



# Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 07

## TEN-MILES TO ARNOLD STATION AND BACK WITH A ROBUST GROUP

### TODAY'S RUN

On Saturday 17 February, **96** runners (**WOW!**) signed in and Kelly Kelly reported in from Central Park in New York raising the tote to 97; our highest turnout to date. We welcomed two more new runners to the group, and with big smiles (and a little stiffness) a handful of you reported running 10-MILES FOR THE FIRST TIME EVER!

American Commute Distance (One Way)	Percent	
1-5 Miles	29 %	
6-10 Miles	22 %	51%
11-15 Miles	17 %	68%
16-20 Miles	10 %	
21-25 Miles	7 %	
26-30 Miles	5 %	
31-35 Miles	3 %	
35 + Miles	8 %	



For those of you who like numbers, as I said during my pre-run babble; according to the US Department of Transportation most working Americans (51%) report a one-way commute of 10 miles or less...oh, and the difference between them and you, is they need a car to do it.

Whether it's your first or fiftieth, a run of 10 or more miles speaks to your mental toughness and a level of fitness that separates you from many with whom you dwell each day. It is also an awesome, awesome accomplishment each and every time you knock one out!

Next Saturday 24 February, you'll undertake your second 10-Miler as planned with Coach Dave Dold at Severna Park High School (map on the last page of this update). You'll be running north this time past Jumpers Hole Road to the Route 100 Footbridge, or the base of it and back. The herd will be thin again as some of the mentors and other Striders will compete with other clubs in the area in the **Road Running Clubs of America (RRCA)** Club Challenge held in Columbia on Sunday.



The **RRCA** certifies courses, conducts events, and RRCA Coaching Certification Level I Courses are scheduled at selected locations around the U.S. throughout the year.

Courses are primarily hosted by RRCA member clubs like the Striders and others in our area, and they fill up quickly; so...if any of you are interested in getting the cert and supporting or leading one of several Striders Training Programs, contact Susan Noble, the VP of Runner Training and Education ([vp\\_training@annapolisstriders.org](mailto:vp_training@annapolisstriders.org)) and she can talk to you about availability and her thoughts on a path that might help you realize that goal.

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### REGISTRATIONS

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

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

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## FITNESS & NUTRITION

### 1. FITNESS, FIGURING OUT WHAT'S RIGHT FOR YOU

A good thing about running with others in a club is worth the membership investment because the club gives you a forum to get feedback from its coaches and other runners about everything from aches and pains, to recommendations on shoes, hydration and nutrition. Feedback from other runners is subjective, where methods and approaches in all these areas vary widely from runner to runner. However, just hearing about choices others make regarding what works for them, is very good information on which to develop and base your own approach to training for, and running in a long distance race with a bib. One thing not lacking in runners is opinion...if you ask, everyone will tell you either what works for them, or what you should do. You have to find what works for you as nobody else has your schedule, budget, physique, fitness level, and performance goals...only you know what you *need*, have, or would like to do.

As the Daniels table indicated in last week's update, for each 5 pounds of weight one carries over what most medical professionals would consider a healthy weight for their age and height, performance could decrease by as much as 15 seconds per mile over extended distances.

In September of 2011 when I weighed in at my doctor's office at 230 pounds, I set as a goal reaching 175 pounds without knowing what that would look like when I reached it. On a stationary recumbent bike 6 days a week in my basement I rode first 30 and then 60 minutes, burning an average of 10 calories a minute each ride. By April I weighed 185 when I traveled to Florida for vacation. The place we stayed had no fitness center so I decided I'd try to run 3 miles instead. The first 2 days I couldn't run continuously without walking but by the end of the week I was doing the whole 3.1 miles. I established as a new weight goal a band between 165 and 170 and have maintained that for the last 5 years. With the bike I lost weight; but with running I became leaner and found it easier to maintain my weight within that 5 pound band; dropping below it only for a marathon a run twice each year.

I use a Nutrition app called MyFitnessPal to track intake and calories burned during exercise. While I no longer need the app because I've developed an understanding of the concepts in portion control and grazing, and why the fluid intake matters on consumption side, and what level of activity intensity and duration is needed to neutralize it on the backside; I use it as a tool to help others. I am a member of the Nation Weight Control Registry (NWCR). As a participant among others who lost more than 30 pounds and kept it off more than a year, each year I take an hour to complete a survey used to develop statistics that drive the way fitness and diet programs are structured to improve the likelihood of success by those using them.

While it's walking for 85% participating, I list RUNNING, as my primary form of exercise.

## 2. CONCEPTS BEHIND MANAGING INTAKE AND OUTPUT

Our body functions like an engine. We take in fuel, store it, and through activity we burn it off. Consumed calories are stored as fat if we don't burn it off first. An adult with a sedentary lifestyle burns between 1600 and 2000 (females), and 2200-2600 (males) calories each day. That burn occurs even when you are totally at rest at night while you sleep. In this regard, females in this category burn about 75, while their male counterparts burn about 100 calories each hour on a low to no activity, or sedentary day. When you exercise, you increase your burn during the timeframe you were active, however your net burn is simply the number of calories more than what you otherwise would've burned during that same period of time; they are not additive. There's a ton of factors that drive your net burn; so, you have to adjust both sides of the equation to maintain a constant weight goal.

*Note - To reach a weight loss goal; consult your physician to establish a minimum calorie intake and exercise regimen that is best suited and safe for you.*

There seems to be a general consensus that adult males and females can lose weight at a safe and sustainable rate with intakes not lower than 1750 and 1250 calories each day respectively. There seems to be consensus that by taking in smaller amounts more often (grazing), rather than eating only 3 times at meals throughout the day, you will establish and maintain a more efficient metabolism. Furthermore, studies indicate those who routinely eat less than two hours before bedtime, will have more negative than positive outcomes whether maintenance or loss is their goal.

## 3. WHEN AND HOW MUCH TO EAT

There are many approaches to fueling before a run and frankly no one approach is the right approach for everyone. I recommend you talk to folks and then give different things a try until one resonates with you and your routine.

Generally, it takes about 2 hours for a meal to clear your stomach if you don't want anything sloshing around in there while you run. Eating more than two hours ahead of a long run in most has another desired impact... eating normally stimulates the entire digestive tract and triggers a bowel movement which is good; because, you won't have to worry about that while you're running either. While it is important to be properly fueled for the distance you intend to run, starting that run a little on the hungry side rather than being full, is a more widely agreeable practice.

A training run of **90 minutes or less** at an aerobic pace will typically yield a burn of 6-12 calories a minute depending on which end of the aerobic heart rate zone you operate in. These runs don't require anything special before or after the run; including an elevated carb intake to prepare or recover. There is general agreement a snack with both protein and carbohydrates like chocolate milk or granola or trail bar within 30 minutes after you finish a workout and again within 2 hours will provide what your body needs to recover.

Before a long run of **90 minutes or more**; a light pasta or pizza dinner early the night before a long run early is a common go-to across runners of all skill levels. There is also general

agreement you should eat at least 2 hours before your long run avoiding; roughage (like high fiber cereals, skinned fruits and vegetables), nuts and meat proteins; as they take longer to digest than simple carbs. I generally have a cup of coffee and a peanut butter and jelly bagel or English muffin, and a glass of orange/cranberry/grape juice.

#### 4. CARBOHYDRATES AND CARB-LOADING

Carbohydrates provide fuel our body preserves as stores that can be loaded in the days leading up to a long duration event, and drawn on when needed while you're running. When training, we stress running in an aerobic heart rate zone where your body can deliver the effort you need drawing on the readily replaceable electrolyte-based stores. "**Carb-Loading**" is a term applied to a shift from a recommended daily balance of proteins, fats, and carbohydrates (60% intake for an active adult) to diet more heavily skewed toward carbohydrates 2 and 3 days ahead of your race. Specifically, for a Saturday race you'd do a two day load where 80-85% of your calories are from carbohydrates on Wednesday and Thursday. On Friday, consider the 90 minutes or more routine described above.

For a marathon where I'm going to press for a best effort; I'll follow to a tee a carbo-loading routine that Runner's World posted about 5 years ago. It works very well for me. For a Half, I'll load just one day instead of two. Carb-loading is based on science...read the article. Ask questions.

[https://www.runnersworld.com/nutrition/the-right-way-to-carbo-load-before-a-race?cid=Synd\\_Outside\\_CarboLoad\\_Content-Nutrition\\_RightWayCarboLoad](https://www.runnersworld.com/nutrition/the-right-way-to-carbo-load-before-a-race?cid=Synd_Outside_CarboLoad_Content-Nutrition_RightWayCarboLoad)

#### 5. ELECTROLYTES

**Gels, Pastes, Gummies, and Chews:** Most distance runners use electrolytes. I use GU gels when I race and only when I press on long training runs. In the summer when my sweat output doubles or triples I use Trace Minerals Electrolyte Stamina (salt pills) during races and training runs of 10 or more miles.

You should consider trying an electrolyte of some kind on our runs of 12 miles or more. Most running stores offer several brands and the staff will recommend what works for them. Some have caffeine, and some don't. Some are formulated for use during a race, and some to recover. I race with GU's Roctane formula. You need to know you can tolerate the texture and formula, and whether you want to get something down in 2 seconds or 2 minutes. Typically, electrolytes are introduced 15 minutes before your race starts, and every 45 minutes you're out there. Most of you will finish a Half Marathon in 1.5-3 hours...2-4 electrolyte units.

For **hydration** in the winter, spring and fall I'll carry water or a zero calorie drink like SoBe Lifewater in my hand. In the summer, I'll carry a 20 ounce Gatorade on long runs. You can carry hydration bottles on a belt or vest, or in your hand. You could end up carrying a bottle of ice in your hand by the end of a long winter run. Camel back packs are popular; however, the tube can freeze in winter if it's not routed under clothing where it stays above freezing.

During a most races of 10K or more, aid and hydration stations will generally offer both Gatorade and water. Sometimes to offset cost, smaller races will offer an electrolyte drink other than Gatorade as a sponsor offers their product for free. This is another pitch for self-sustainment; as the last place you want to find yourself on race day is needing a boost and the only thing available is something you've never tried. Most races will tell you what they'll have and how often they'll offer it. Find out ahead of time. Change nothing on race day

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## 2018 HALF MARATHON WEEK 2 TRAINING PROGRAM STATS

As of today we are One Hundred Thirty-four 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 offer 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 and from this point forward we encourage you to ask questions. We are here to help or to point you to someone who can.

Here's how things break out so far:

- Of 173 registered runners, 134 (87 female and 47 male) runners are active in the Half Marathon Program; participating in at least one training program run.
  - Of the 134, 96 of us ran together Saturday morning February 17<sup>th</sup> from SPHS.
  - 92 registered veterans, and 43 of 57 runners new to the half marathon are active.
  - Including mentors and coaches 14 registered veteran runners, and 9 new to the half marathon have participated in a group run or Striders Event all 5 weekends so far.
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