- Check your morning heart rate regularly. An elevated morning heart rate is a sign of overtraining, which can occur if you add too much cross-training too soon.
- Combine cross-training with running to maximize running fitness with lower actual mileage. You can substitute 25 to 30 percent of your weekly "mileage" with cross-training.

Just don't let cross training take over your workouts. Old-school purists and new-school coaches on the cutting edge of training will both tell you there's no replacement for running. You need to run a heavy dosage of miles to build your aerobic base and then fine-tune your training with fast running in the form of intervals, tempo runs and fartlek's (a discussion for another day).

REST & RECOVERY

Your body can't repeatedly heal itself and become stronger without the proper rest between hard workouts. In the Half Marathon Training Program we add recovery and rest days to the training program based on days we know the Training Plan will stress you.

Your body needs and responds to rest and recovery. Running is a stressful activity. Adding too many stressors at one time, and not resting when you need to, increases the risk of injury. A common theme among injured runners is their tendency to work too hard on an already stressful run (add speed and distance, or hills and distance to the same run), or to not rest or to work too hard on a rest or "recovery" day. In these cases the recovery activity adds rather than alleviates stress. You need to take it easy on recovery days, not only because it reduces the risk of injury; but also because it has several important benefits.

Specifically, rest and recovery allows you to better absorb and benefit from the work you do on the hard days; allowing the physiological effects of the training to take effect.

The real benefit of recovery workouts is they boost fitness despite being less intense than key workouts and runs, by challenging you to run while you're still fatigued from a hard activity.

SUNDAY

Your Sunday run is intended to be a recovery workout. While you can rest, we recommend you run the slated miles so your body can adapt to running on tired legs.

MONDAY

Monday can be used for one of two recommended activities. Rest, completely, or if you are up to a work out the plan suggests cross training. The plan calls for rest or cross training assuming you ran long on Saturday, and then did an easy run while your body was still fatigued on Sunday. If you're going to work out that third day in a row, focus on a different muscle group.

FRIDAY

Friday is intended to rest you ahead of your long run on Saturday. The training program lasts 12 weeks...commit to it. Your long run will be exponentially harder if you're tired before you even start.

2018 HALF MARATHON WEEK 1 TRAINING PROGRAM STATS

As of today we are One Hundred Fifty-four strong including me. As explained in the opening remarks, our group comprises a variety of folks with different starting points and goals, who've chosen to run or train together until the end of March.

Regardless of your goal, your coaches and mentors will help you prepare by offering advice and support, and by implementing a tried and true, and measured training plan.

Here's how things break out so far:

- Of 154 registered runners, 93 of us ran together Saturday morning January 20th.
- We have 2 Coaches and 8 Mentors.
- 106 female and 48 male runners registered for the program.
- We have 3 runners under the age of 20, 8 runners are 20-29, 24 are 30-39, 49 are 40-49, 53 are 50-59, and 16 are wiser than the rest of us
- 51 of you are new to the Half Marathon which means YOU ROCK!!!
- 88 of you use a Heart Rate Monitor (HRM), or non-HRM enabled GPS watch, and 29 use a GPS App on our phone.

Please keep an eye on FaceBook and your email and check on Saturdays before you head out, especially if the weather is iffy.

Get your weekly runs in, follow the plan, and let's have a strong second week showing...

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