



Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 08

TEN-MILES TO ROUTE 100 AND BACK IN A FOG

SATURDAY'S RUN

On Saturday 24 February, in the mist and fog 60 runners signed in with Dave Dold and the other coaches and mentors for your second planned 10 miler. That's an awesome turnout once again!



Numbers were down a tad as there was a competing event on Sunday; the **Road Running Clubs of America (RRCA)** Club Challenge in Columbia. Hosted by the Howard County Striders, the RRCA Club Challenge is an annual race between all RRCA running clubs in Maryland and Washington, D.C. Twelve teams competed this in 2018.

REGISTRATIONS

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

REGISTER FOR YOUR RACES NOW – If you're new to the Half Marathon and you've completed the 10 mile training run twice, you're ready for a Half. Log in, register.

CLOTHING, COMPRESSION, LAYERS

Short and sweet as planned this week as I knew I'd be on the road; however, I wanted to offer some thoughts to consider when you suit up for that double-digit mileage run.

1. CLOTHING

The general rule of thumb in running is “**dress for mile 3**”. The implication is that once you're up to speed and your heart rate settles out, your body will settle into its operating mode. For many this occurs as early as one mile; but, for most, you're almost always *cooking* by mile 3. In the winter, if you're not a tad chilly (not bone chilling cold) before you start your run, you may be overdressed. You take in **fuel** and **hydration**, and just like the engine

in your car, as you generate power and expend energy you'll generate heat. Some runners sweat a little, some sweat a lot, and others don't sweat at all; regardless of what they're wearing.

Gloves are recommended in temperatures under 40 degrees, especially if you carry your choice of hydration in a bottle in your hand. The water will get colder as the run continues, and your hands will naturally cool as your body reduces blood flow to your extremities and reroutes it to your core (torso) as an involuntary self-preservation measure. A simple pair of cotton gloves will work; but, there are more expensive versions to consider, some of which have materials on the finger tips or thumbs that allow you to operate touch screen devices such as GPS watches and phones while you run. Besides, blue and white hands are not particularly becoming.

2. CHAFING

Movement in running causes friction. Most of you will make anti-chafing a preventative measure once you find the magic distance where it becomes an issue for you. Many of you found or will find you've crossed that threshold when you step in a hot shower AFTER the run you'll always remember. The magic distance for me was 8 miles. If you haven't found that distance for you, you most likely will moving from the 10K to the Half Marathon...which directly translates to time in the activity.

Friction will rub you raw; it can cause a heat rash, or chafing that can result in blisters...in places you don't want heat rash or blisters. My preference as a first defense is a form fitting, wicking layer against the skin to reduce the number of places motion causes your skin and your clothing interact. There are veterans as well who preach the opposite... all good, all subjective, all relevant for us as individuals. The key as always, find what works for you.

When you push off the ground both you and your clothes move upward until gravity pulls you back to terra firma. If you're wearing loose clothing; your body will lead that *up and down motion* and your clothes will follow; like swirling water in a glass where the motion of the water lags, but mimics the motion of your hand. At the bottom and top of that stroke when your clothes are briefly moving in the opposite direction of your body inside them; there is friction from rubbing. The most commonly affected areas from the **up and down rubbing** for men and women are the chest (specifically, our nipples), our heels, and most commonly in summer; the inner upper thigh, buttock/crotch area where sweat gathers in shorts. Rubbing also occurs with the **back and forth rubbing** most commonly under your arms, and your toes.

Find clothes that have seams that best fit your physique and running gait. There are shorts and pants that have no seams in the crotch, others with a seam that runs front to back, and others still with a seam right across the middle. Find what works for you. Keep in mind when you add belts and vests, and arm bands with buckles and cinches for MP3 players and phones; you're adding potential points for friction.

Unless you're Strider Tom Zorn, cotton is not the material of choice for running. When cotton gets wet it gets heavier than the polyesters, the swirling motion described above is

exaggerated, and the friction is amplified. Find light weight, wicking materials and the “fit” that’s right for you. Wicking materials draw sweat away from your body. If you want to wear that pair of sweats from your alma mater, wear proper running gear under it; but, dressing right is still only part of it...there’s more.

There are creams, sticks and gels, and patches and tape to prevent chafing. Two favorites are [Body Glide](#) and [Gold Bond Friction Defense](#). Others prefer patches and others still choose to simply accept what Mother Nature dishes out. Men...this is not a pretty sight; spare your fellow runners.

3. COMPRESSION GEAR



For quite some time there’s been a debate about compression clothing. While one might argue men and women have been running fast without it for years; no one will argue our getting faster has nothing to do with improvements in performance sportswear. More and more science is supporting arguments that compression, specifically that compression gear in running:

- reduces exercise induced muscle damage (EIMD)
- accelerates recovery processes
- removes lactic acid faster
- increases strength and power
- improves endurance
- increases muscle oxygenation
- improves body temperature control

It is also important to understand while the objective physiological (scientific) advantages of compression socks for recovery have been disproven, when researchers measured perceived levels of post exercise soreness, they found that “runners who wore compression socks experienced less soreness and a felt more recovered than those who did not.”

RUNNER'S WORLD [Compression Gear Hype or Helpful](#) - Research reveals some recovery benefits, but little performance-boosting effects. For over 50 years, compression garments have been used in the medical field to improve symptoms related to diabetes, edema (swelling) and vein disorders, among others. Like so much of what is used in the fitness field, such as resistance tubing and resistance balls, compression garments have made the jump to the running world. On the elite scene, superstars like Chris Solinsky, Shannon Rowbury and Paula Radcliffe can be seen racing in knee-high, calf-hugging compression socks.

That’s why a study out of Indiana University presented this summer at the American College of Sports Medicine’s annual meeting caused quite a stir, bringing compression garments back into the limelight by questioning their usefulness for runners. In the study, “Lower Leg Compression Sleeves: Influence on Running Mechanics and Economy in Highly Trained Distance Runners,” Abigail Laymon and colleagues found no impact on running economy,

efficiency or mechanics. While the subsequent headlines following the conference wrote off compression garments, even Laymon herself says the issue is not so cut and dry.

Toe-may-toe, toe-mah-toe: We're all built, we recover, and we perform differently. What really matters is trying different things and doing what you can to perform and recover more efficiently.

4. LAYERS

Each of us is different; however, the key is finding the right mix of **clothing type** and number of **layers** appropriate to the type of training activity and the environment you're going to do it in. In other words, if you're going to run hard for a shorter period of time, you may not need as many layers as you would when it's cold because you'll run harder at a higher Heart Rate and you'll warm up faster; but, you'll be done sooner and can get in out of the cold.

Conversely, you may wish you had the extra layer later in a long winter run, when the sweat you generated early becomes a liability later in the workout when your energy output decreases and you begin to cool down. Dress for the entire run.

RUNNER'S WORLD [The 7 Best Base Layers for Staying Perfectly Warm and Dry in Winter...](#)

2018 HALF MARATHON WEEK 2 TRAINING PROGRAM STATS

We are One Hundred Thirty-four active runners, including me. Last Week Kelly Kelly reported in from Central Park in New York and this past weekend we had runners report in from Texas, while I was running with pirates in Florida.

Regardless of your goal or target race, we coaches and mentors will offer advice and support, and information about the training plan. We can't stress enough the importance of not exceeding distances in the plan, and we are here to help or to point you to someone who can.

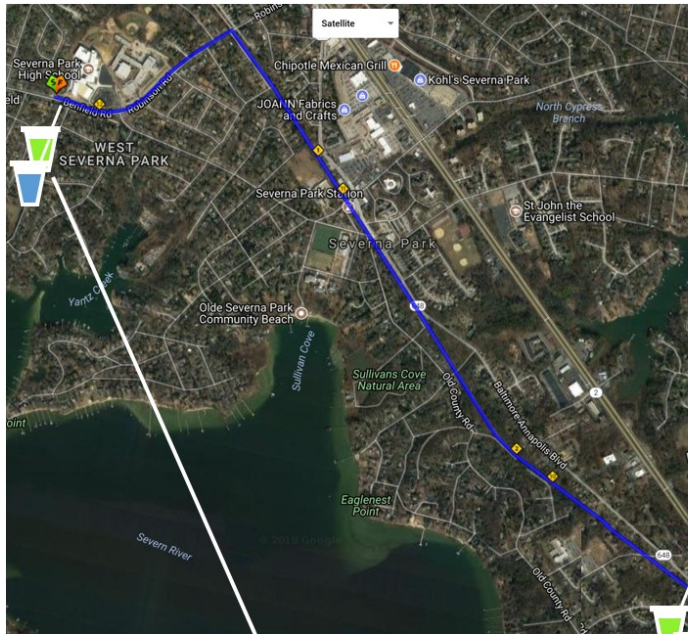
Here's how things break out so far:

- 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**, **60** of you ran together Saturday morning February 24th from SPHS.
 - **92** registered veterans, and **43** of **57** runners new to the half marathon are active.
 - Including mentors and coaches **9** registered veteran runners, and **8** new to the half marathon have participated in a group run or Striders Event all 6 weekends so far.
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HalfMarathonTraining@AnnapolisStriders.org



12 Miles to Mile Marker 0 (Boulters) and Back



12 Mile Route
SPHS along Robinson Road B&A Trail.

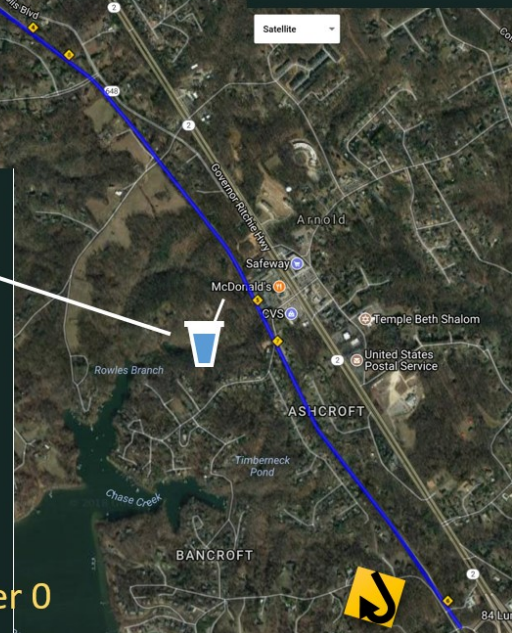
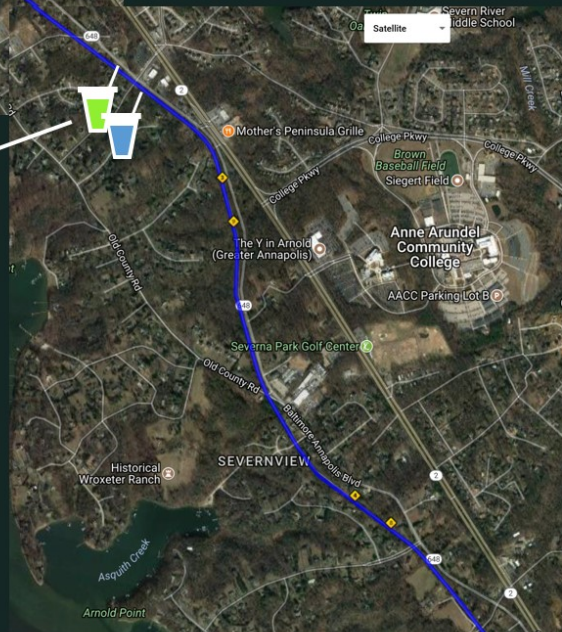
South on trail to Boulters and back.

Water & Gatorade at:
Start\Finish
Jones Station Road

- Mile 2.6 (outbound)
- Mile 9.5 (inbound)

Water ONLY at:
Arnold Station 10

- Mile 5 (outbound)
- Mile 7.1 (inbound)



Turnaround
Boulters Rd.
Head of the Trail, aka Mile Marker 0