



# Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 06

## EIGHT-MILES TO JUMPERS AND BACK WITH A THINNER HERD

### TODAY'S RUN

On Saturday 10 February, 33 runners signed in and 13 others specifically reported running at the Valentine's Day 5K or somewhere else. While we were half in number compared to the first three weeks, many of you new to the half marathon today made an 8 mile run *routine*.

We welcomed two new runners to the group. To the extent you look for information in numbers; I'm keeping track of factors that might help us understand the kinds of things that negatively impact participation on any one week, or that lead to runner attrition in general.

Gender	20-Jan	27-Jan	3-Feb	10-Feb
	95	94	71	49
Saturday Attendance	95	94	71	49
Temp	22	29	15	38
Precip	None	None	None	None
Conditions	Calm	Breezy	Breezy	Calm
Path	Patchy	Clear	Clear	Clear
Competing Event (Y/N)	No	Yes	No	Yes
Registered Runners	169			
Registered Female	118			
Registered Male	51			
Ave on Staurday Run	77			
Active (>1 Run) Runners	130			
Reported Ran Elsewhere				

  

Evaluation of Factors that might've affected turnout			
>75% w 1 Run	50-74% w 1 Run	<50% w 1 Run	
>32	20-32	<20	
None	Rain	Snow	
Calm	Breezy	Windy	
Clear	Patchy	Snow Covered	Packed Snow
28-Jan-18	Eternal Winter 6 Hour Run		
10-Feb-18	Valentines Day 5K		
Good			
Less Good			
Negative			

For temperature, precipitation, conditions (Wind), and the running surface (the path), I set criteria on the right that is used to "score" values I enter from my weather app on run day. So, today with the exception of the draw of the Valentine's Day 5K, conditions were otherwise favorable (green) in all other aspects.

Next Saturday 17 February, we will conduct our first 10-mile training run from Severna Park High School as planned.

### REGISTRATIONS

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

**FOR THE ANNUAL STRIDERS AWARDS BANQUET** - [Follow this link](#) (meet others)

**REGISTER FOR YOUR RACES NOW** - Registering for your race is a motivator.

## STRESSORS IN RUNNING - TOO MUCH, TOO SOON, TOO BAD

### 1. TRAINING PLANS AND ADDING DISTANCE

Like the plan we're using, almost all publicized training plans 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". The base we assumed with you is 6 miles; and our plan was developed and executed to establish the base level of fitness necessary to keep you on your feet (duration and distance) under exertion (at an elevated heart rate) for the Half Marathon we're training for.

Remember, physiology is in charge. While we can increase cardio performance at an accelerated rate, tendons and bone take longer to adapt to increased stress. So, if you jump up too much, too soon, despite the increase in fitness, you could end up sidelined.

The general and conservative rule of thumb for runners of varying ability making a leap of distance from 10K to the half marathon, is the 10% rule. In this case plans add not more than 10% more miles from one week to the next. Alternatively, Dr. Jack Daniels (well known for physiology principles applied to running performance programs) suggests it is possible to add up to one mile per run per week. Using the Daniels formula, if you run 4 times each week, you could add up to 4 miles the following week. This method for lower distance runners will likely yield increases in distance of 15-20% each week. The plan we're implementing grows distance in 2 mile steps every other week, and will gradually increase your range until you actually run the planned goal distance ahead of race day.

As recommended above and before, choose a specific target race and register for it as soon as you can before registration closes. When considering a race look at the date, browse pictures from previous years 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.

### 2. LEVEL OF EFFORT

As discussed in several updates and at weekly runs so far; 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. We encourage you to find your conversation pace on our Saturday Long Runs. Update No. 4 issued on 28 January speaks extensively to Heart Rate and Training Zones.

### 3. WEATHER

Rain, snow, ice and heat. With few exceptions, almost all running events will take place when scheduled regardless of weather conditions. The experience of at least one training run under less than desirable conditions has benefit; because it lets you experience running where not only are you impacted by the normal discomfort of prolonged activity; but, you gain understanding in how rain, snow or excessive heat amplifies the challenge. As a general rule of thumb, you may not want to tempt fate more than once or twice during a training

period; because, adverse weather takes its toll on both you and your equipment and it introduces risk.

- **Snow** falls and **ice** forms in winter. You can run while snow is falling; but generally, you should avoid running on packed snow or ice unless the race you're training for will undoubtedly occur in similar conditions. It is not worth the risk of injury. A badge of courage does not complement a cast on your leg. If your planned running route is snow or ice covered move it somewhere else, wait until later, or even postpone to the next day. A Half marathon will put the average new runner on the road from 2 to 4 hours, opening the window for less than desirable weather to impact the event at some point during the run. In snow or on ice you can fall, twist an ankle, or simply slip and pull a muscle.
- **Rain** makes clothes wet and heavier, which adds to the chafing that already normally occurs from the perspiration you'll be generating anyway. Wet clothes and shoes can also cause blisters on your feet, even if you don't normally have any issues with your shoes. Your toes swell and rub in ways they otherwise wouldn't. I recommend it for every run over 10 miles; but, use a lube or Vaseline especially if there's even a chance of precipitation or water on the route on race day.
- **Excessive cold** and **heat** saps energy at an accelerated rate. Many agree 55-60°F is the optimum temperature for prolonged running activity, and that performance will decrease first slightly and then more rapidly as the temperature increases. Adjust your effort to the conditions to mitigate exertion and risk. When it's hot, blood is redirected to the skin to cool, and when it is cold blood is directed away from extremities to the torso to protect vital organs. The Daniels table below illustrates the impact of temperature as a percentage on performance for a 57 year-old male runner with each 5°F increase in temperature.

Projected Adverse Impact of High Temperatures on 5 km Time (Daniels)									Metric
Temperature	60° f	65° f	70° f	75° f	80° f	85° f	90° f	95° f	100° f
Adjusted Time	0:23:31	0:23:42	0:23:52	0:24:03	0:24:13	0:24:24	0:24:34	0:24:45	0:24:56
Adj Pace / mile	7:34	7:38	7:41	7:44	7:48	7:51	7:55	7:58	8:01
Performance is not adversely affected at 60° or lower.									

Also, because shivering uses energy; you may want to grab a layer of sweats or a blanket to use as a throw away wrap to wear while you're waiting to run.

#### 4. SPEED AND SPEED WORK (Tuesdays)

Always warm up and cool down with a short run or very brisk walk before any Fartlek, Tempo or Interval workout. A 15-minute warm-up is recommended before speed workouts; typically, 1 to 2 miles for new, novice, and experienced runners. With the exception of Fartlek which by its nature is random, plan your workout times and speeds before you start. Speed work is hard by design; therefore, the longer you do it, the harder it will be to remember what you had planned. Keep you plan aligned with a time of day, or specific miles or distances so you always have a reference to correlate to. Many use a coach, friend or runners take turns leading speed work; so the runners can just run.

- **Fartlek:** Fartlek is a Swedish word meaning speed play. Somewhat like interval training addressed below, Fartlek training uses a mix of fast (faster than 5 and 10K pace) and slow (conversation pace) running. Fartlek intervals are considered unstructured, in that they can vary in speed and intensity.
  - In one Fartlek method during a routine conversation pace run you might pick a point in the distance and speed up until you reach that point. When you reach that point you'll slow back down to conversation pace for several minutes, before repeating.
  - The second Fartlek method uses time at speed, rather than a distance (to that pole) at speed. One way to practice this method is to run hard for 60 to 90 seconds, then run easy or walk for at least two and preferably three or more times more than the time you spent sprinting. In Fartlek, your sprints should be close to all out...your 1-mile pace.
- **Intervals:** When running intervals, you alternate between running "fast" (closer to your 5K than your 10K pace) and running at a "slower" conversation or walking pace for 50-90% percent of your fast interval time to recover. You then repeat. The less time you allow for recovery, the harder the fast interval will be. Also, your selected sprint speed should be one you can sustain during every sprint cycle throughout the entire interval session. If you find you're slowing during each successive sprint cycle, you should throttle back until you find a sustainable speed.

Most programs are structured about 200, 400 (most popular interval), 800, and 1600 meter intervals; and, they are typically conducted at a track because it is marked at those distances. **Lee Crumbaugh** is the Striders **Tuesday Night Track Work** Coach. Consider joining his Tuesday workouts in week 7 or 8; but, be ready to learn a new language ;)

- **Tempo Run:** Tempo runs are run at a comfortably hard, yet sustainable pace. When running at tempo pace you are pushing. You can use tempo runs at a distance or time; whichever you prefer. You can run a certain number of miles or minutes at near goal race pace, and cool down with some easy miles. One might run 1 mile at race pace followed by 2 at conversation pace; or 10 minutes at race pace followed by 20 minutes at conversation pace. When transitioning from rest pace to race pace, you should build speed gradually rather than a sudden jump from slow to fast (flooring it). Because a tempo run involves time in what is most likely your anaerobic pace; it should be to a measured distance and you should consider fueling like you will on race day.

## 5. **HILLS** (Thursdays)

Running uphill at speed requires more power. If you can run at a 12, 10, or 8 minute pace uphill; you can run that same pace on flatter ground using less energy. If you want to improve your performance you have to increase the power requirements in your workout. Specifically to get stronger and therefore faster; along with speed work, add the strength building benefit of hill intervals to your workouts.

## 6. **WEIGHT**

Every pound of weight you carry in fat, muscle mass, water, or clothing will cost most of us 2 seconds per mile over the duration of a long run. I use MyFitnessPal to monitor intake and calories burned daily. After losing 65 pounds 6 years ago, I've kept my weight in a 5 pound band (165-170). My race weight goal is 5 pounds below my average (162). I had my three best marathon times with my weight under 165. With aircraft, cars and humans...going faster is easier when lighter.

Projected Impact of Weight on 5 km Time (Daniels)									
Male	age: 57		Height (in): 74.0			Weight (lb): 190			<input type="checkbox"/> Metric
Projected Weight	205	198	190	182	175	167	160	152	144
Adjusted VDOT	38.1	39.6	41.2	42.9	44.8	46.8	49.0	51.5	54.2
Estimated Time	0:25:04	0:24:18	0:23:31	0:22:44	0:21:57	0:21:09	0:20:21	0:19:32	0:18:44
Est Pace / mile	8:04	7:49	7:34	7:19	7:04	6:48	6:33	6:17	6:02
Estimated Times & Pace are +/- 2 seconds per mile							Weight Increment:		4.0%

If your goal is simply to finish, worry about something else. But, if performance or a PR is a goal; 1) set a race weight goal; 2) aim for it, and 3) hit it. I'll talk more about intake and nutrition in Update No. 7.

## 2018 HALF MARATHON WEEK 2 TRAINING PROGRAM STATS

As of today we are One Hundred Forty active runners, including me. As explained repeatedly, 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, we as your coaches and mentors will help you prepare by offering advice and support, and by implementing a tried and true, and measured training plan. We can't stress enough the importance of not exceeding distances in the plan.

Here's how things break out so far:

- Of 173 registered runners, 130 (84 female and 46 male) runners are active in the Half Marathon Program; participating in at least one training program run.
- Of the 130, 33 of us ran together Saturday morning February 10<sup>th</sup> from SPHS.
- 10 reported participation in Valentine's Day 5K at Kinder Park, and 3 of you reported running elsewhere.
- 85 registered veterans, and 43 of 57 runners new to the half marathon are active.
- 11 registered veteran runners, and 7 new to the half marathon have participated in all 4 training runs at SPHS.

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