



2019 Winter Half Marathon Training Program

Welcome to the Annapolis Striders 2019 Winter Half Marathon Training Program. With commitment and focus over the 12 week training period you will gradually extend your weekly training distance from 6 miles to the Half Marathon...13.1 Miles.

WHEN, WHERE, WEATHER, ANNOUNCEMENTS

1. **WHEN:** Organized Training Sessions supported by coaches and mentors will be held on **Saturdays at 7:30 am**; a weekly *Long Run*.
2. **WHERE:** The majority of our **Saturday** runs will start in the Faculty Parking Lot at **Severna Park High School** where **Robinson Road** becomes **Benfield Blvd**. Some Long Runs might be conducted at other locations for those who want to venture out. There are no formal group runs on weekdays; however, it is important that you get those scheduled runs in wherever you can on your own or with a friend.
3. **WEATHER:** Maryland winters bring cold temperatures. Temperatures will range between single digits and low 40's throughout the training program. Generally program will not conduct a formal group long run on loose or packed snow or ice because of increased risk of injury. When the forecast indicates the running surface will be impacted by inclement weather, a Saturday morning session could be cancelled, or the coaching team may announce a start from a different location in the area. From the list of locations at the end of the announcement they will confirm an alternate weekend location based on the distance required in the training plan, the expected group size, the anticipated weather conditions, and what we know about the conditions along stretches the B&A Trail. Please familiarize yourself with the map and locations.
4. **ANNOUNCEMENTS:** Your training team will use email and the **Annapolis Striders Half Marathon Training (Winter)** FaceBook page to make announcements. The group could be quite large; so, they'll be counting on each of you to confirm plans and reach out to coaches if something isn't clear. If you have a question, you'll likely find your answer by scrolling through the posts since the last group session. If you don't find it and don't get a direct response online, email the coaches at HalfMarathonTraining@annapolisstriders.org.
5. **PRE-RUN DISCUSSION:** Your coaches know it is winter and they want to get you out on the course and running as soon as they can; but, they also need and want to share information before you begin. To that end, consider wearing a pair of sweats or a wrap for the five minutes they'll take to address the group before you take off. They'll give you ample time to ditch a wrap or loose outer layer, and to grab your hydration before you go.

HALF MARATHON TRAINING PROGRAM INCLUDES

1. A Training plan with suggested distances and intensity levels.
2. Organized structured runs with routes of incrementally increasing distance, and varying contour, and pace.

3. From coaches, mentors and invited professionals from the community, information on; the training program, injury prevention, running safety, nutrition and hydration, technology, clothing, and recommendations and advice on improving your fitness and performance.
4. A Training Program premium may be provided to those who attend at least 75% of the organized Saturday Training sessions.
5. The training, support and guidance to successfully prepare participants for a 13.1 mile foot race, the half marathon.

PREREQUISITES AND POLICIES

1. **PREREQUISITE:** All participants must be a member of the Annapolis Striders. A \$25 annual membership can be obtained or renewed online at the link provided below.
2. **PREREQUISITE:** Participants in the Half Marathon Training Program should already be able to run continuously for 6 miles.
3. **POLICY:** You must be at least 18 years old to register yourself.
4. **POLICY:** You must be the parent or legal guardian to register someone under 18 years old, and in doing so you are consenting to the collection of the information you are providing for the purposes of registration.

TRAINING PROGRAM REGISTRATION INSTRUCTIONS, PROGRAM NEWS AND UPDATES

1. Join the Annapolis Striders at www.active.com
2. Complete the Half Marathon [online registration form](#) (parents must sign waiver for participants under 18).
3. Keep track of program updates and get in on the discussion on our [Annapolis Striders Half Marathon Training \(Winter\)](#) FaceBook page. If the Saturday venue is going to change, your coaches will try to solidify the plan before **Thursday**; however, some notifications may occur Friday night.

****If you wake up on a Saturday and it's raining or snowing** and is accumulating on roads and there wasn't a notification Thursday or Friday, **check the Facebook page or email BEFORE you head out.**

FOR MORE INFORMATION CONTACT

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GOAL RACE



The target race for the 2019 training program is the [B&A Marathon and Half Marathon](#) that will be held on Sunday March, 31, 2019. While there is no charge for the program that will guide your training for the 12 weeks leading up to the race, like most bibbed events the B&A Marathon and Half Marathon itself has a registration fee. Sign up early, as most events have a cap on the number of participants and this popular Striders race is no exception. The B&A Marathon and Half is a popular and relatively flat Boston Marathon Qualifying Race that normally draws interest from runners outside the area. Sign up now. We'll prepare you.

INFORMATION ABOUT THE PROGRAM LAST YEAR

To help with your planning, here is some information about last year...

Gender	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	Race Day Weather	Runs	Last Run Week
Long Run Distance	95	95	72	54	97	68	60	65	64	66	39	13.1		
Saturday Attendance	6	6	8	8	10	10	12	12	8	14	8 to 10.56			
Temp	94	95	72	54	97	68	60	65	64	66	39			
Precip	22	29	15	38	37	44	38	35	29	33	37	38		
Conditions	None	None	None	None	None	None	None	None	None	None	None	Rain		
Path	Calm	Breezy	Breezy	Calm	Calm	Calm	Windy	Calm	Calm	Calm	Calm	Windy		
Competing Event (Y/N)	Patchy	Clear	Clear	Clear	Clear	Clear	Clear	Clear	Clear	Clear	Clear	Clear		
Registered Runners	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No		
Registered Female														
Registered Male														
Ave on Saturday Run														
Active (>4 Run) Runners														
Reported Ran Elsewhere														
Late Start														
Attrition														

50-74% w 3 Run	<50% w 3 Run
20-32	<20
Rain	Snow
Breezy	Windy
Patchy	Snow Covered
	Packed Snow

Eternal Winter 6 Hour Run
Valentines Day 5K
RRCA 10-Mile Club Challenge Sunday 25 Feb

HYDRATION AND FUELING – START and FINISH ONLY

While you might rely on on-course hydration during a race, as half marathoners you should be self-sufficient runners. The coaching team will have water and Gatorade at the start and finish and will make every attempt to place water and Gatorade along the planned routes; but, on-course hydration IS NOT guaranteed. They will announce before each run if and where the hydration was placed, so you can decide at that time whether to use it or carry your own.

Carrying hydration when it's very cold is a challenge; but, it is necessary. When it's cold your body redirects blood flow away from extremities to your core to protect vital organs. Additionally, fluids in bottles freezes, so gripping a bottle will compound the exposure in your hands and fingers even more. Consider a hydration system or bottle you can wear to decrease the impact of cold weather on your hands.

RESTROOMS

Some of you will be on the trail for a couple hours as our distance increases. The coaches will offer recommendations about fueling and hydration, and what to expect during longer runs. You will generally run either north or south from Severna Park High School. Robinson road is

about 5.5 miles above the head of the trail, and 4.5 miles below Jumpers Hole Road. There are rest rooms along the trail as follows:

Mile Marker 1 – **Arnold Station**, McDonald’s (4.4 miles south of Robinson Road)

Mile Marker 3.5 – **Jones Station Road**, Rite Aid (2 miles south of Robinson Road)

Mile Marker 6 – **Earleigh Heights Road**, Ranger Station (1.5 miles north of Robinson Road)

Mile Marker 9 – **Jumpers Hole Road**, Chic-filet, (3 miles north of Robinson Road)

Most people cover 3 miles in 30-45 minutes. The woods are NOT an option.

A NOTE FROM THE TRAINING TEAM

The Annapolis Striders are looking forward to another successful season of running with an enthusiastic group of athletes who want to improve their fitness or simply reach a new goal.

We will have three or four coaches and mentors who will lead the Half Marathon Training Program. Some weekends a group might travel to a remote venue or go on a field trip; however, every weekend there will likely be a coach and mentors who will take off from the High School at Severna Park.

Your coaches and mentors will implement a structured training plan and will provide support and advice you need to be successful. They will share a variety of information with you over the course of the program. Training program participants will run at a variety of speeds and paces. Your coaches will encourage you to run with others you know that run at a pace that’s also comfortable for you. If you’re not sure, join or fall in with a slower group outbound then pick it up on the way back.

If you’re new to the group or distance be aware our group is popular and will be supported by experienced half marathon and full marathon runners who also run with the group to maintain their fitness, improve their performance, and to share their running experience and opinions with you and your fellow runners. We encourage you to pair with new runners; but also suggest you ask what they’re doing, as a veteran might run past the point where we’ll ask new and novice runners to turn on long run day.

While coaches will do their best to address your individual training needs and to help you excel if that is a goal, their focus is to educate, train and prepare the entire group for the B&A Half Marathon. Toward the end of the program most runners will be on the trail for 2 to 3 hours. For your awareness; pacing and Half Marathon completion times are as follows:

Pace (minutes per mile)	Time to Complete 13.1
8:00	1:45
9:00	1:58
10:00	2:11
11:00	2:24
12:00	2:37
13:00	2:50

14:00	3:03
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While your coaches will share more information after the program starts; generally there's three training zones you'll operate in over the course of the program. **During long runs you're looking for your conversation pace**, which is just that; a speed you can run and carry on a conversation **speaking in complete and unbroken sentences**. This is also called your **Aerobic Zone**, or **Training Zone 3**.

If you're running with a group and it's comfortable, but hard and **you can only speak in bursts; you're probably working too hard for your generic long run**. This zone is the **Anaerobic Zone**, or **Training Zone 4**; and will quite simply break you down and wear you out if you're in that zone too long. Your coaches can help you understand how to implement anaerobic training runs as part of your training depending on your goals. The worst thing in distance running is to press too hard outbound, and not have enough gas to finish...especially in winter when it's cold.

Training Zone 2 is your **recovery run zone**, also characterized in some circles as the **Cardio**, or **Weight Loss Zone**; because it's the zone just above routine low impact activity, where your heart rate is elevated sufficiently to cause you to burn more calories over the same period of time than you otherwise would were you sedentary.

GENERAL TRAINING PLAN

The generic Half Marathon Training Plan is intended to address the needs of a group of runners of varying ability and experience; providing a structured approach that gradually increases distance over 12 weeks from an assumed base of 6 miles to the goal distance of 13.1 miles. Runners must assess themselves continuously as they implement the plan.

2019 WINTER HALF MARATHON TRAINING PLAN																			
Monday Date	Wk	Mon	Actual	Tue	Actual	Wed	Actual	Thu	Actual	Fri	Actual	Saturday Date	Sat	Actual	Sun	Actual	Comment	Wk ToT	MonToT
7-Jan-19	1	CT/RD		Rest		2		2		Rest		12-Jan-19	6		3			0.00	0.00
14-Jan-19	2	CT/RD	3		2		3			Rest		19-Jan-19	6		4			0.00	
21-Jan-19	3	CT/RD	4		2		3			Rest		26-Jan-19	8		3			0.00	
28-Jan-19	4	CT/RD	4		2		4			Rest		2-Feb-19	8		4			0.00	
4-Feb-19	5	CT/RD	4		2		4			Rest		9-Feb-19	10		4			0.00	0.00
11-Feb-19	6	CT/RD	5		3		4			Rest		16-Feb-19	10		4			0.00	
18-Feb-19	7	CT/RD	4		2		4			Rest		23-Feb-19	12		3			0.00	
25-Feb-19	8	CT/RD	5		3		4			Rest		2-Mar-19	12		3-4			0.00	
4-Mar-19	9	CT/RD	3		2		3			Rest		9-Mar-19	8		4			0.00	0.00
11-Mar-19	10	CT/RD	3		2		3			Rest		16-Mar-19	14		Rest			0.00	
18-Mar-19	11	CT/RD	3		2		4			Rest		23-Mar-19	8-10		4			0.00	
25-Mar-19	12	CT/RD	3		Rest		2			Rest		30-Mar-19	Rest		13.1		B&A Trail Marathon & Half (Sunday 31 Mar, 2018)	0.00	0.00
RD	Rest Day	Heart Rate Training Zone 0 - 1								Rest or Recovery. A Recovery Run is a brisk walk or just breaking into a run, less than 45 minutes									
CT	Cross Train	Heart Rate Training Zone 1 - 2								A workout to develop strength and flexibility in muscles not used in running: Yoga, Weights, Resistance Bands, Swimming, etc.									
CP	Conversation Pace	Heart Rate Training Zone 3				Aerobic Heart Rate Zone				You can speak in complete, not choppy sentences...no gasping for air. Target Heart Rate. Most effective for overall cardiovascular fitness.									
TR	Tempo Run	Heart Rate Training Zone 4				Anaerobic Heart Rate Zone				Comfortably hard. A pace you can sustain, but you're pushing. Lactate Threshold; You're producing lactic acid faster than you can remove it.									
FL	Fartlek	Heart Rate Training Zone 3 + 4 or 5				Aerobic plus Anaerobic or VO2 Max				Speed Play: Sprint between every 4th-5th Telephone pole, or Zone 4 or 5 for 1-3 minutes, Zone 2-3 for 6-8...repeat (Zone 5 only if you are very fit)									

DISCLAIMER

This generalized training schedule and exercise program is not to be interpreted as recommendations for a specific treatment plan or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, each participant in the program should consult their healthcare provider for appropriate exercise prescription and safety precautions. The training schedule and exercise program presented are in no way intended as a substitute for

medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, ill, dizzy, or have physical discomfort, you should stop immediately and let someone around you know what you're feeling and whether you need immediate care. You should then consult a healthcare provider before continuing with the program. The participants in this generalized training schedule and exercise assume all risks associated with involvement in this generalized training schedule and exercise program. The Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this generalized training schedule and exercise program.

LANDMARKS AND POTENTIAL STARTING LOCATIONS ALONG THE B&A AND BWI TRAILS

On Saturday if the weather is better north or south of Robinson Road, your coaches may redirect you to a running location beyond the B&A Trail, our bread and butter training venue. Some of the locations they'll consider are as follows (Linked to Google Maps):

Area	Venue (with Google Maps Link)	Address
1.1	BWI Trail - Lindale Middle School	415 Andover Rd, Linthicum Heights, MD 21090
1.2	BWI Trail - T. A. Dixon Jr. Observation Area	1911 Dorsey Rd, Glen Burnie, MD 21061
1.3	B&A Trail - Marley Station Mall	Marley Station Mall Parking Lot behind Ruby Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie
2.1	Kinder Farm Park	1001 Kinder Farm Park Rd, Millersville, MD 21108
2.2	B&A Trail - Severna Park High School	60 Robinson Rd, Severna Park, MD 21146
2.3	B&A Trail behind Naval Bagel at Arnold Station	1460 Ritchie Hwy #112, Arnold, MD 21012
3.1	Annapolis City Dock	Dock St, Annapolis, MD 21401
3.2	Bates Middle School	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School
3.3	Brigade Sports Complex to Greenbury Point	64 Greenbury Point Rd, Annapolis, MD 21402
3.4	Quiet Waters Park	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
3.5	World War II Memorial	1920 Governor Ritchie Hwy, Annapolis, MD 21409

The map that follows breaks the area down into three zones. Use it to organize your own runs with friends, or simply to let others know where you'll be running.

The map displays the Washington, D.C. metropolitan area, highlighting three study areas. Area 1 is located in the southeast, near the Potomac River and the city of Annapolis. Area 2 is situated in the east, near the Chesapeake Bay and the city of Baltimore. Area 3 is located in the north, near the city of Washington. The map includes major highways, water bodies, and various landmarks.

