Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 05

OUR FIRST EIGHT-MILER AND OUR MAKE-UP

THIS PAST SATURDAY'S RUN

On Saturday 3 February, 70 runners signed in and participated in a frigid group run. According to the tote, TWENTY-SIX AMONG US RAN 8 MILES FOR THE VERY FIRST TIME, or the first time in a very long time. While it was very cold, the trail was clear; so, from the corner of Evergreen and Benfield Road across from the high School, we headed east along Robinson Rd to the B&A Trail and then south to Glen Oban and back for our planned miles.

We welcomed a handful of new runners to the group and in that added two more races to the list of challenges some in our group are tackling this spring including; B&A Trail Half on April 8th (our featured race); the Coastal Delaware Running Festival Half April 20-22; the Frederick Running Festival Half May 6th; the DC Rock n Roll Half on March 10th; and the Shipyard Maine Coast Half Marathon in Biddeford Maine on 12 May.

NEXT SATURDAY [10 FEBRUARY]

OUR PLANNED 8-MILE TRAINING RUN- I will lead our second 8-Mile Run from Severna Park High School at 7:30AM as planned next Saturday even if I have a sun burn from running all week in San Diego California. Many of you including some or all of the mentors will instead run elsewhere, so our group will be small compared to the first three runs.

VALENTINE'S DAY 5K - Next Saturday the Striders will hold the first leg of the Championship Series; the Valentine's Day 5K at Kinder Farm Park (1001 Kinder Farm Park Rd Millersville, MD 21108) at 10AM. If you're new to the Half Marathon distance and you registered for Valentine's Day 5K or Champ Series, I'd recommend one of two options next weekend.

1) Plan to run that the Valentine's Day track twice next Saturday. It's pretty much a perfect 5K/3.1-miler around the perimeter of the park; so, you can run one lap and after turning in your BIB-tab to the timing team, you can head back out for a second lap at a little slower pace. When you reach the start, just continue to mile one and reverse course back to finish your eight.
2) Since the Valentine's Day 5k run will be held on Saturday, some of the Training Program participants are planning to meet at 8:00 on Sunday to run the Naval Academy perimeter twice to get their 8 miles. They'll meet up at Annapolis City Dock at the Harbor Master Building. Please remember to bring your license/government ID to access the academy.

If you choose either of those options; please shoot me an email afterwards so I can check you in on the Training Program tote.

REGISTER FOR YOUR RESPECTIVE RACES NOW...

Registering for your race is a motivator. These events fill up and registration closes sometimes well in advance of the race, and prices go up the closer it gets to race time.

PLANNING YOUR RUN AND COMMINCATING IT IN A SAIL PLAN

As you add miles to your running regimen it gets harder and harder to find a stretch of road or trail where you can safely log those miles. Except at work inside our compound, when I run alone to any distance I post a Sail plan. As indicated in the insert below, it is a safety net that tells others where you're going and when you'll be done; to bound the problem if something goes wrong.

Have Fun and Stay Safe when Running Long:

PLANNING:
1) Run with one or more friends whenever you can.
2) If you're traveling to a city and you know far enough ahead of time, see if they have a local running club, and whether they have a group run you could join, or someone that might run with you at your planned pace and distance.
3) When you're running in a new place, check it out in a mapping system first. Look for landmarks, and drive it ahead of time every time you can; then stick to the course.
4) Ask the locals about your planned route.

EXECUTION:
1) Run in a populated area that is well lit.
2) Post a Sail Plan: A sail plan tells others when, where, and what time you're starting, where you're going, and when, where, and what time you'll finish. Treat this seriously. Let friends and family know to treat it seriously. Post when you finish so they know you're done, and you're safe. Don't change the plan after you've started.
3) If it doesn't feel right, avoid it (a person, people, an area, a dog...trust your instincts, not hindsight)

A friend of mine lives and routinely fishes along the shores of Oahu in Hawaii. Each time he leaves he sends to his wife and friends his sail plan; a chart with times and places where he intends to drop anchor and fish, and when he'll be back. No matter how good the fishing, he NEVER deviated from the plan.

One early afternoon several of my and his friends waited at the airport for Roy and our bud Bing to hoist a few beers before Bing shoved off for stateside. When Roy was 15 minutes late, they called the marina to see if he'd moored. He was not. They notified the coast guard who searched to no avail for 48 hours based on his sail plan. A day after the search was called off, a pilot of a Navy P3 Orion Aircraft heading for Guam decided to post a flight plan along what would've been the worst case scenario if the currents were exceptionally bad and Roy had a problem very early in the day. His flight path followed a natural funnel that formed from waters coming around both ends of the island heading southwest toward the open sea. They spotted Roy and Bing clinging to the underside of their upturned boat less than a hour after taking off. Two sailors found by a sailor because they'd bound the problem to the plan. My 10K classes will tell you, I showed up pretty much to the minute of my posted sail plan, every time I scouted ahead of time the route I planned to take them on.

I also use Google earth and an app called WalkJogRun.org to plan my routes. While Google is awesome and you can follow street view to see where there are sidewalks and where there are not; street view does not yet extend to trails and paths; so, you can't always see fences and private property signs from its overhead view. The app is great because it shows paths others ran.

I've made some pretty awesome friends calling other training clubs where I'm heading as well. In 2014 our Training Director Susan Noble pointed a visitor from out of town my way. Michelle and I logged an 18 miler together 2 days later and since have run together about a dozen times including two marathons. All of that to say; there's opportunity in local knowledge and often a friendship that endures. On the flip side, deciding on the fly where to log a 6 or 8 mile run can end in a poor result, or worse...and it's avoidable.

By the way the 8 mile run you just did is .3 miles further than running around the base of the volcano called Diamond Head in Waikiki on Oahu in Hawaii....a must do bucket list item. Nothing like a FaceBook or Instagram or a Tweet that says..." I started my day with a run around the volcano..."

TECHNOLOGY

1.   HEART RATE MONITOR (HRM)

As discussed in update 4 and at 2 weekly runs so far; **Heart Rate** is the most common measure of exertion used in training devices and applications today. Measuring your heart rate during periods at an increased level of activity is the best way to know how hard you're working and more importantly, how long you're likely going to last.

You can procure an HRM that pairs with a chest strap with sensors that monitor your heart beat on your chest for as low as $40. That's all they do; but, it's enough to quantify your numbers. The first year I ran I knew my pace based on my heart rate using an HRM alone.

2.   HRM-ENABLED FITNESS TRACKERS

The lines between the functionality offered in GPS and HRM-enabled Fitness Trackers and HRM-enabled GPS watches is becoming more and more blurred; however, the Fitness Trackers are generally oriented toward overall fitness, while an HRM-enabled GPS offers statistics and displays geared toward running.

Fitness Trackers keep track of calories burned, steps taken, and they monitor and produce statistics and goals based on what you accomplish each day. They focus on your heart rate, periods of rest and activity around the clock, and tell you how much you're improving. A downside to the Fitness Tracker for many in the Department of Defense or Armed Services, is they're prohibited inside most facilities where strict cyber security policy is implemented. While true of the GPS running watch as well, you can maximize your dollars spent on the activity you want to measure with it; running performance. Fitness trackers range between $130 and $300.

3.   GLOBAL POSITIONING SYSTEM (GPS) AND HRM-ENABLED GPS WATCHES

Next to our shoes, the GPS watch is a runner's best friend. Whether all you use it for is to tell how far you've run and when to turn around, or whether you use it to keep track of, measure and monitor or improve your pace, the GPS takes a lot of the thinking out of running; so you

can just enjoy the run. You can usually tell a GPS wearer from others in a group not using one; as they're the one running around the parking lot two loops after everyone else stops, until their watch chimes an even mile. GPS wearers simply cannot call a 5.96 mile run a 6 mile run.

As opposed to the Fitness Tracker, the GPS watch provides direct feedback that informs and addresses performance in running; specifically distance traveled, pace, mile/laps splits, etc. When you add an HRM, you get the benefit of Training Zone alerts, and min, max and average Heart Rate. I find the accelerometers in GPS watches are also more accurate when running indoors where satellite reception is poor. They alert you each mile, and advanced models chime when you're too fast, or your heart rate is too high, as well. Some have a virtual running partner...if you need that motivation.   HRM-enabled GPS watches start around $200 and jump $50 a feature by adding a color display, a wrist measurement system instead of the chest strap, and then training, waterproofing, and hardening for other sports such as triathlons.

4.   SMART PHONE

The smart phone is probably the most innovation-ready platform most of us own. They even have a compass and a level for goodness sake. As handy as they are; they need power and most of them today cost between $500 and $1000 to replace, and sometimes as much to repair. You can listen to your music and you can phone a friend.

The downside to the phone being your only source of feedback on a run, is using it to see the map to do other stuff taking your focus away from the road; is just that...just like driving, runners carrying a phone in their hand are easily distracted by them. If you have a running app that calls out stats on the fly, tuck that precious bundle of joy into a pocket or arm band so you can focus on the road. You'll also be glad you did when you take your first tumble (and you will eventually tumble), and; 1) you had both hands to break your fall, and; 2) you don't have scrapped hands, knees, and noses, AND a broken phone.

2018 HALF MARATHON WEEK 2 TRAINING PROGRAM STATS

As of today we are almost One Hundred Sixty-five registered, including me. As explained in Update No. 3, 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 **173** registered runners, **70** of us ran together Saturday morning February 3rd.
- **118** female and **52** male runners registered for the program.

- **85** of **116** registered veterans, and **43** of **57** runners new to the half marathon have participated in at least one training program run (ran this or last weekend, or both).
- **28** registered veterans, and **13** runners new to the half marathon have participated in every training run at SPHS.

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

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