



Annapolis Striders Winter Half Marathon Training Program

TRAINING UPDATE 09

THE WIND SHE WAS A BLOWIN'

SATURDAY'S RUN

On Saturday morning 54 of you signed in and took on Mother Nature who was dishing out some serious winds for the second half of our run. To the sound of portable generators and sirens, a **Nor'easter** called **Riley** unleashed a steady 14-18 mph wind that gusted to 30-40mph as we undertook our first of two planned twelve mile runs. To take on a long run of 10 or more miles under arduous conditions isn't crazy or unnecessary. It speaks to your commitment to the Long Run, which is of more benefit than not having done it.

Gender	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar			
Saturday Attendance	94	94	72	54	97	65	54	>75% w 1 Run	50-74% w 1 Run	<50% w 1 Run
Temp	22	29	15	38	37	44	38	>32	20-32	<20
Precip	None	None	None	None	None	None	None	None	Rain	Snow
Conditions	Calm	Breezy	Breezy	Calm	Calm	Calm	Windy	Calm	Breezy	Windy
Path	Patchy	Clear	Clear	Clear	Clear	Clear	Clear	Clear	Patchy	Snow Covered
Competing Event (Y/N)	No	Yes	No	Yes	No	Yes	No			Packed Snow
Registered Runners	173							28-Jan-18	Eternal Winter 6 Hour Run	
Registered Female	119							10-Feb-18	Valentines Day 5K	
Registered Male	54							24-Feb-18	RRCA 10-Mile Club Challenge Sunday 25 Feb	
Ave on Saturday Run	88									
Active (>1 Run) Runners	138									
Reported Ran Elsewhere								Good		
Late Start								Less Good		
Attrition								Negative		

While there was more risk than running under ideal conditions Saturday in the wind, the risk was low. However, the experience you gained running under those less than ideal conditions on that day is immeasurable...especially the knowledge and confidence you gained from it. Don't sell yourself short. That wind was strong and it was hard; but, you were stronger.

REGISTRATIONS

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

REGISTER FOR YOUR RACES NOW – Register for the B&A...Registration closes soon.

FOOTWEAR

Running Shoes are the most important piece of equipment you'll own as a runner. There are many perspectives with respect to execution of the shoe replacement cycle and this is mine. Your shoes will give you the same love you give them. If you take care of them and replace them when you should, you will have a great relationship.

Associates at running stores want to make you happy with new running shoes. Most assume you know what you want or need in one type of shoe or another (neutral, stability, etc.); but in many cases, they don't have the experience, tools and time to make observations and interpret your needs completely. While they're more likely to get you off to a better start than you otherwise might do on your own, it's important to get; 1) the right type of shoe, and

then; 2) get something you're comfortable with. Hopefully, the concepts in this update will help you assess your equipment and understand whether it's the right match for you.

SHOE CONSTRUCTION AND TERMS

The illustration below addresses terms in the chart I use at the end of the Update to characterize shoes based on the way they're constructed. In addition to stack, drop, and toe box explained in the drawing below; there's a few other construction related terms and concepts you might hear when shopping for your next ride...



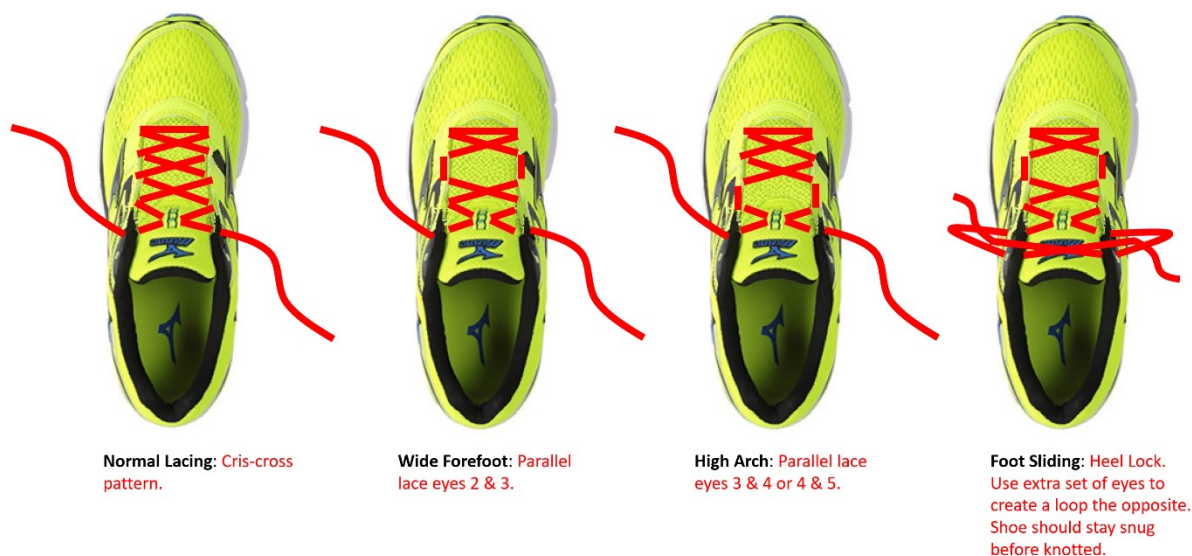
The length and fit of a shoe will often determine the potential for blisters and toenail injury or loss. If you have a wide foot, there are shoes that do not squeeze your toes together into an unnatural (barefoot) position. While to some it's more comfortable, to others it is not. Sometimes referred to as "duck foot" shoes, brands such as **ALTRA** accommodate wider feet and purport to be more natural than the more "pointy" traditional styles, as it allows your forefoot to splay more naturally as you transition from the heel to your toes when running. Even if your shoes don't squeeze too much, the sock you choose can have the same effect. The important message here is fashion can dictate a fit that isn't right for your foot...figure out your needs, wants, and extras and prioritize in that order for distance running.

At some point running distances greater than 10 miles or running hard on a course with significant elevation change, the likelihood of losing a toenail is increased. In most cases one of two things are the reason behind it; 1) your shoe is too small, or; 2) your foot was sliding back and forth too much inside it. If your toenails are right up against the front of your shoe or if your foot is sliding inside it, your toes will repeatedly bang into the inside of the toe box at the front of the shoe. It is likely you won't even know it until you see the black and blue nail two or three days after your race. In a previous update I spoke to swelling when running longer distances and even more swelling when you're sweating or there's water from rain or puddles in your shoes. When you add shoe and sock fit there's four factors driving the impact of a shoe fit on your feet when running. Consider giving yourself a half size more than you'd normally wear and look at other ways to improve the comfort and fit of your shoes...

LACING UP FOR A MORE COMFORTABLE RIDE

As discussed in other Updates, distance running introduces issues you otherwise might never experience in 5 and 10K runs...a byproduct of time in the activity. Even if you find a pair of shoes you like, you might have to take additional steps to harmonize their design with your feet.

In the images below I'm illustrating ways you might lace your shoes to create the balance you're looking for when you run.



In the Normal, Wide Forefoot, and High Arch Lacing methods, the “extra” lace eyelets (very back eye on either side) under the ankle are not used.

Normal Lacing is just that; wearing or lacing shoes the way they come out of the box.

The **Wide Forefoot** option creates an open box to relieve tightness if the toe box squeezing your forefoot too much. Before you lace for this correction; be sure your shoes are the primary contributor of tightness, and not your socks.

Some runners have a **High Arch** that raises the top structure of their foot. Lacing in a way that shifts the open box higher on the shoe so the bone atop the arch is centered in the box, can alleviate pressure on the top of the foot and the navicular bone where tendons extending down and around the ankle attach along the upper outside of the arch.

Finally, the “Heel Lock” lacing method will limit **Foot Sliding** back and forth inside your shoe by keeping your foot to the rear of it. Where upsizing a half size is common practice; this lacing method can be a problem solver, and nail saver for many runners. It is also the only method that typically uses that “extra” lace eyelet under the ankle.

SHOE TYPES: STABILITY, NEUTRAL AND GUIDANCE MODELS

Supination: Supination is the lack of an inward roll or splaying out of the foot during its foot-strike. Supination (under-pronation) limits the ability of the foot to absorb ground forces; so, it requires a **cushioning shoe** that promotes a quicker transition from heel to toe.

Pronation: Pronation occurs naturally when the foot rolls inward, spays and flattens through the heel-to-toe transition. Pronation is normal and provides shock absorption as the arch of the foot flattens. Over-pronating is used to describe someone who has 'flat feet'. A **motion control** or **guidance shoe** model reduces the impact of over-pronation.

RUNNER'S WORLD [Shoe Finder](#) offers some insights about fits and styles that might be best for you.

Neutral Pronation: Neutral pronators have a normal gait and can leverage **stability** models to maintain form throughout the run, or a **neutral** shoe that provides less “steerage” than guidance, and less structure than stability models.

WHAT DO I BUY, AND HOW OFTEN SHOULD I DO IT?

In general, depending on the type of running you do; you should replace your shoes every 300-500 miles. Beginners might spend more so their investment lasts longer; perhaps an entire season for folks logging 15-25 miles a week. Even though they might need a new pair every 45-60 days, some experienced runners laying down 25-70 miles a week will invest more because they demand the performance of a higher end shoe.

Everyone is different with their money; but, two things are pretty much a given...you get out of your equipment what you put into it, and as a long distance runner, you'll go through shoes more quickly. 350 miles is the number I use for road shoe replacement and 400 miles for trail shoes. I spend between \$120-150 per pair. For me with the distances I train at, I need new shoes every 3 months max. Some just accept the cost and purchase from their local favorite retail outlet like me at Annapolis Running Shop (ARS) on Main Street in Annapolis. If you take the time to understand how your favorite shoe is built, you can offset cost by looking for retailers who have last year's model at a significant discount online.

In the chart below I gather information about shoes that conform to the traits I need in a shoe. I grade them (green is good and yellow is outside my “norm”) so I can limit choices to models that have **features I want** (weight), **introduce the least** amount of **change** (drop, and stack), and have **features I need** (high arch).

Almost all coaches including me will tell you not to change anything on race day...clothes, fuel, and most importantly, shoes. Some runners can tolerate shifting into a new pair of the same make and model shoe they've been running in with little or no ill effects; but, that's a matter of how sensitive one is to change. Changing models within a brand is generally less risky than changing the brand itself; but, both of these changes should only be undertaken well in advance of your race so you understand where it rubs, and how it responds to your stride and gait.

Over time you'll develop an understanding of the options, and your body will develop "tells" that indicate you're beginning to overstay your welcome in a pair of shoes. In other words, if you're running pain free and you start to develop a slight ache and haven't done anything specific you can attribute it too, and your shoes have been with you a while...consider a new pair. Keep track of your runs and distances and move into a new pair to avoid injury. Many fitness trackers and Running GPS Watches allow you to enter your shoes and their purchase date, and you can set it to automatically associate them with your runs. The app will keep track of the distance traveled in them so it can warn you when it's time for a change.

brand	model	version	heel	stack	toe	drop	weight	arch
Saucony	Kinvara	Chicago	23	19		4	7.9	High
Saucony	zealot		26	22		4	8.5	High
Saucony	Freedom	ISO Endless Summer	19	15		4	9	High
Saucony	Freedom	Freedom	19	15		4	9	High
Saucony	Ride	10	27	19		8	9.9	Normal
Saucony	Triumph	ISO 3	30	22		8	10.5	High
Saucony	Breakthrough		22	14		8	8.7	High
Brooks	Hyperion		23	13		10	8.5	Medium/High
Brooks	Neuro	2				6	10.1	
Hoka	Tracer 2					4	7.6	neutral
Hoka	Gaviota					5	10.5	
Hoka	Arahi					5	9.3	
Hoka	Bondi	5				4	10	

In this case I was looking for a neutral, light shoe, with a high arch, and drop above 8mm. I bought the Saucony Triumph and the Breakthrough. Same drop, just less stack on the breakthrough that makes also it lighter.

2018 HALF MARATHON WEEK 7 TRAINING PROGRAM STATS

We are One Hundred Thirty-eight active runners. Last Week Dave Dold led a strong group through its second ten-miler in the mist. The herd was thin due to the RRCA club challenge draw on Sunday. I was running (and dining) with pirates in Florida.

Please be patient and do not exceed the distances in the plan. The goal at this point in the training program is avoiding injury. Ask questions. So far as shoes; if you're having issues, changing now or next week is the right time if you're considering, or think you need to do it.

Here's how things break out so far:

- Of 173 registered runners, 138 (90 female and 49 male) runners are active in the Half Marathon Program; participating in at least one training program run.
- Of the 134, 53 of you ran together Saturday morning March 3rd from SPHS.
- 94 registered veterans, and 43 of 57 runners new to the half marathon are active.

- Including mentors and coaches 5 [registered veteran](#) runners, and 2 [new to the half marathon](#) have participated in a group run or Striders Event all 7 weekends so far.
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[12 Miles to Mile Marker o \(Boulters\) and Back](#)