

ANNAPOLIS STRIDERS, INC.
MOORE'S MARINES MARATHON TEAM TRAINING 2022

Welcome to the Annapolis Striders Moore's Marines Marathon Team Training for 2022. With proper dedication and attention to your training, this is something you can do!

Our target race is the Marine Corps Marathon ("MCM"), which is October 30, 2022. Since we expect to have a number of Baltimore Marathon folks as well (which is scheduled for October 15, 2022), we have also included a training plan for that race. If you want to run another marathon let us know and we can adjust the plan for you.

We hope to have a very limited number of entry slots reserved for first-time-ever marathoners (i.e. "I've never, ever run a marathon before") attempting MCM. These are entry slots only. You must pay for the marathon.

We expect to provide first-timers with an internet link in late July to sign up. If there are more first-timers than slots, we will discuss alternatives.

If there are any left-over slots, we will provide them to veteran marathoners on a first-come, first-served basis. We will alert veterans of any left-over spots after the first timers have had a week or so to sign up.

Our group training runs will begin on Saturdays at 6:30 a.m. at Severna Park High School, 60 Robinson Road, Severna Park, MD. Park on the back side of the school. For those coming from Route 2 South, make a right onto Robinson Rd. (from Route 2 North, make a left onto Robinson Rd.). Pass the trail and enter the last (smaller) high school parking lot on your right. There is ample parking. Look for people standing around in running gear and you'll know you are in the right place.

What is the course? We will run from the high school to the B&A trail where it intersects Robinson Rd, continue south on the trail and onto Boulders Way as we have done in years past, so fear not - you will still have fair hills to challenge you. For our initial 10-mile run, we will run to mile marker 0.5, turn around, and finish at the high school.

As the runs get longer, we expect to have the southern turn-around at the Boulders and route 450 and the northern turn around at the appropriate marker on the trail. We will ALWAYS start and finish at the high school. We are also planning some scenic diversions, with some more hills!

Where will the water and Gatorade be? For our 10 mile runs there will be water/Gatorade at mile marker 3.5 and 1. As we go longer we expect to have water/Gatorade at Boulders, mm 5.5 and mm 7 (ranger station). We will have water/Gatorade and food (salty and sweet, gels etc.) at the school.

REMEMBER YOU ARE REQUIRED TO CARRY YOUR OWN HYDRATION CARRYING DEVICE! THERE ARE NO CUPS AT OUR WATER STOPS.

Your leaders for this event include Lee Crumbaugh, Darrell Mak, Robert Smith, and Dan Morrissey, with more coaches and mentors to be added. Many of us are RRCA certified running coaches. We will also have other experienced runners as mentors.

A couple of housekeeping issues: If you have not signed up to be a member of the Annapolis Striders and signed the waiver, please do so as it is a prerequisite to signing up for the training. Once you are an Annapolis

Striders member, please sign up for the training program, there is a link on the Annapolisstriders.org web page under Training Programs. Remember, if you don't sign up, we do not know you exist and you will not receive any "graduation goodies."

Please do not wear headphones. You should be listening to your own body and, besides, it's dangerous on a group run as we will be communicating with you.

Although this is a **low-key** training class and it is not necessary that you run with the group every Saturday, if you do run with the group, we will have to you sign out when you start your run and sign in when you are back so we know all are accounted for from the run and your coaches can go home!

We will supply water at the start and on the course. As the runs get longer, we will supply Gatorade, too and try to have water every few miles; however, **please plan on carrying your own water/gatorade/gin & tonic, gel, etc...** Ultimately it is you who will understand your hydration needs a lot better than anyone else and there is a certain pride and independence that comes with being a self-contained running unit. Also, even at the best races the water and gel may not be there as advertised so it is best to learn now in training your nutrition needs. There are also water fountains on the trail.

As for personal bathroom issues, although it goes without saying, the rangers have asked us to remind folks not to "go" on the trail. There are businesses available, (Rite Aid! McDonalds!), and the ranger station at Earleigh Heights when we get up into the longer runs is open and air conditioned!

At this time, as a group we will only be doing the Saturday runs. The training programs for the week and Sunday are on your own. You should, at a minimum, run at least 3-4 times a week, but there is no need to make running the only focus of your life. With the proper training, you can run 26.2 miles. We will provide plenty of "motivation" and hard-won running "tips" from what to wear to what pace to run, but ultimately your success depends on one person: **YOU!**

Now, on to the training. The training programs ramp up mileage quickly. **It is expected that you can already run 10 miles and have a base weekly mileage of at least 25 miles.** If you cannot, the Striders offer other training classes to help you reach 10 miles, such as this summer's Annapolis 10-mile training.

We have one generalized training plan: the novice/beginner level. If you have run a marathon before and want specific advice to get faster or finish stronger, let us know. Whatever you do, listen to your own body. We are all an experiment of one. If it says to run a lesser distance, listen to it. If it wants to push a little, go for it. If you want to run further, give it a try, but **do not go above 10% of the distance you have run the week before.** Even when following this rule, strains of the knees, shins, etc are part of the running experience, and your instructors have had them all. Ask any veteran about their injuries and they will regale you with their tales of woe. You might even learn something.

For the training plan, the following definitions apply:

Pace: All of your runs, except for specific "speedwork," will be at aerobic capacity, which is 80% effort. This may be slower than you are used to running. Why do we do this? We are trying to build up your aerobic engine to get your body used to the demands of a 45-mile week.

If you want us to determine your aerobic pace, let us know and we will calculate it based on your recent race finishes.

During the runs, you will ultimately run with a group of persons who are running your pace. There is no need to race our training runs, as the Saturday runs should be at a conversational pace. You should be able to hold a conversation. If you can't do that, you're running too fast. (For those wearing heart rate monitors, your target zone should be between 65 and 75 percent of your maximum heart rate.) Your instructors, and other experienced Striders, will be running with you giving you "on the job" tips, but you will set your own pace with our gentle guidance.

Distance: We will run our long-distance Saturday runs from 10 to 20/22 miles. Don't worry about running precisely those distances, but you should come close. Sometimes it is easier just to run for time; i.e. sometimes you only have an hour to see how far you can go.

Rest: Rest is as important a part of your training as the runs. You will be able to run the long runs on the weekend better--and limit your risk of injury--if you rest before, and rest after. Feel free to cross-train (bike, swim, rake the yard), but if you need to take it easy, do so. Take the family for a hike instead. Remember, the goal is the Baltimore or MCM Marathon, not the Wednesday speed workout with your competitive running friends.

Warming up: We suggest that before every run, you do some light stretching and take the first mile or so at a conservative pace. After 10 minutes of running, your body will tell you what the running day will bring. If you plan on doing speed work, warm up for at least 15 minutes with light jogging/running.

SATURDAY Long Runs: We begin our runs PROMPTLY at 6:30 am (to avoid the worst of the heat) and will start as a group. After a mile or so, you will gradually fall in with the appropriate pace. The Long Runs are the key to this course, and your running future. You will run the long run at about 1 to 1 ½ minutes of your goal pace. For example, if you expect to run an 8:30 per mile average in the race, run at between 9:30 and 10:00 per mile. 80-85% of your running will be at this pace and we expect to have folks who will be training at all paces.

We will progressively increase the distance each weekend. Over the course, your longest run will increase from 10 to 20-22 miles. Don't worry about making the final jump from 20-22 miles in practice to 26.2 miles in the race. Inspiration, the crowds, and the need to get back to your car, will carry you to the finish line, particularly if you follow the taper that is built into the training plan.

After each long run your instructors will be at SPHS to answer questions or address issues that you learned about during your run.

Walking: Our plan does not specify walking breaks, but feel free to walk during your running workouts any time you feel tired or need to shift gears. Sometimes a minute or two of walking can help you cool down and figure out what you need to do to get back home. And some runners use a Jeff Galloway run-walk-run program instead of running every step, which is OK to use if you want to research what this is and try it.

Racing: During the course of your training, you may want to run a 5K to half marathon, but you should not "race" it all out. You will be able to use your times to predict your finishing time in the marathon, and what pace to run that race. The training plan inserts a few races into our schedule.

UPDATES/HANDOUTS: We will have updates via e-mail each week on our progress, and running tips will be provided. We will also have handouts on running issues, such as hydration and heat/humidity. There will also be experienced marathoners, of all speed levels, running with us. Ask them questions, as they would love to share their insights with you.

You can always contact us with “issues” or training concerns at the following e-mail:
vp_training@annapolisstriders.org

Caveat: If you ask a good question that others may learn from, we may answer it with a mass e-mail to the group.

**GOOD LUCK IN YOUR TRAINING!
AND REMEMBER:**

**IF YOUR DESIRE AND DEDICATION REMAIN STRONG,
YOU CAN DO IT, TOO**

ANNAPOLIS STRIDERS, INC.
2022 MOORE'S MARINES MARINE CORPS MARATHON TRAINING
SUBJECT TO MODIFICATION!

TAKE EACH RUN DAY BY DAY AND YOU WILL REACH YOUR GOAL!

WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Note	
1	6/27/2022	CT ¹	4	5	4	Rest	10	3 ²	
2	7/4/2022	CT	5	7	5	Rest	12	3	
3	7/11/2022	CT	4	R	4	Rest	14	4	John Wall Mile on 7/16 ³
4	7/18/2022	CT	5-6	7	6	Rest	16	4	Endless Summer on 7/23 ³
5	7/25/2022	CT	5-6	7	6	Rest	14	4	Dog Days 8K on 8/7 ³
6	8/1/2022	CT	5-6	7	6	Rest	16	5	
7	8/8/2022	CT	5-6	7	6	Rest	16	5	
8	8/15/2022	CT	4	7	4	Rest	18	4	
9	8/22/2022	CT	4	R	4	Rest	20 ⁴	4	Annapolis 10 Mile on 8/28 ³
10	8/29/2022	CT	4-5	6-8	4-5	Rest	12-14	4	
11	9/5/2022	CT	5	7	5	Rest	16-18	4	
12	9/12/2022	CT	4	6	4	Rest	20 ⁵	4	
13	9/19/2022	CT	4-5	7	4-5	Rest	14	4	
14	9/26/2022	CT	5-6	6-8	4-5	Rest	16	4	Metric Marathon on 10/2 ⁶
15	10/3/2022	CT	7	R	3-4	Rest	20-22	3	
16	10/10/2022	CT	6	8	6	Rest	14	4	
17	10/17/2022	CT	7	R	5	Rest	8	4	
18	10/24/2022	CT	5-6	R	1-2	Rest	R	26.2	MCM on 10/30

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, please consult a 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 consult a healthcare provider. 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.

Notes:

¹ CT= Cross Train

² Sunday runs are very important. They teach you to run on tired legs.

³ Some coaches will be attending some of the listed races, either to participate or volunteer. Details will be given regarding these dates as they approach. In particular, all coaches are involved in the A-10 (volunteering/running/both). It is highly recommended you do the same! If you do run the A-10, we suggest you do 8-10 on Saturday and take it easy during the A-10.

⁴ These next five weeks are very important. It is the core of the training. Get through these weeks and you will finish 26.2. We promise!

⁵ You will be very tired here. Hang on, you're almost there.

⁶ Consider running the Metric Marathon as training run on Sunday. It is 16.3 miles, and the hills will slow you down, you can add miles before or after the race.

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2022 MOORE'S MARINES BALTIMORE MARATHON TRAINING
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TAKE EACH RUN DAY BY DAY AND YOU WILL REACH YOUR GOAL!

No.	WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Note
1	6/27/2022	CT ¹	4	5	4	Rest	10	3 ²	
2	7/4/2022	CT	5	7	5	Rest	12	3	
3	7/11/2022	CT	4	R	4	Rest	14	4	John Wall Mile on 7/16 ³
4	7/18/2022	CT	5-6	7	6	Rest	16	4	Endless Summer on 7/23 ³
5	7/25/2022	CT	5-6	7	6	Rest	14	4	Dog Days 8K on 8/7 ³
6	8/1/2022	CT	5-6	7	6	Rest	16	5	
7	8/8/2022	CT	5-6	7	6	Rest	16	5	
8	8/15/2022	CT	4	7	4	Rest	18	4	
9	8/22/2022	CT	4	R	4	Rest	20 ⁴	4	Annapolis 10 Mile on 8/28 ³
10	8/29/2022	CT	4-5	6-8	4-5	Rest	12-14	4	
11	9/5/2022	CT	4	7	3-4	Rest	20 ⁵		
12	9/12/2022	CT	4-5	6-8	4-5	Rest	14-16		
13	9/19/2022	CT	7	R	3-4	Rest	20-22	4	
14	9/26/2022	CT	6	8	6	Rest	14	4	Metric Marathon on 10/2 ⁶
15	10/3/2022	CT	7	R	5	Rest	8	4	
16 - race	10/10/2022	CT	5-6	R	1-2	Rest	26.2	Rest	Baltimore on 10/15

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⁶ You might be tempted to run the Metric Marathon as training run on Sunday. That likely is not a good idea, especially if you do the training run on Saturday: The Metric is 16.3 hilly miles and will not help your race time as you should instead be tapering.