

PENINSULA RUNNERS

MAINTENANCE PROGRAM

*HALF-MARATHON AND MARATHON
MAINTENANCE WEEK 21*

OCT 30 - NOV 06



For most people this time of year is all about rest and recuperation. For those winding down for the NEW YORK CITY MARATHON, the fun is just ramping up. Good luck everyone. Have a great run!

In this week's newsletter I'd like to talk a little about designing an **action plan** for your next clinic and event. Most people would obviously like to do better in their next clinic than they currently did. But most of the time that plan is like my system for building a solid financial future and I spend all my money on comic books without setting anything aside for a "rainy day". It's just not smart. Some people would call it "investing". Although there is some truth to this, it's still not a good plan. When it comes to running, simply "running more" may get you faster. But for anyone who listened to Coach Jack Daniels, why would you want to run more when you can run smarter instead? He said there are people who run over 200-plus miles per week and people who run the same world-class times on less than half that distance. He questioned the sanity of anyone running that much if they didn't have to. This doesn't take into consideration the meditative benefits of long-distance running as found in South American Indian tribes such as the Tarahumaras who sometimes run for days in a trance-like state. The purpose here is for something much greater than individual performance and deals in highly cultural and spiritual matters most people would not understand, including me. So, I'll just stick to "earthly" running.

What I am about to talk about has been said in previous newsletters, but bears repetition using other words because many people have still not got the point: "Fail to plan, plan to fail". Whether it has to do with running or life, if you don't have a plan then you should not be upset with the results. Some people will say that they followed "the program" and it either worked for them or it didn't. I'm always searching for "holes" in the program because I want it to be better every time. My action plan is to figure out what was left out of the last program to answer why "everybody" didn't exceed their expectations. I feel have a responsibility to ensure not only a fun and safe program, but to give people athletic direction so they understand that this is not like baking a cake using a text book recipe. Instead, it is a life-time of learning and experimentation in order to get "designed" results. Looking back on your performance, you have to admit you were exactly where you trained to be. Was it?

- **Lack of preparation** – Did you miss too many days?; Miss a lot of long runs?; Miss some speed work?; didn't do strength or core work; have not been running long enough for your goal time; didn't eat enough; ate too much; ate the wrong things;
- **Pushed the paces in training** – Some people still don't get that this running thing takes time. Strangely, even with the arthritis in my right knee, I still believe I have a sub 2:33 marathon still in me. How long will it take for me to get in that shape? 7 years. The first two would be to recover from an operation to go inside my knee and clean it up. The next year would be spent reducing the girth of my fat ass by simply running more and building up a solid base from zero – 50 miles per week in the first year and slowly adding in the strength, speed and endurance over the next few years and adding 10 miles per year. Racing would not be an option during this time unless I had specific time goals and was using them to learn pacing. I've used this method for several "come-back" performances even after 10 years of not competing and weighing as much as 213 pounds in my late 30's. It would be impossible to do this without a systematic action plan. The biggest thing is... train where you are now and not where you want to be and don't change anything during each 6 months so you are absolutely positive you are on the right path.
- **Changed something prior to race day** – Even if you are planning to win the NYC Marathon, you **DON'T** try anything new just before your race that you haven't been doing all along in training. Even if you have been on a 50% fat and 50% protein diet all session. Don't start eating carbohydrates now otherwise you will bloat up, feel tired and lethargic and run slower than you ever have because your body doesn't know how to process this kind of food

and it will throw your system all out of whack. I cringed the other night when I heard someone say, “I should try...” and they are going to New York and they made the same mistake less than 2 years ago for doing the same thing. Stick to what you have been doing all along and if you haven’t tried it in training don’t do it on race day. There are TONS of legal performance enhancers on the market and you should have researched them long before now, but you don’t want to take them just before your race because it may have the opposite effect and you will have wasted all that great training.

- **Pick the right event** – I am speaking about location here and the amount of time you give yourself to get used to a new environment. Years ago I went to a three week high altitude training camp in Colorado almost at the foot of Pike’s Peak which is 14,115 above sea level. I didn’t fly into Colorado Springs the day before the camp like some people and expect to run the same speed and distance that I was doing here at sea level. I researched not only the effects of high altitude training, but the process of acclimation so that when I got to Manitou Springs at the base of the mountain I could run just as easily at 9,000 feet at Catamount Ranch as I could at home. I knew what the weather, terrain, food, water and accommodations were. However, I did make one major mistake. Despite its altitude, Denver Colorado at the time (now ranked 25th) was one of the top 3 most air polluted cities in the United States due to mining. My training went from 70 miles per week down to “zero”. I simply couldn’t breathe. I watched people run and couldn’t understand what my problem was. I thought I had a virus and just went for long walks for several days until I went to Colorado Springs. I went right back up to 40 miles per week right away and after the 3rd week, I was back at 70.

Other factors that can contribute to the outcome of our performance may be

Physical Factors

These are medical and illness related factors:

- Colds and flu - cause a shortness of breath and feelings of fatigue
- Asthma - affects breathing if not properly controlled
- Anemia - usually due to a lack of iron which is important in oxygen carrying due to hemoglobin within the [red blood cells](#)
- Hay fever - causes your nose to run and makes you sneeze and cough, affecting your [breathing](#)
- Fatigue - not having enough rest or overdoing things can cause you to feel permanently tired
- Lack of sleep - not enough sleep means you can't concentrate properly and feel weak and tired
- Menstruation - women perform better at different stages of their menstrual cycle
- Physical ability - your training, fitness and skill levels will all impact on your performance

Psychological Factors

These are factors related to the way you are thinking and your state of mind

- Mental preparation - relaxation techniques and imagery can help prepare the athlete for competition
- Mental ability - your ability to concentrate and make good decisions
- Experience - a more experienced competitor will know how to prepare themselves mentally

External Factors

These are things largely beyond our control:

- Environment - the weather can affect your performance either positively or negatively. For example a good wind will improve a sailors performance but may impair a tennis players performance
- Equipment - better equipment will help your performance, but even then sometimes equipment can go wrong! For runners that equipment is not only footwear, but also clothing.
- Technology - the use of technology in sport is increasing with the use of better equipment and video and computer technology for technique analysis. Again, you don't want to try anything in performance that you have not tried in training and that includes footwear. That lighter pair of shoes you save for race day should be worn many times in training under similar conditions.
- Other players - an opponent's or team mate's performance can have an effect on our own. For example a team mate performing well may inspire us to do the same
- Officials - a poor decision from an umpire or referee can either spur us on to perform better or make us think there is no point trying.



So, how do we plan for success when there are so many factors involved? The first part of your success in running is having an idea where you are going and that includes having a long-range goal where you would like to go and short-term benchmarks to ensure you are on the right path. "I want to get faster" is too vague and easily accomplished by making subtle adjustments such as simply pacing better. How well you do in anything depends upon the strength of your plan, the amount of time you have to commit, and the quality of the input of information you can mentally absorb. The first thing we have to do is believe in ourselves and our ability to do it and this means "positive thinking".

10 Characteristics of Positive Thinking People

Those who have tried to improve themselves as well as their knowledge know very well how life is easier to live as they exercise positive thinking. But not many people know how to train themselves to let positive thinking dominate their minds. So let us first find out some characteristics of positive thinking people, then we can start to follow suit.

- 1. They see problems as challenges** - This is in contrast to the way some people see problems as ordeals too great to bear as to make their lives most miserable.
- 2. They enjoy their lives** - Positive thinking makes people light heartedly accept whatever conditions their lives are in, but it doesn't necessarily mean they stop trying to better their lives.
- 3. They always open their minds to welcome ideas and suggestions** - By doing so, they have the chance to get something new that might enable the betterment of many things in life.
- 4. They immediately expel any negative thought as soon as it crosses their minds** - Keeping any negative thought longer may as well be waking up a sleeping tiger. It actually is indifferent but potential to bring about troubles.
- 5. They count their blessing** - They don't complain about not having or getting what they want.
- 6. They don't listen to gossips** - There's no doubt that gossips are closely related to negative thoughts so positive thinkers never let themselves come into listening to aimless and meaningless talks.
- 7. They don't make excuses but act straightaway** - You likely have heard how the abbreviation of NATO is jokingly said to represent: No Action Talk Only. Clearly positive thinkers are not its followers.
- 8. They apply positive way of speaking** - They use sentences with optimistic tone, like : "this problem will surely be solved soon" and "you are quite talented, no doubt"

9. They carry positive body language - Namely: smiling face, steady strides, expressive gestures, convincing nods etc.

10. They care about their self image - They take care of their good appearances, outwardly and inwardly as well.

<http://www.bestinspirationalquotes4u.com/blog/42/10-characteristics-of-positive-thinking-people/>

As you can see, I subscribe to many different newsletters on a variety of topics from athletics to business. One of the most recent internet guru's is Frank Kern's. What he says in his latest infomercial applies just as much to running as it does to making millions online. Also, this was not an overnight success story either. It took over 10 years of trial and error. The big thing he now talks about is developing the right mental attitude and surrounding you with good information from the best possible sources. When I say "right" information I am referring to not only to the technical end of things, but also what will continuously fuel your spirit to accomplish what it is you desire. This includes not only written information but also with success oriented people. And, I don't mean going off the "deep end" here and going crazy about it. I mean having a plan and consistently reminding yourself where you are going. Have a listen to <http://frankkernsuccess.com/> before it disappears. It can be adapted to running just as easy as business.

In his example (adapted to running) using reverse engineering, he says if you want a successful race, you have to run. In order to run, you have to have a plan of what you want to do and how you are going to get there. In continuing to reverse the process, he says you have to have an idea how fast you want to run and especially the honest belief that you can do it. He says that the belief that we can accomplish our goal comes from the success of others. On that... Did you know that today over 20,000 people from kids to adults have now accomplished something that just over 50 years ago was believed to be humanly impossible? All these people have broken 4-minutes for the mile. Roger Banister was a neurologist who worked out a plan for breaking the 4-minute barrier as systematically as he did dealing with the diagnosis and treatment of all categories of disease involving the central, peripheral, and autonomic nervous systems, including their coverings, blood vessels, and all effectors tissue, such as muscles. He believed he could do it and once he did dozens of others shortly followed.

IN CONCLUSION

Many people come out to each clinic because they want to run a half marathon or a marathon and we seriously encourage them (you) to continue. If you are enjoying the success you are having and having fun, awesome! A problem exists when people believe all they have to do is simply follow the schedule and that's it! They come out to the practices and (sort of) follow the paces and expect the best possible results. What I'm saying is that although this is a really "good start"... it's only half the job. We provide people with a really good plan and how to go about accomplishing their goals with continuous reams of (probably way too much) information. Now we're asking everyone to write down what goal(s) they expect from the next clinic, know what their plan is, and commit to it through to the finish line of the chosen event at the end of the clinic. If you would like some guidance with what you would like to do we are here to help you meet your goals.

**SATURDAY OCTOBER 30, 2010 –
101 - 204 - EASY 5 – 8 - 10-MILES**

Only you know what you feel like at the moment. Some of you are training for the **FALL CLASSIC 10KM** or **HALF-MARATHON** and we applaud your enthusiasm. But we'd also like to remind you that you are coming off of 17 weeks of solid training and that a bit of a break is in order. Some people are currently debating whether they should run the Half or the 10KM? This is a decision ultimately only you can decide, but we are suggesting sticking to the current program and allowing some recovery from your early or mid-October event. There is cellular healing that is currently taking place that you could possibly be not aware of. In order to find out if you've recovered or are over-training, I look at it from the point of view of body builders do, because if you raced hard, or have been training hard, it's your strength that needs the recovery.

So...what is overtraining?

Here's my definition of overtraining:

“Overtraining is where you train your body above its capacity meaning it cannot recover and adapt quickly enough to be prepared for the following training session”

Basically, this means you're training too hard with not enough rest. I've read in-depth explanations of what overtraining is and it all comes down to too much training and not enough rest. There are other factors like diet to consider, but these are rarely the cause of overtraining in 99% of cases.



Symptoms of overtraining:

You may or may not experience these symptoms when you're overtraining. With some people you only have to look at them before they start training and you know they're overtraining. Here are some common symptoms you may feel:

- You can't seem to get any bigger (lack of weight or muscle gain); for runners this would mean your long run isn't as comfortable as it was prior to your event.
- You don't have enough energy at the beginning of your workout; feeling fatigued before every workout is not a good sign. If you have a running journal you should be keeping track of how you feel with a fatigue index number. If you are consistently feeling medium to low, you may need to back off a bit.
- Your target muscles are still sore from the previous workout when you work them again; for runners the muscles may not feel sore, but they won't have that "zip" in them and it takes longer to get up to pace.
- You find it hard to get to sleep and have a good night's rest
- You have a general lack of energy throughout the day
- And in extreme cases you may feel depression and anxiety
- You may develop virus symptoms such as a cold or simply a runny nose. Pardon the pun, but you are simply run down.
- A sudden loss of weight or that "gaunt" look a week or so after you have had a strenuous race or training week could be a sign of not only chronic dehydration, but also that you really are over training.

Diet and overtraining:

Diet may also play a vital part in overtraining. In particular calorie intake, water intake, and carbohydrate intake. Without enough calories, carbs and water your body will have trouble recovering and repairing muscle tissue after your workouts. The same can be said for essential fats and protein if the deficiency is great enough. Diet is usually only the cause of overtraining in extreme cases, for example when a bodybuilder (or runner) is preparing for a competition or an athlete is trying to lose weight fast and keep training up. A lack of desire to eat and drink may also be a sign of over-training. You have to remember that in completing something like a marathon you have drained yourself of some 3000 calories in a very short period of time. To replace this and your daily in-take takes weeks to replace deep into the tissue and muscle fibers.

How to tell if you're overtraining:

Seems obvious doesn't it? Do you have any of the above symptoms? If so, it's possible you may be overtraining.

One not-so-obvious symptom that is often missed is lack of muscle gain or again, feeling weak on a long run. This is commonly referred to as a plateau. A plateau is when you do not make any strength or muscle gains even though you continue your workout as usual. For runners it means going into any workout feeling tired and not feeling any better after you have finished.

What often happens when a novice lifter hits a plateau he/she starts working out more. More sets, more reps, more often. This is a very big mistake and is one of the leading causes of overtraining. Doing more sets does not build more muscle, but that's for another article. Runners do much the same. They complete a race and then continue their training as if nothing happened. They don't allow enough time between their race and hard workouts and ignore the fact that their heart rate may be elevated and that it takes a little longer to recover between intervals. They also may push "fatigue" out of their mind thinking that it's only "negative thinking".

OK, so I'm overtraining. What do I do?

Before you start thinking about your routine, take a week off. Seriously. Don't train at all for 1 week. Your body needs the rest and recuperation time. You will find that the week after your rest week your body will be fired up and ready to go! For runners that doesn't mean you can go back into your regular routine as if you didn't compete or take any time off either. A safe rule of thumb is for every 1 day away from training you may want to go 3 days back. So, if you take a week off, you want to go 3 weeks back in your average training distances and paces. This can get confusing if I try and write it, so if you don't get it... ask.

Now you have to look at your daily life and plan a routine to fit in. When you look at your daily life you need to consider things like:

- How much free time you have
- How much time you have to rest
- What type of job do you have? Is it manual or office based? Do you work long hours? This will affect the amount of energy you have to work out.
- How fit are you? Be honest.
- What goals do you have for your training?

Some of these things you can change. Like your fitness, diet, and rest time. But others you can't, like your job. What you do in your everyday life really affects your workout. For example, if you worked as a laborer on a construction site for 8-10 hours per day and hit the gym 5 days per week (or run 5 times a week) I would expect you may have little results. Your training intensity would be low and you would have no energy. However, you may have better results with a 3 day split routine.

So the best person to design your muscle building routine is you (with some help from the info on Muscle & Strength and Peninsula Runners, Russ, and your group leader!).

A good point to remember is quality over quantity. You're better off doing 6 sets with perfect technique than 12 sets with bad technique. Ideally, you need a routine that gives you enough rest time, fits your schedule, and is suited for your goals. Remember what I said about quality over quantity. Focus on what you do in the time you have in the gym, road, or track, not how much time you're going to spend in the gym, road or track.

Preventing overtraining:

Overtraining prevention is up to you. All you need to do is follow a few of the basic principals in muscle building. Quality over quantity, eat big, including lots of carbs and protein, and rest up between workouts.

Seems simple doesn't it? Well it is. Good luck with your training.

This article was adapted from <http://www.muscleanstrength.com/articles/overtraining101-what-you-need-to-know.html>.

SATURDAY SUGGESTED DISTANCES

<i>PROGRAM</i>	<i>RUN DISTANCE</i>
<i>101 - 204 WHO RACED 2 WEEKS AGO</i>	EASY 5 MILES
<i>101 - 204 WHO RACED 3 WEEKS AGO</i>	EASY 5 MILES
<i>101 - 204 WHO RACED 4 WEEKS AGO</i>	EASY 8 MILES
<i>NYC MARATHON PROGRAM</i>	EASY 10 MILES

GROUP PACES

HALF-MARATHON	FULL MARATHON	RUN LEADER
1:20-1:30	2:50-3:10	CMDRE. <u>Russ Fraser</u>
1:30-1:42	3:10-3:35	<u>Will Mc Kinnon</u>
1:42-1:49	3:35-3:50	<u>Kelly Rowson</u>
1:49-1:58	3:50-4:10	<u>Angela Elmans</u>
1:58-2:05	4:10-4:25	<u>Lori Rendell</u>
2:05-2:15	4:25-4:45	<u>Shirley Timmins</u>
2:15-2:22	4:45-5:00+	<u>Maggie Mathews</u>



Eat the Right Fats

A 2007 study found that a diet rich in monounsaturated fats can help prevent weight gain.
By Leslie Goldman Image by Jack Thompson From the April 2009 issue of Runner's World

Dieter's Strategy: Eat low-fat foods.

Runner's Strategy: Eat the right fats.

Though the fat-free craze peaked in the '90s, many dieters still avoid [oils](#), butter, [nuts](#), and other fatty foods. Their logic: If you don't want your body to store fat, then don't eat fat. Many dieters also know that one gram of fat packs nine calories, while protein and carbohydrate both contain just four calories per gram. Dieters can stretch the same number of calories a lot farther if they eat mostly carbs and protein in place of fat.

But the notion that having fat in your diet isn't a bad thing is catching on again. "I think it's a pretty antiquated thought now that we need to eliminate fat to lose weight," says Jonny Bowden, Ph.D., author of *The 150 Most Effective Ways to Boost Energy Naturally*. In fact, studies have shown that eating moderate amounts of fat can actually help you lose weight. The key is to make sure you're eating the right kinds. Saturated and trans fats are unhealthy because they raise your levels of LDL (so-called "bad cholesterol"). Trans fats may also lower your HDL (or "good cholesterol") levels and increase your risk for heart disease—not to mention weight gain. But

unsaturated fats (which include mono- and polyunsaturated) have important benefits. Here's why runners should include these fats in their diet.

1. Keep You Satisfied: Unsaturated fats promote satiety, reduce hunger, and minimally impact blood sugar. That's important because if your blood sugar dips too low, you may experience cravings, brain fog, overeating, and low energy, making it "fiendishly difficult to lose weight," says Bowden.

2. Protect Heart Health: Unlike trans-fats, monounsaturated fats found in vegetable oils (such as olive and canola) and avocados have the added power to help lower LDL and reduce your risk of [heart disease](#).

3. Reduce Injury: Unsaturated fats can help stave off injuries, such as stress fractures. A 2008 study in the Journal of the International Society of Sports Nutrition found that female runners on low-fat diets are at increased risk of injury—and a sidelined runner can't burn as many calories.

4. Decrease Joint Pain: Bowden adds that omega-3 fatty acids—which are a type of polyunsaturated fat found in fish (particularly in salmon), walnuts, and ground flaxseed—possess anti-inflammatory properties that can help soothe knee, back, and joint aches and pains that plague many runners. Translation: You'll hurt less and run more.

Real Runner: Abi Meadows 37, San Antonio

"As an ultramarathoner, I run high mileage and for years had no problem keeping weight off. But after five kids and a hysterectomy, I put on 20 pounds that wouldn't budge. Cutting calories didn't work—I was trying to train for 100-milers on a measly 2,000 calories a day. A nutritionist suggested I up my fats. Although hesitant (I ate low-fat cheese and fat-free dressing), I added salmon, avocados, walnuts, and flax to my diet. The results were unreal: Over the next six months, the weight came off, and I noticed a huge jump in energy. My cravings for ice cream and fries dropped—and I'll never eat a rice cake again."



How Running Affects Your Body

Weird Science

Running makes you lean and strong. It also gives you twitchy legs, black toenails, and an urgent need to find a bathroom now. Why? Here, doctors, therapists, and physiologists offer explanations and practical solutions for our most perplexing body issues. By Dimity McDowell Image by Jesse Lefkowitz From the September 2010 issue of Runner's World

Runners know bodies. We understand what training does for our legs, lungs, and heart. We're also intimately familiar with the other, less attractive ways running impacts our bodies. But we don't necessarily know why we have to pee even though the shrubs got watered just two miles ago. Or why our knees crackle and pop as we go down stairs. Or why someone way heavier can kick our skinny butts in a half-marathon. So Runner's World consulted doctors, physiologists, nutritionists, and other experts, and frankly asked them the most quirky and perplexing questions

about the bodies we know and love. We also asked for practical advice about how to deal with our issues. Here's what the experts said.

1 How can someone just as short/tall/skinny/fat as me run so much faster?

Plenty of reasons why your doppelganger leaves you in the dust. Speedwork may be his religion, and you haven't converted yet. This may be her 50th 10-K, when you're just stepping up to the distance. He may have a new girlfriend standing on the sidelines; she may have a postpregnancy goal she's gunning for. "Just because two people are long and lean or have a powerful build doesn't mean they match up in terms of VO2 max, mental toughness, or injury history," says Kristen Dieffenbach, Ph.D., assistant professor of athletic coaching education at West Virginia University. Many performance components, such as endurance, pace, turnover, and mental toughness, can be improved with planned, systematic training, except for one very significant one: genetics. "Muscle-fiber type and VO2 max are genetic," says Jay Dicharry, M.P.T., C.S.C.S., director of [SPEED Clinic at the University of Virginia Center for Endurance Sport](#). "That's how some people who don't even train can blow by you on race day."

Running Rx You can't change your genetic destiny, but you can greatly influence your performance by training smart, adding speedwork, [tempo runs](#), running-specific drills, and strength training to your routine. Plus, remember there's a reason it's called a PR: It's a personal record. Beat it—not yourself—up.

2 Why does my GI tract act up when I'm running?

Some people get headaches when they're stressed. Runners get the trots. A 2008 study on 1,281 Dutch runners found that at least 45 percent complained of some gastro-related issue during the run. "The GI tract is very sensitive to stress, and running—or the anticipation before a race—is definitely stressful," says Darrin Bright, M.D., family physician and sports medicine specialist in Columbus, Ohio.

When you run, your intestines take a double hit: The motion jostles their contents and speeds things along. Plus, blood, essential for

your tract to stay on track, is rerouted to vital organs and muscles in your lower half, disrupting the sensitive balance your body has for fluid absorption and possibly causing dehydration, which can lead to cramps that force you to beeline for the bathroom.

Running Rx Dr. Bright recommends putting the ix-nay on bathroom-inducing high-fiber and high-fat foods 24 hours before a race or long run, and fueling up on benign, already-tested, plain meals.

3 Why do I get so antsy during a prerace taper?

That two-week-ish span where you cut back training volume by about 50 percent gives you time to recover and to become mentally and physically stronger. You probably haven't felt well-rested in weeks. "Runners typically aren't used to having all that energy," says Larry McDaniel, associate professor of physical education at Dakota State University in Madison, South Dakota. "The body gets accustomed to fatigue as a 'normal' state."

Your mind is probably on overdrive, too, thinking about your highly anticipated race day. "A fresh body, coupled with nerves and excitement, can drive you—and those around you—crazy."

Running Rx Take 10 minutes to visualize the race, and then try not to think about it for the rest of the day. See a movie (avoid *Chariots of Fire*); read a book (stay away from *Born to Run*); grab a beer with a nonrunning friend; do some gentle exercise if you must. "I always find that a walk takes the edge off," says McDaniel.

4 Why do the nipples of some male runners bleed during a marathon, but those of females don't?



Karmic payback for women transporting two bouncing cantaloupes for 26.2? Okay, maybe not. Sweat is a mix of water, salt, and a handful of other minerals. When the water evaporates, you're left with abrasive salt on your nipples, which are front-and-center in a high-sweat zone. "After a few hours, a shirt rubbing against that salt feels like sandpaper," says Dr. Bright, adding that beginner male runners are most susceptible because men typically sweat more than women, and novices take longer to complete a race. The abrasion causes chafing, which causes bleeding, which causes red stripes down the front of a white shirt, especially near the end of marathons. Women aren't immune. Even nursing moms can be afflicted. "The skin around your nipples isn't capable of thickening and getting stronger," says Dr. Bright, medical director for the Columbus Marathon. The few women he has seen with bloody nipples were wearing no bra, a poorly fitting bra, or a cotton one.

Running Rx Stay hydrated. "When you stop sweating, all you have left on your skin is salt," says Dr. Bright. "The liquid takes the edge off the salt." Equipment fixes for men: Protect your teats with circular Band-Aids or NipGuards. Women? A moisture-wicking, properly fitted sports bra.

5 Why does the inside of one ankle get bloody from being hit by the opposite heel, but not the other?

That red tattoo is called a heel whip, and it's from excessive rotational motion of your foot. Instead of your foot traveling in a forward plane, it makes an arc, causing your heel to nick your anklebone. It doesn't have to be gory: Heel whips can also just dirty your inside shin. "The extra torsion can be caused by anything from the alignment in your ankle to a hip issue," says Dicharry, who adds that one side usually bears the bloody brunt because of muscular imbalances.

Running Rx Think about pushing off through the big toe, not the pinky toe, so that your foot swings cleanly forward, and you'll whip your ankle less. If you need more than just a Band-Aid after a run (e.g., ice packs and Advil for various parts of your lower body), a

visit to a physical therapist will help you determine whether you have strength imbalances that can be corrected with single-leg exercises.

6 Why do my legs shake after a hard run?

If your rubbery, burned-out gams had a fuel gauge, it would be firmly on "E." For beginners, the needle may arrive there as a result of sheer effort. "If your muscles aren't familiar with a new movement, they become inefficient at contracting and can't work in a coordinated manner, which results in shaking," says Michele Olson, Ph.D., C.S.C.S., professor of exercise science at Auburn University in Montgomery, Alabama. (Veteran runners might experience this phenomenon when they attempt push-ups on feeble arms.) For others, it could be that you started too quickly. "When you go out too hard, the oxidative system doesn't kick in as smoothly as it does when you warm up and work up to a pace," McDaniel says. "It's like shifting gears too quickly in a car. You deplete your energy levels prematurely." The other cause is simply that your muscles are depleted of electrolytes and glycogen—easily accessible fuel on which they run—and the shaking is their way of telling you to fill 'em up.

Running Rx Warming up prerun is key for beginners and vets. Start slow, and ease into your ultimate goal pace. If you're running hard for more than 45 minutes, drink eight ounces of [sports drink](#) about 20 minutes before you run; the carbs will keep your muscles humming. Postrun, if you're trying to shake the shakes, walk around, stretch gently, and grab quick fuel, like a sports drink.

7 Why does coffee speed up more than just my legs?

A pre-run prereq for many runners to clear the system on their own terms, java stimulates the muscles in the GI tract faster than Mother Nature; some reports say [coffee](#) jolts your system in as little as four minutes. Once you're out on the road, proceed with caution: Many energy gels have caffeine in them, which may cause your intestines to move as quickly as your legs.

Running Rx In the weeks before an important run or race, determine how much coffee you need for an evac, then sip and lighten your load accordingly. Also, figure out if you can tolerate caffeinated gels. Plan B: Pick a route with a few public restrooms along the way, so you can properly do your business.

8 Why do I feel nauseated after a long run?

You put in 18 miles to be able to eat a burrito, not to feel pukey thinking about one. Blame the decreased appetite on chemistry; a 2008 study published in the American Journal of Physiology found that a 60-minute session of treadmill running increased the amount of the gut hormone peptide YY, an appetite suppressant, and suppressed acylated ghrelin, an appetite stimulant. Full-on nausea? "There's a good probability you haven't fueled properly during the run," says Ilana Katz, M.S., R.D., C.S.S.D., a sports nutritionist in Atlanta. A lack of fuel in your body sends it into a stressed mode, that fight-or-flight mentality where survival—not eating rice, beans, and guac—is key.

Running Rx Try to prevent the problem by taking in about 60 grams of carbs per hour, either through a sports drink, gel, or regular food during your run. "The body can process about one gram of carbs per minute," says Katz. Postrun, try to knock back something easy, like a recovery drink, within 30 minutes. If you can't eat right away, don't worry too much. "Appetite loss is typically short-lived," says Katz. "Within an hour or two, suddenly you'll have a major one."

9 Why do I get headaches during or after a run?

It's not just because you know you're returning to the mess you ran away from. Headaches stem from a range of causes, from simple (a too-tight hat) to complex (a proclivity for migraines). Two of the most common reasons are tight muscles and poor hydration. "The

trapezius attaches high on your scalp, so if you hold a lot of tension in your upper body as you run, your head could ache," says Dr. Bright. Headaches are also a symptom of both underdrinking and overdrinking.

Running Rx Shake out your arms and hands and teeter-totter your neck as you run. At home, hold your left ear toward your left shoulder, right toward your right; repeat with the chin. Nail your beverage needs by weighing yourself before and after an hour run (without drinking). Each pound lost equals 16 ounces of fluid you should drink per hour.

10 Why do my bending knees sound like Rice Krispies when I walk down the stairs?

Snap, crackle, pop? Crepitus, the medical term, happens when cartilage, the connective tissue between bones, starts to age, says James Wyrick, M.D., orthopedic surgeon and associate professor at the University of Cincinnati in Ohio. We all start life with quiet, smooth cartilage between our kneecaps and thigh bones, but over time, it becomes gray and old and doesn't regenerate; most people older than age 30 have some mild crepitus. Weak quads or a tight IT band can pull the kneecaps out of alignment and exacerbate the wear and tear.

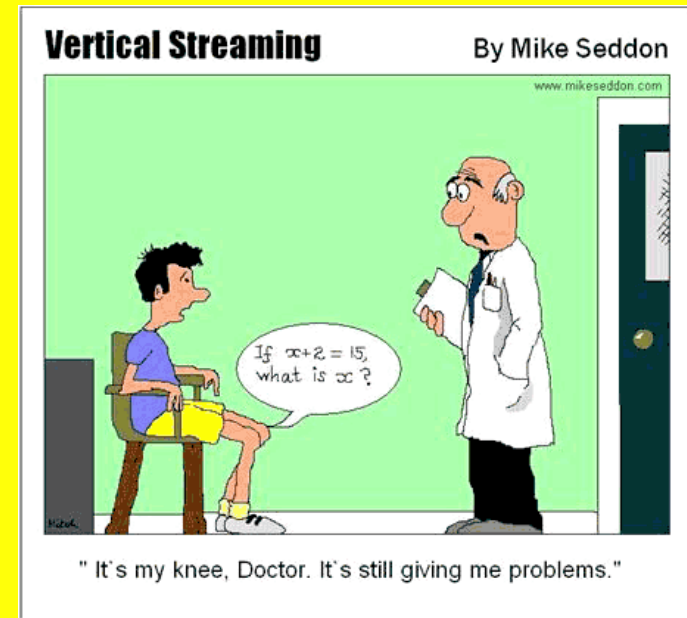
Your knees pipe up when they bend past 30 degrees because the kneecap tracks into a groove in your femur—that is, cartilage-weak bone grinds into cartilage-weak bone. "The intensity of the pressure and the different contact points in the groove make the noise," says Dicharry.

Running Rx "Cracking knees may lead to problems down the line, like arthritis," says Dicharry. Minimize that chance by strengthening the muscles that control the hips and knees, and keep your lower half in alignment, such as clamshells for the hip; squats for the knees (runnersworld.com/kneestrength).

11 Why is it easier for me to run in the morning and so hard to rally at the end of the day—or vice versa?

Your natural bird persona—lark or owl—is partly determined by genetics. Housed in the hypothalamus, the portion of the brain that also controls sex drive and appetite, your biological clock is difficult to alter. If your forebears coherently discussed the Middle East situation at 7 a.m., you're likely to feel sharp before the sun comes up, too. If they thought 9 p.m. was the perfect time for dinner, you probably are happy staying up late. "Natural morning people seem to hit their lowest body temperature earlier in the night than evening people do," says Chris Kline, an exercise physiology researcher at the University of South Carolina who specializes in sleep research. "Their body temperature is warmer when they wake up, so they're much more ready to go."

But even early birds aren't primed to perform at sunrise. "Typically, aerobic capacity is slightly lower in the morning because of a lower core temperature and lower levels of hormones that affect performance," says Matt Fitzgerald, co-author of *The Runner's Body: How the Latest Science Can Help You Run Stronger, Longer, and Faster*. In the late afternoon, the body is naturally the strongest and most flexible it'll be all day, plus your aerobic capacity is at its highest. "Emotional moods and motivation have been shown to peak in the late afternoon," says Kline. "Nobody really knows why, but people are typically more willing to push themselves harder in the



afternoon."

Running Rx If you want to hit the track at 6 a.m.—and not hit anybody there over the head with a coffee cup—expose yourself to light, the easiest way to wake up your body, as soon as the alarm goes off. Also, realize that as you age, you naturally become more of a lark. Want to extend your staying power? Exercise either outside, if the sun is still out, or in a bright room two to four hours before bed. "It's tough to fight biological tendency," says Ronald Kramer, M.D., medical director of the [Colorado Neurological Institute Sleep Disorders Center](#) in Englewood, Colorado. "The important thing is to exercise, any time of day."

12 Why am I so sore after a marathon, when I've done 22-mile training runs?

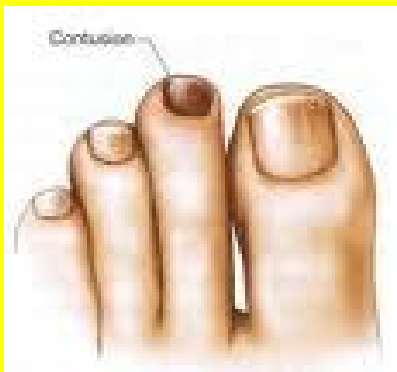
Did you do your training runs with crowds yelling at you and competitors around you unconsciously prompting you to run faster? Thought not. Whether you're a 2:30 or a 5:30 marathoner, your race-day pace tends to be at least a smidge—and possibly lots—faster than training days. That's the difference, says Dr. Bright, between being pleasantly and painfully sore. "You accumulate lactic acid in your muscles by pushing the pace, which brings on premature fatigue," says Dr. Bright. "Plus, the extra mileage—very few people do a 26-mile training run—causes more micro tears in your muscles, and it's likely your muscles haven't totally healed from your training. Race day, they get even more beat up." The combination nets marathonitis, an acute condition that demands stairs be taken backward and the size of a stride be cut in half.

Running Rx A huge fan of [ice baths](#), Dr. Bright recommends the anti-inflammatory plunge, postrace, for at least five to 10 minutes. Don't bother taking NSAIDs like ibuprofen. "The newer studies show they really don't do that much for inflammation," says Dr. Bright. "And they can potentially put your kidneys at risk."

13 Why do my legs twitch in bed at night after I've run that day?

If your legs are still moving when you're under the covers, chances are you skimped on a postrun meal. "When you work hard and sweat, you excrete a lot of sodium and calcium, two electrolytes that are responsible for muscle relaxation," says Olson. "Being iron deficient, especially for women, can also contribute."

Running Rx Get up and head to the kitchen for a glass of milk and some pretzels. To stave off future problems, make sure to include dairy, salt, and iron, found in lean red meat and spinach, in your meals after a run.



14 Why do my toenails go black?

For regular runners, a black toenail is not a matter of if, it's when," says Dr. Bright. Three causes of the black badge: a too-short shoe; a toenail that comes into contact with the roof of the shoe too often; and a runner who uses his toes to grip too hard. However it happens, the result is the same. Blood vessels under the nail break open, which spill blood (which looks black under the opaque nail) into the area between the toe bed and the toenail. "That area isn't accommodating to blood collection: It's rigid and restrictive," says Dr. Bright. "It builds up a lot of pressure quickly."

Running Rx If the pressure is bothering you and you can handle more hurt, press the end of a paper clip or safety pin, heated with a match, through the nail. "That's a pretty painful proposition," says Dr. Bright, who recommends the gentler touch of a doctor. Do it sooner, while the blood is still fluid.

If the pain decreases and doesn't bother you, no need to take action. Either way, the skin below it will heal, the nail will die and fall off. Don't worry, it'll grow back someday.

15 Why is it mentally so tough to push myself?

There is, alas, no simple answer to the million-dollar question. Experts confidently proclaim two basic things: The brain controls the amount of pain to which you willingly subject yourself, and the human body inherently does not like pain. "Our brain discourages us from running to the point of disrupting the physiological homeostasis that our bodies depend on to preserve life," says Fitzgerald, author of *Run: The Mind-Body Method of Running by Feel*.

"The brain won't actually allow a true, 100 percent effort." Robert Weinberg, Ph.D., a professor of sports psychology at Miami University in Ohio, adds that one's goals may not be aligned with what one is truly willing to physically endure. "You may think you want a sub-three-hour marathon, but you may not be interested in doing the hard work it takes," he says.

Running Rx "You have to train to suffer," says Fitzgerald, adding that many runners embrace one type of suffering—usually the high-volume grind—but not the lung- and leg-burning type that creates speed. He recommends intervals, [hill repetitions](#), and tempo runs at least once a week to build your mental muscle. "Discomfort should be an explicit objective of the workout," he says. Realize you're not up for that pain? Weinberg suggests pushing yourself more moderately by running with people who are slightly speedier than you are. The peer pressure will unconsciously make you mentally stronger—and faster.

16 Why do I get side stitches?

That pain that rips through your midsection, usually on the right side? Chalk it up to the act of breathing. Or, more accurately, to your diaphragm, the muscle that controls your breathing motion. "It attaches to the liver on the right side," says Dr. Wyrick. "When you run, the attaching ligaments stretch, which stresses the diaphragm and causes pain."

Running Rx Slow down or walk so you can take deep, full breaths. Grabbing your right side and squeezing it to support the liver may also end the pain. Another option: When your left foot hits the ground, exhale, which causes your diaphragm to rise; inhale on your right foot, and it falls down, which decreases the [stretching](#). Finally, keep training. Side stitches typically happen to beginners. "Over time, the ligaments become conditioned to the stress," says Dr. Wyrick.

17 I use the bathroom right before I start, so why do I have to pee midrun?

The urge to detour into the bushes can happen for a couple reasons, says Craig Comiter, M.D., associate professor of urology at Stanford Medical School: As your heart pumps blood more rapidly around your body, your kidneys may produce more urine, especially if you were well-hydrated prior to your run and you drink during it. You may also be dehydrated, and the concentrated urine in your bladder may give you that gotta-go feeling; or, due to a slightly weak sphincter combined with the jostling of running, a bit of urine may leak through the bladder and stimulate the urethra, making you wish you could cross your legs while running. ([Pregnancy](#) causes the need for more pitstops, too.)

Running Rx Take a pee break, says Dr. Comiter. If it happens a lot, schedule a pit stop at a urologist's office.



18 Why do I feel like a genius after a run?

Perhaps the biggest benefit of a great 10-K is that, postrun, you're sure you could score 1,600 on the SATs (2,400 if you're under 25)—or at least improve. "Running increases levels of positive neurotransmitters, like endorphins; norepinephrine, which is responsible

for alertness; and serotonin, which helps regulate mood," says Fitzgerald. "Plus, running puts the brain in an 'alpha-wave' state, which is associated with feelings of calmness and well-being." A handful of studies have documented that moving your feet correlates with improving your brain; two conducted at the University of Illinois found that 30 minutes of exercise resulted in up to a 10 percent improvement in cognition, or being more effective in processing a problem or situation. Maybe that stellar score isn't out of reach.

Running Rx If you really have to ask, maybe you should go for a run.

19 Why does my nose run as fast as my feet?

Don't chalk it up to empathy. A runny nose, a condition called exercise-induced rhinitis, is most likely due to the increased air flow; as your breathing rate increases, your nose kicks into hyperactivity. "Cool and dry air—or both—have been shown to increase secretions, similar to what we see in exercise-induced asthma," says James Sublett, M.D., allergist and professor at the University of Louisville School of Medicine in Kentucky. If you're self-conscious about your drippy schnoz, know you're not alone: A 2006 study, published in the *Annals of Allergy, Asthma & Immunology*, surveyed 164 exercisers and found that 40 percent had a runny nose while exercising inside, and 56 percent had one outside.

Running Rx If your runny nose is a serious issue—it continues to run long after your workout and into your very important presentation—you might consider taking an antihistamine, such as Claritin or Zyrtec, or using an over-the-counter saline nasal spray prior to your run. Otherwise, stuff your pockets with tissues, and perfect your farmer's blow.



20 At the end of a long run or race, why do I question the meaning of life?

I had a client who told me at the end of a marathon, she could see the Virgin Mary," says Manuel Villacorta, M.S., R.D. "She felt like she was dying." One of the prominent symptoms of hypoglycemia, or low blood sugar, is angry, depressing thoughts. When your body isn't receiving the glucose it needs to perform, your brain, the air-traffic controller of your body, springs into action, sending messages—Why are you out here anyway, stupid? —for it to shut down and self-preserve.

Running Rx The day before a long run, eat three nutritionally sound meals and make sure your body's fuel tank is topped off before you head out. During the run, take in about 30 grams of carbs every 30 to 40 minutes. Before you head out, line up your answers to the inevitable questions (or at least draw up your will).

QUOTE:

“When I think about running, it feels like the best 45-minute investment I make in a day. It's enjoyable, it makes me feel better, and it's probably paying dividends way into the future. Running is a really easy choice.”

John Fixx, son of running legend Jim Fixx



YOGA FOR RUNNERS

<http://www.runnersworld.com/syndication/rw/>

As runners many of us are resigned to feeling tight and sore after our workouts.

We know we *should* stretch. That inflexibility can lead to injuries and muscle imbalance. The dilemma is how to fit it all in.

There's the running, strength training, drills, stretching, icing, cross training, recovery, massage, visualization...and that's just your training. It doesn't leave many hours for the rest of your life.

1. Yoga for Runners

All runners, in the course of their training cycle, experience periods of intense training. One of the negative results of that intensity is a shortening and tightening of connective tissue. By losing elasticity, runners lose the full range of motion in their strides.

With a regular yoga practice, your running will benefit from flexible quadriceps and hip flexors by letting the recovery leg swing through a wider arc and by decreasing the energy cost of running.

2. What it takes . . .

Yoga is a technical practice that involves mastering body alignment, understanding breathing and concentration techniques, and stretching areas of your body in the deepest form that exists.

If you are new to yoga, in a couple of months, you will begin to experience the benefits of a regular yoga practice. Aches and pains you may have suffered for years should ease and eventually disappear. In any given pose, body alignment is the key of a complete and adequate stretch.

Breathing is an unconscious act, however, when practicing yoga, you need to control your inhalations and exhalations. By breathing strictly through your nose, your body increases warmth, bringing more oxygen to your muscles, and allowing them to complete a better stretch.

Focus and concentration are skills runners master during training and racing. Through regular yoga practice, you will develop a natural ability to block external distractions, keeping your focus on your body and your goals on race day.



The following will allow you to remain centered during your yoga practice:

- Listen to the rhythm of your breathing
- Focus on the tissues you are stretching
- Regulate the flow of your movements

It's very important to follow a yoga routine that fits your training plan and its different cycles. If you are new to yoga, I'd recommend starting a regular practice during your off-season or when you start your base training.

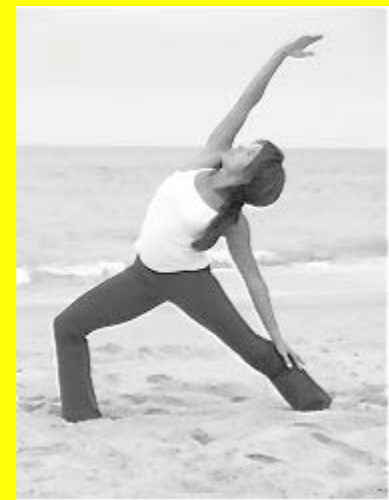
Also, during the pre-competition training phase, make sure to reduce your practice. Over stretching can be counter-productive for runners, especially for sprinters. Instead, practice restorative yoga, meditation (race visualization) and breathing exercises.

For more details on how to complement your specific running training with yoga, I highly recommend my friend's book: "*The Athlete's Guide to Yoga*", by Sage Rountree.

Finally, when starting the practice of yoga, listen to your body and its limitations. Yoga is not about splits and headstands. It's an individual response of your body deciding when to hold, when to back off, when to deepen, and when to come out of the posture.

Below are some examples of yoga for runners poses:

Reverse warrior: shoulder opener.



*Seated forward fold:
spine lengthening.*

*Triangle: lateral stretch and
shoulder opener.*

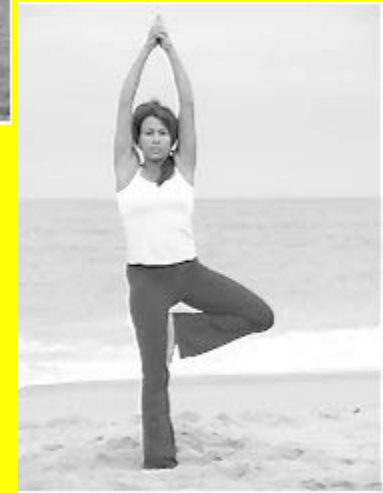


Warrior II: standing pose which builds strength, confidence and balance. Strengthens the legs, knees, ankles and feet, and, above all, is a wonderful hip opener.

Warrior: improves balance, equalizes hips and strengthens



quadriciceps.



Tree pose: improves balance and opens hips.

SUNDAY OCTOBER 31, 2010 –

RUNNING 101 - REST

201 PLUS – EASY 3-MILES

We will continue to harp on “rest”. Rest - RESIST-ENGAGING (IN)-STRENUOUS-TRAINING? I don’t know... whatever it takes. I realize that some of you want to do the FALL CLASSIC and that is built into the training program to bring you back up slowly to where you were pre-race, but you have to have some down time to heal. If you never read the opening bit about over-training, please read it. Sometimes you never know until it’s too late. You will gain more by coming back slowly than you think you will lose by trying to train through it. Because you are at the point of diminishing returns where you are still recovering from the event and trying to recover from the workouts. Your system will crash if you are not careful. Sometimes that feeling of “everything seems okay” is more your ego getting in the way of common sense.

I used to be Operations Manager for the “WIDOW-MAKER” or more commonly known as “Sport Chek”. I had been there about 3 ½ years without taking any time off. Every time I requested a vacation they said they needed me on that particular week to set up the next promotion or that they were short-handed or there were other managers who required that similar slot. Finally I got fed up and went to my doctor and got a stress leave. I had no idea the problems I would cause for myself later on by doing this, but it was pretty obvious they were not going to let me go. Come to think of it they were probably trying to get me to quit. Anyway, I took the 3 weeks I was entitled to off, and simply rested. Several days before I was to come back to work I was flipping through the newspaper and saw one of our store ads. Part of my job was to go through the flier and either get somebody to do it or for me to make up the signage for the entire flier and merchandise all the appropriate clothing and footwear in the best locations throughout the store. Suddenly, I had an anxiety attack. I began to get short of breath and my chest began to seize up. I suddenly realized I couldn’t do it. I simply would not be able to go back to work and do the job. Even my doctor didn’t believe me and was skeptical; but I got my extra 2 weeks.

The point is, sometimes you are too close to a situation to recognize that there is a problem. I can’t count the number of injuries I’ve had from racing frequently and then coming back immediately to train for the “next one” only to have to take the next month or two off. And I certainly can’t count the number of times I’ve said in these newsletters, “I wish somebody had told me this stuff.” And, if you don’t believe me... ask your spouse!

CLINIC PROGRESSION CHART!

<i>NUMBER OF CLINICS</i>	<i>NUMBER OF RUNNING DAYS</i>	<i>SPECIFIC RUNNING DAYS TO MAXIMIZE PROGRESSION</i>
1ST CLINIC (101)	3 DAY PROGRAM	MON, WED, SAT
2ND CLINIC (102, 201, 301)	4 DAY PROGRAM	MON, WED, FRI, SAT
3RD CLINIC (103, 202, 302)	5 DAY PROGRAM	MON, TUES, WED, FRI, SAT
5TH CLINIC (104, 203, 303)	6 DAY PROGRAM w/drills	MON, TUES, WED, THURS, FRI, SAT
7TH CLINIC (105, 204, 304)	6 DAY PROGRAM w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
7TH CLINIC (106, 205)	7 DAY PROGRAM (2010) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
9TH CLINIC (501)	7 DAY PROGRAMS (2012) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
11TH CLINIC (502)	7 DAY PROGRAMS (2014) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN

QUOTE:

“I think there is a couple of ways to look at guys stepping up their game. Either be inspired by it or give up. I have always chosen to be inspired.”

Ryan Hall, American long distance runner and winner of the 2008 United States Olympic Marathon Trials

COACHES' NOTES: So... I've said it to you... now... listen to an expert on the subject!

McMillan's Marathon Recovery Plan



It's at this time of the year that marathon recovery, not marathon training, takes center stage. The best recovery is one that optimizes your musculoskeletal recovery yet also maintains your conditioning. You've built superior fitness before the marathon and you don't want to lose all of it and then have to start from scratch.

Research indicates that the muscle damage from running a marathon can last up to two weeks. The research also indicates that soreness (or the lack thereof) is not a good indicator of muscular healing. In other words, just because you aren't sore anymore doesn't mean that you are fully healed. This is the danger for marathon runners: Post-marathon muscular soreness fades after a few days but submicroscopic damage within the muscle cells remains. If you return to full training too soon--running more and faster than the tissues are ready for--you risk delaying full recovery and the chance to get ready for your next goal.

The solution, it appears, is to recognize (and accept) that the muscles will take a while to heal and to be prepared to take it easy for the first couple of weeks (even longer if you're particularly sore after your marathon). While the research isn't very promising when it comes to things to do to relieve soreness and aid healing, a couple of concepts appear to help. First, providing gentle blood flow to the area helps bring healing nutrients into the muscles and also helps to remove waste products and damaged tissue. Walking and gentle massage can help, particularly in the first few days after a marathon. Once muscle soreness has significantly reduced (usually two to four days after the race), light jogging can commence. The recovery program below forces a runner to let muscles fully heal but also provides some light jogging to aid blood flow and "feed the need" that we all have for our daily runs. Just be mindful to run very slowly.

No runner wants to get super fit and then lose that during the recovery process. But since you must reduce your training load following your marathon, it can be tricky as to how much and how soon to insert running into your post-marathon training.

The bad news is that no matter what you do, you will lose race sharpness. But that's OK because your next big race is probably several months away. The good news is that most research indicates that as long as there is an aerobic stimulus once every two to three days, aerobic fitness will be maintained. In this recovery plan, you run at least once every other day (except for the first two days after the marathon) to minimize any loss of base fitness.

Many runners liken recovery training to a "reverse taper" without the fast workouts. Easy running is gradually increased over the weeks post-race. By the fourth week, your normal level of training is approached.

Recovery time is also the best chance to pay back your support system for the help provided during your build-up to and participation in the marathon. Use this time to help others with goals, whether running-related or not, and spend more time with family and friends.

Also use this opportunity to celebrate your success and recharge your systems. Determine what went right in training and in the race and what you would fix. If done correctly, you can come out of this period fully healed and ready to take your marathon fitness into the next training phase.

Optimal Marathon Recovery Program

Day: 0

Run: MARATHON

Notes: Congratulations!

Day: 1

Run: OFF

Notes: Can include gentle walking for 15 to 20 minutes. Eat well and stay hydrated to facilitate recovery. Ice baths are favored by many runners.

Day: 2

Run: OFF

Notes: Can include gentle walking for 15 to 20 minutes.

Day: 3

Run: 20 Mins Very Slow + Easy

Notes: The first run back is often very awkward so go slow and run on flat terrain.

Day: 4

Run: OFF

Notes: Don't forget to enjoy the accomplishment of your marathon.

Day: 5

Run: 20 Mins Very Slow + Easy

Notes: Muscle soreness should be subsiding

Day 6: OFF

Day: 7

Run: 30 Mins Very Slow + Easy

Notes: You may not feel like a runner but you are laying the groundwork for your next training cycle.

Day: 8

Run: 20 Mins Very Slow and Easy

Notes: The first back to back running day provides insight into how the recovery is going.

Day 9

Run: OFF

Day: 10

Run: 30 Mins Easy

Notes: The muscle soreness should be gone and you are finding your stride again.

Day: 11

Run: 30 to 45 Mins Easy

Notes: Depending on how your body feels, you should notice the pace increasing and your body returning to its running rhythm.

Day: 12

Run: OFF

Day: 13

Run: 45 to 60 Mins Easy

Day: 14

Run: 30 to 45 Mins Easy

Easy: You should now start to feel like a runner again, just not a runner ready to race. Over the next two weeks, gradually increase your volume toward your normal training level.

This plan is a good start for marathoners. Adjust it based on your previous experience with marathon recovery as well as how you are feeling.

Visit www.mcmillanrunning.com for more of my articles.

COACHES' NOTES: Like the man said... you can adjust it according to your own experience, but you still have to realize and submit to the fact that just because you are not sore, it doesn't mean that the damage doesn't exist and you shouldn't come back to training for at least 2 weeks. And, when you do come back... take it easy!



Thirsty Thursdays: Maximizing Performances with Age

[Saucony Thirsty Thursdays with Jack Daniels](#) High Altitude Training Center · Flagstaff, AZ,

US ·

Jack Daniels talks about maximizing performance with age. He talks about his study of elite athletes as they aged and some of his findings during the study. October 21, 2010

http://www.flotrack.org/videos/coverage/view_video/234673-saucony-thirsty-thursdays-with-jack-daniels/360930-5-maximizing-performances-with-age-thirsty-thursdays?utm_source=Flotrack+List+24+Aug+2010&utm_campaign=87f5fe1f1a-Flotrack_Issue_49_2_2010&utm_medium=email

The most important thing he says in the video is that “taking days off is a good thing” and that you have to take care of yourself especially as you get older.

QUOTE:

“When I run by myself I have my most intimate thoughts. I look for meaning in some of my important memories, I work through present difficulties, and I try to chart the best course for my future. I also do a lot of dreaming when I run. I can't tell you how many state championships I won in my mind back in high school, how many NCAA titles I won in my fantasies at the University of Colorado, and how many Olympic medals and major marathons I've won in my head in the past few years.”

Kara Goucher

MONDAY NOVEMBER 01, 2010 –
RUNNING 101 - 204 – FLO-JO's!



OKAY... WHAT'S A FLO-JO?

I would say the biggest problem with most runners is that in a race situation they do their first mile too fast and they are too insecure to slow down and recover from it until it's too late. The reason they eventually slow down is because they are physically and mentally tired; not because they are in control. Today's workout is about going out at your **half-marathon pace** on approximately a one mile loop course and then, without a break, backing off for the second one. On the third loop you go back up to half marathon pace and then again without stopping you bring it back down again and then take it up for the final repeat. You will be doing 3 FLO-JO's and 2 easier loops. How far you drop your pace back should be no slower than one minute faster than your long-run pace or one minute slower than your marathon equivalent pace, but the point is... you are in control of both your paces and it **should never exceed your half marathon pace**. Later on we will be increasing the

top end pace, but it should also never get slower than one minute faster than your long run pace when you bring it back down. If it does you are at the point of diminishing return and that means you are exceeding the paces too much. In other words, you are not receiving any benefits from the workout and are just fatiguing yourself.

3 X FLO-JO's!

- **1 mile warm-up**
- **25 X SIT-UPS OR CRUNCHES** - Just the fact that we don't do these often enough... we have incorporated this routine before **every workout**. And... if you don't see me doing these, tell me to get my fat butt down there and do them too even if it means soiling my corn dog.
- **5 x SPIDER-MAN PUSH-UPS**: In the SPIDER-MAN PUSH-UP you will walk on all fours in the same manner as the Marvel comic book character for 4 "steps" and then do 1 push-up and then take another 4 "steps and do another push-up. Do a total of **5 push-ups**. This will work your entire core, leg, shoulder and arm muscles. It also takes a great deal of coordination so don't be surprised if you have to think a little here. It is important to do the opposite arm and leg movements to get a better core workout and improve your concentration. Also keep your butt as low to the ground as possible. Unlike a crawl through the trenches where you can lie on your belly, this is not the case because your torso is off the ground.
- **12 x BURPIES** – People with lower back issues are excused from doing this one and can do 30 (each leg) under-the-leg hand claps **plus** 30 knee bends (not too deep).
- **STANDING ARM PUMPS** – If you haven't seen it yet, please go to the following web-site and see <http://www.youtube.com/watch?v=6RKVRN1dmqQ&NR=1> - note the complete relaxation in the shoulders and even though she is moving very quickly, there is no twisting movement in the torso and hips. Note also how relaxed the hands are even though she's pumping really hard through a full range of motion. It is an excellent example of awesome running technique. This drill will be performed as a group and if you could encourage and critique each other, that would be great. Form is vital here and is one of the more important running drills you will have to do. We will start out slow and gradually get faster as you get more comfortable with it. As we get faster we want you to continue to stay relaxed. If you feel yourself getting tighter especially in the hands, wrist elbows, shoulders or neck (joints) there should be the same relaxation when going slow as when going fast. If you have difficulty relaxing, only go as fast as you can stay relaxed. It's okay to hit your shoulders with your thumbs and to get your elbows way back. Remember: full range of relaxed running motion.
- **Arm Pump with opposite leg lift** – If you just skimmed the intro, there's a chart repeated below. After doing a couple of minutes of arm-pumps to get a full range of motion like the people in the "Instruction" video portion, we want you to practice an arm swing and bringing the leg up to make the number "4". Remember that if you are bringing your knee up to 90 degrees or higher your elbow must also be back to 90 degrees. To avoid being lackadaisical and get a really good extension, we'd like you to get a greater than full extension every second pump. Allow your heel to come off the ground as your opposite leg comes up or passed the 45 degree mark. Do 3 sets of 5 concentrated repetitions on each leg alternating each leg between sets. Please be sure that you are driving up from under the hips and not from behind the butt. ASK if you don't get it because it's another really important drill.

- **STEP OVER- DRIVE DOWN DRILL - 2-MINUTES** – Most of you have this one down really well while walking and are using it as a chat session. Now we'd like everyone to start running. Whether you need to do it every fourth step only on one side or can run the entire distance using both legs (which looks really awesome by the way) is not important. The fact that you get the drive down is.
- **5 – 8 x Strides** – Start out slowly and gradually pick up the pace. Also... don't decelerate too quickly. It should take you as "many" meters to slow down as it did to get up to each maximum. This is not about how fast you can get from 0 – 60mph. Control and feel each step of the stride. The slower the acceleration, the easier it is to control and accomplish this. The longer it takes to get up to your maximum, the better. It's also about how long it takes to shut it down as well. At this point we have warmed up the muscles by running to the track and now we're in the process of waking the muscles up and getting them ready to be worked out, but this is still part of your routine warm-up. Some people rush their strides and try to get them out of the way too quickly. The faster you try to do your warm-up, it becomes more like part of the workout and the muscles won't stay as flexible either. Warm-up slowly and throw in a few stretches if necessary as well. When performed incorrectly, you may cause injury.
- **3 X FLO-JO's – no faster than half marathon pace with the 2 "recovery" loops no slower than one minute slower than your equivalent marathon pace. Repeat for a total of 5 loops – 3 faster; 2 slower.**
- **1 - 2 sets of A-B-C's.** Again... these may be terms you are not familiar with, but they are routines that will be performed after most workouts as part of your cool-down and are a valuable tool for improving your running technique and conditioning. Don't rush through these to get them over with quickly. Take your time and go for proper technique working both sides equally. If you have not had a chance to please see <http://www.youtube.com/watch?v=Eit3pGym2Dg> and review at your earliest convenience the video on A-B-C's.
- **1 – 1 ½ miles cool-down** with 18 minutes stretching and core drills upon completion at the store. Please get used to stretching a bit after your cool-down and core drills of every workout while your muscles are still warm. If you leave it until you get home you will notice that you've not only cooled down a bit, but your muscles are a bit stiff. This means it will take more time to stretch them out. Plus, you may **not** want to stretch later on and the next morning, you will be stiff and possibly a little sore. The sooner you stretch, the faster you will recover. For the people who say they will do their core drills at home... only your arms, abs and back know for sure. This is part of your body weight exercises too. We'll be adding more to it very soon.
 - **PRONE X 1:00 – Balance on your elbows and toes for 1:00 keeping the torso off the floor.**
 - **FACE-UP PRONE X 1:00 – Balance on your elbows and heels facing the ceiling keeping the butt off the floor for 1:00.**

- **LATERAL PRONE X 1:00** – Balance on one arm and outside of foot keeping the hips off the floor for 1:00 and switch sides.
- **TORSO RAISES X 8 EACH LEG** - Lay down on your back with knees bent and hands at your side and lift your torso off the ground. If this bothers your back then let us know immediately. If this bothers your back then you may want to use an elastic band or inner tube. If any of these exercises irritates the hamstring then you should seek out physiotherapy as quickly as possible and get it taken care of right away.
- **DONKEY KICKS X 15 EACH LEG** – On all 4's lift one leg in an upward direction 15 times and repeat on the other leg. This exercise can be also done at the gym on some incline leg press machines. It really makes the hamstrings cramp until you get stronger! Remember to kick up... not out. Lift up using the hip flexors. Although it is traditionally called a “kick”, I would prefer a lifting motion.
- **KNEE CIRCLES X 15 EACH LEG** – From an all 4's position rotate the knee in a circular manner as efficiently as possible. After 15 repetitions, reverse direction. We want to increase the range of motion in your hips and make them stronger and more flexible.
- **LUNGES X 20** – We're not looking for deep lunges here. The knee of your lead leg should not go passed the ankles, therefore it is a half-lunge and **not** a full trail-leg-to-the-ground-grunt-n'-groan kind of lunge.
- **18 MINUTES STRETCHING** – It's probably best to do the stretching after these brief exercises because they will cause some muscle contractions.

GROUP PACES

HALF-MARATHON	FULL MARATHON	RUN LEADER
1:20-1:30	2:50-3:10	CMDRE. <u>Russ Fraser</u>
1:30-1:42	3:10-3:35	<u>Will Mc Kinnon</u>
1:42-1:49	3:35-3:50	<u>Kelly Rowson</u>
1:49-1:58	3:50-4:10	<u>Angela Elmans</u>
1:58-2:05	4:10-4:25	<u>Lori Rendell</u>
2:05-2:15	4:25-4:45	<u>Shirley Timmins</u>
2:15-2:22	4:45-5:00+	<u>Maggie Mathews</u>



They just finished a short presentation for you that reveals 7 of the top myths of fat loss and fitness most people will NEVER learn the truth about. This is really important stuff to know since you want to succeed...

It's really too bad that these myths are still out there and holding you back from realizing your body, health, and fitness goals...

In this presentation below, he takes you through the myths, why they exist, and dispel them once and for all.

You may be really surprised at some of these that are still widely held as true today!

He also gives you some tips on how to properly focus your efforts for faster success... deal? Let's go... Hit Ctrl + Left click on the prompt below **now!**

7 FatLoss Myths most people will NEVER learn the truth about...

QUOTE:

“Act as if you already are. This is one of the many mantras that we employ when it comes time to go after a goal that is beyond what has already been accomplished. Breaking new ground physically requires you to first break that mental barrier so that it can come into being.”

Terrence Mahon, Team Running USA's head coach

TUESDAY NOVEMBER 02, 2010 – RUNNING – REST OR EASY 3 MILES

We've been saying it all along that if you want to get better "rest" has to be part of your program too. If you don't allow the body to recover, you will only get frustrated and injured. Some people never learn this lesson throughout their entire running career. They may take the odd day off and feel much stronger the next running day but they don't clue in it was the rest that helped them. They only see the workout. There's no doubt that if you are ready for it and you run more that you will get stronger, fitter and faster. The only thing is... for each of us it's a different formula. Some people can run every day and not get injured. However, if you are running more and not getting any faster then you are doing too much! This is why it's necessary to have not only a long term goal but also little mini-goals along the way. One mini-goal could be something like the FRIDAY NIGHT MILE on November 11. We don't want you to do it every week. We put the best suggested day for it in the schedule by choosing a day we feel you have recovered the most from your training and by putting in a short solid effort, you can see how you are progressing without taking away anything from your regular training. Some people will wait until the FALL CLASSIC 10KM or Half-Marathon to test their fitness, but these are much longer distances and there is a greater need for recovery after you have completed them. This is especially true if you have thrown in a really hard effort. Plus, if you have not completely recovered from an October or early November marathon, will you have the good sense to hold back and realize that by pushing it you are only going to set your training back even farther. This is why a mile race is better. It's short. You can recover faster. The pain of racing will still be there but it won't last as long and it shouldn't take anything off the top unless you really have not recovered from an earlier event and are on the verge of an injury. Again, it's far quicker to recover from a mile than it is a half-marathon or even a hard 10KM effort.

As for today's run if it's on your schedule... it's simply an easy 3-miler at your recovery pace which is your long run pace or slower.





Increase Brain Blood Flow with This Chocolaty Treat

By RealAge

This Week's Tips

- [Use This Spice to Curb Holiday Snack Attacks](#)
- [Eat This Breakfast to Get Happy](#)
- [Make Your Lower Back Feel Good with These Moves](#)
- [The Choice That Drops Diabetes Risk 83 Percent](#)

Indulge in this chocolaty cold-weather treat to give your brain a boost on family Scrabble night: hot cocoa.

Yep, research shows that enjoying a couple of cups may help boost blood flow in your brain by about 10 percent. All the better for clearing up brain fog and reducing your risk of dementia, too.

Go with the Flow

Think of your blood vessels as nutrient superhighways, delivering oxygen and other critical supplies to your muscles and organs -- including your brain. And blood vessels work best when they're wide and relaxed, allowing oxygen and nutrients to go where they need to go. That's where chocolate comes in. Flavonols found in chocolate increase blood flow by helping your blood vessels relax. ([Here's another quick way to boost blood flow by about 20 percent.](#))

Brain Boost

Scientists think flavonol-rich cocoas help blood vessels relax by lifting levels of nitric oxide, a compound that makes blood vessels dilate. Blood-vessel-friendly flavonols are also found in tea and red wine. In the recent study, older adults consumed a couple of servings of cocoa every day for 2 weeks to get the 10 percent boost in blood flow to the brain. Looking for more ways to stay sharp? Try these tricks:

- [Work your noodle with daily sudoku puzzles.](#)
- [Get your blood flowing even more with this energy-boosting workout video.](#)
- [Try this simple daily activity to reduce your risk of dementia by more than 70 percent.](#)

[Make your cocoa fix healthier with this quick and simple low-carb hot chocolate recipe from *EatingWell*.](#)

RealAge Benefit:

Getting 31 milligrams of flavonoids a day can make your RealAge 3.2 years younger. [Take the RealAge Test!](#)

References Published on 10/25/2010

[Cerebral blood flow response to flavanol-rich cocoa in healthy elderly humans](#). Sorond, F. A. et al., *Neuropsychiatric Disease and Treatment* 2008 Apr;4(2):433-440.



Long Run Training Tips

The Long Way

When to go slow, speed up, or hit your race pace during the biggest run of your week. By Bob Cooper Image by Timothy Kemple From the October 2010 issue of Runner's World

Whether you religiously run two marathons a year or jump in the occasional [10-K](#), you go long. You may be able to skip a tempo run or a speed session and still get (near) your race goals, but you can't cheat your distance run—that is, once a week, you must go at least 50 percent farther than your usual maintenance run, especially if you're training for a half or full marathon. The good reasons bear repeating. For one, going long makes you a more efficient runner. "Long runs will help increase your ability to burn fat and conserve glycogen, so you can run farther before fatigue sets in," says Shelby Schenck, head coach of the Washington/Alaska Team In Training chapter and owner of Run26, a shop in Lynnwood, Washington. "Long runs also improve your

ability to transport oxygen and nutrients to your working muscles."

Going long can mean simply logging more miles—especially at the beginning of your racing career. But as your goals evolve, so too should your long runs. Depending on your level of fitness and experience, the following three variations all provide specific benefits appropriate to different goals. Here's how—and when—to make them work for you.

SLOW AND STEADY

Popularized during the first running boom in the 1970s, the long, slow distance (LSD) run is still the best choice for beginners, returning or injury-prone veterans, or those not into chasing time goals. LSDs deliver the biggest endurance bang with the least injury risk. "Logging 'time on your feet' and not doing long runs too fast are the most important aspects of LSD runs," says Schenck.

Run It: To avoid the domino effect of fatigue leading to poor form and injury, Schenck recommends running LSDs by time, not distance, increasing the time by 10 to 15 minutes every other week. Warm up at about two minutes per mile slower than your goal race pace. After 20 minutes, stay at that pace (or slow down), or if you're feeling fresh, gradually speed up to about one minute per mile off goal pace. On the alternate weeks, cut your long run time by 25 to 50 percent.

PROGRESSION RUN

Progression runs, which start slow and gradually get faster, help you push yourself precisely when it's hardest in a race: near the end.

"They teach you to rev up slowly, they break up the monotony by forcing you to think about pace, and running negative splits prepares you to push through discomfort when you're tired," says David Allison, a Phoenix-based coach with Marathon Coaching Consultants (marathoncoachaz.com). "The marathon is all about patience and knowing your body, and progression runs develop these abilities." Marathon and half-marathon veterans who have tested their limits in races can safely handle progression runs, but Allison advises against them for newcomers. "Adding the stress of running faster and faster can overload what a beginner is ready for," he says.

Run It: Start out about one minute per mile slower than goal race pace. Every two to three miles, increase your speed about 10 seconds per mile, ending at goal pace or slightly faster. Alternate with LSD runs.

DRESS REHEARSAL

Inserting a few miles at goal race pace near the end of long runs can benefit all runners, but it's especially valuable for those focused on hitting a specific time. "The best way to learn pace is to practice it," says [Jenny Hadfield](#), cofounder of Chicago Endurance Sports and coach for runners ranging from newbies to age-group winners. "Dress-rehearsal runs discipline you to go harder at the end of the run, when your legs are most fatigued."

Run It: Start your long run at LSD pace. Three to five miles from the finish, pick up your pace until you reach goal race pace. Hold it to the finish, allowing for one mile of cooldown at LSD pace. The total distance of dress-rehearsal runs should be eight to 12 miles for beginner marathoners and 15 to 20 miles for seasoned racers. They should be six to eight miles long for novice half-marathoners, and 12 to 14 for more seasoned racers. Do several of these runs in the final third of your training.

STRETCH IT OUT: Regular distance runs will help you achieve your racing goals.

RUN BETTER: Beginners should stick to slow and steady long runs because they don't have the mileage in their legs to run efficiently when they get tired.

The Go-Far Plan

How to incorporate different types of long runs into your training

You can run LSD or progression runs every other week before racing 26.2 or 13.1. On alternate weeks, reduce the volume or intensity. Perform several dress-rehearsal runs six to eight weeks before a marathon, and four to six weeks before a half-marathon.

Long-Run Type: LSD

Marathon Plan: Add 15 minutes to your run time every other week, from 2:15 to 3:00.

Half-Marathon Plan: Add 10 minutes to your run time every other week, from 1:30 to two hours.

Long-Run Type: [Progression](#)

Marathon Plan: Pick up the pace every other week, in runs of 14-16; 16-18; 12-14; 20 miles.

Half-Marathon Plan: Pick up the pace every other week, in runs of 6-8; 8-10; 9-11; 10-12 miles.

Long-Run Type: Dress Rehearsal

Marathon Plan: Run three to five miles at goal race pace at the end of long runs.

Half-Marathon Plan: Run three to four miles at goal race pace at the end of long runs.

Think of dress-rehearsal runs as a spice to use sparingly: add too many to your training load and you risk fatigue.

COACHES' NOTES: This article works on a similar principal to the fat burning video above. It's written by gifted or elite runners or the people who work with them who are already in great shape and these are methods in order to put icing on the cake if you will. These are not methods that can be incorporated verbatim into a novice athlete's program. They must be modified. First of all, our schedule works on a 3 week cycle and theirs is a 2 week cycle. None of you may remember that when I first started coaching the group I tried a 2 week cycle and failed miserably. Why? Simply because a 2 week cycle is great when you are at the top of your game, but there was so much room for improvement that recovery was the greatest key to everyone's success. So, if we were to incorporate a progression run, it would be on the second of the 3 long runs because you want to savor the longest run by running 2 minutes slower than your marathon race pace or equivalent and you want to make sure you recover 100% from it the following week.

Now the other thing that the author hints at but doesn't come right out and say it is... you folks consume so many gels that your body never gets a chance to burn fat! How can you learn to burn fat at the end of a marathon distance if you have all that sugar coursing through your system? It's simple... it can't. Therefore you have 2 choices... 1) Remove the gels intake on the shorter of your training runs in the 3 week cycle. 2) Reduce your overall consumption of gels on all of your long runs. Here's the reason why... sort of... Do you remember the TV program "CHEERS"?

"Well you see, Norm, it's like this . . .
. A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills



brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of alcohol eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few drinks"...

My point is without the gels to rely on your body has to find alternate sources of fuel. This is not a comfortable transition. It hurts! It hurts mainly because there seems to be nothing to fuel the muscles and now you can feel them... especially the quads. Without the gels and electrolytes to make the muscles fire properly you have to use your mind to make your legs work. Without the fuel you are actually feeling the beating that you have been putting your legs through and they aren't recovering as quickly. Because fat burns at a slower pace which is why I've asked people to go 2-minutes slower than McMillan's 1:30 pace, it takes a little longer to kick in. Unless you have been running this way all along, the first few efforts at this gel-less training will not be as comfortable but the benefits are greater in the long run. Besides learning to burn fat you are learning to hurt!

For the last couple of years I've been avoiding this discussion because first of all everyone has the ability to improve many times the amount that they believe possible. Remember what we said earlier about the 4-minute mile. Well... the same applies to either qualifying for New York or Boston and most everyone breaking 3-hours for the marathon! I believe most of you can do it and the first step is "believing" that you can! However, in order to do any of these ALL of you are going to have to learn to step outside of your comfort zone once in a while. The key here is to know what is helping you and what will only get you injured. Read on! We'll continue this discussion in future newsletters.

The New York Times

Personal Best

How to Push Past the Pain, as the Champions Do

By GINA KOLATA

Published: October 18, 2010

Ian Walton/Getty Images



To his surprise, it was an elite runner, Kim Smith, a blond waif from New Zealand. She has broken her country's records in shorter distances and now she's running half marathons. She ran the London marathon last spring and will run the New York marathon next month.

That day, Ms. Smith seemed to be struggling. Her breathing was labored and she had saliva all over her face. But somehow she kept up, finishing just behind Stefan and coming in fifth with a time of 1:08:39.

And that is one of the secrets of elite athletes, said Mary Wittenberg, president and chief executive of the New York Road Runners, the group that puts on the ING [New York City Marathon](#). They can keep going at a level of effort that seems impossible to maintain.

“Mental tenacity — and the ability to manage and even thrive on and push through pain — is a key segregator between the mortals and immortals in running,” Ms. Wittenberg said.

You can see it in the saliva-coated faces of the top runners in the New York marathon, Ms. Wittenberg added.

“We have towels at marathon finish to wipe away the spit on the winners’ faces,” she said. “Our creative team sometimes has to airbrush it off race photos that we want to use for ad campaigns.”

Tom Fleming, who coaches Stefan and me, agrees. A two-time winner of the New York marathon and a distance runner who was ranked fourth in the world, he says there’s a reason he was so fast.

“I was given a body that could train every single day.” Tom said, “and a mind, a mentality, that believed that if I trained every day — and I could train every day — I’ll beat you.”

“The mentality was I will do whatever it takes to win,” he added. “I was totally willing to have the worst pain. I was totally willing to do whatever it takes to win the race.”

But the question is, how do they do it? Can you train yourself to run, cycle, swim or do another sport at the edge of your body’s limits, or is that something that a few are born with, part of what makes them elites?

Sports doctors who have looked into the question say that, at the very least, most people could do a lot better if they knew what it took to do their best.

“Absolutely,” said Dr. Jeroen Swart, a sports medicine physician, exercise physiologist and champion cross-country mountain biker who works at the Sports Science Institute of South Africa.

“Some think elite athletes have an easy time of it,” Dr. Swart said in a telephone interview. Nothing could be further from the truth.

And as athletes improve — getting faster and beating their own records — “it never gets any easier,” Dr. Swart said. “You hurt just as much.”

But, he added, “Knowing how to accept that allows people to improve their performance.”

One trick is to try a course before racing it. In one study, Dr. Swart told trained cyclists to ride as hard as they could over a 40-kilometer course. The more familiar they got with the course, the faster they rode, even though — to their minds — it felt as if they were putting out maximal effort on every attempt.

Then Dr. Swart and his colleagues asked the cyclists to ride the course with all-out effort, but withheld information about how far they'd gone and how far they had to go. Subconsciously, the cyclists held back the most in this attempt, leaving some energy in reserve.

That is why elite runners will examine a course, running it before they race it. That is why [Lance Armstrong](#) trained for the grueling [Tour de France](#) stage on l'Alpe d'Huez by riding up the mountain over and over again.

“You are learning exactly how to pace yourself,” Dr. Swart said.

Another performance trick during competitions is association, the act of concentrating intensely on the very act of running or cycling, or whatever your sport is, said John S. Raglin, a sports psychologist at [Indiana University](#).

In studies of college runners, he found that less accomplished athletes tended to dissociate, to think of something other than their running to distract themselves.

“Sometimes dissociation allows runners to speed up, because they are not attending to their pain and effort,” he said. “But what often happens is they hit a sort of physiological wall that forces them to slow down, so they end up racing inefficiently in a sort of oscillating pace.” But association, Dr. Raglin says, is difficult, which may be why most don't do it.

Dr. Swart says he sees that in cycling, too.

“Our hypothesis is that elite athletes are able to motivate themselves continuously and are able to run the gantlet between pushing too hard — and failing to finish — and underperforming,” Dr. Swart said.

To find this motivation, the athletes must resist the feeling that they are too tired and have to slow down, he added. Instead, they have to concentrate on increasing the intensity of their effort. That, Dr. Swart said, takes “mental strength,” but “allows them to perform close to their maximal ability.”

Dr. Swart said he did this himself, but it took experience and practice to get it right. There were many races, he said, when “I pushed myself beyond my abilities and had to withdraw, as I was completely exhausted.”

Finally, with more experience, Dr. Swart became South Africa's cross-country mountain biking champion in 2002.

Some people focus by going into a trancelike state, blocking out distractions. Others, like Dr. Swart, have a different method: He knows what he is capable of and which competitors he can beat, and keeps them in his sight, not allowing himself to fall back.

“I just hate to lose,” Dr. Swart said. “I would tell myself I was the best, and then have to prove it.”

Kim Smith has a similar strategy.

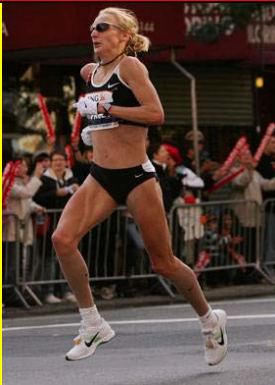
“I don’t want to let the other girls get too far ahead of me,” she said in a telephone interview. “I pretty much try and focus really hard on the person in front of me.”

And while she tied her success to having “some sort of talent toward running,” Ms. Smith added that there were “a lot of people out there who were probably just as talented. You have to be talented, and you have to have the ability to push yourself through pain.”

And, yes, she does get saliva all over her face.

“It’s not a pretty sport,” Ms. Smith said. “You are not looking good at the end.”

As for the race she ran with my son, she said: “I’m sorry if I spit all over Stefan.” (She didn’t, Stefan said.)



QUOTE:

“People often ask how I stay motivated, particularly on my long runs - but I actually enjoy running. It makes me feel alive and free. When I'm running along the coast or through beautiful forest, I can't imagine anything better. Of course there are days (afternoons especially) when I'm tired and I think it might be nice not to have to train - but it's when you conquer a tough session that you were nervous about that you feel the best.”

Paula Radcliffe, English long-distance runner who currently holds several world records

**WEDNESDAY NOVEMBER 03, 2010 –
GOT ZIP? - TRACK PYRAMID WORKOUT!**



Okay... so it had to happen sometime. Let's see what's still in the legs. Most of you have put a couple or more weeks between you and your last race therefore your recovery should be going well enough for you to start the rebuilding phase of your training. This will be your "pep" exam. This will not be a full out effort, but a variety of shorter distances at your suggested training paces according to the McMillan Running Calculator (<http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>) or slower. Right now we are working on re-building more of your endurance than speed so your first commitment is to complete the entire workout rather than hit the target paces. Let me repeat that... Complete **all** the intervals at your own paces using the McMillan tables only as a benchmark or slower. There will be a lot more workouts after this and we are still in

Maintenance mode. Check out the "INDEX TO PACING CHARTS" below for a hard copy too.

TRACK PYRAMID WORKOUT!

- **1 - 1½ minimum warm-up jogging** to the start.
- **25 X SIT-UPS** - Just the fact that we don't do these often enough... we are incorporating this routine before **every clinic workout**. And... if you don't see me doing these, tell me to get my fat butt down there and do them too... please.
- **5 x SPIDER-MAN PUSH-UPS**: Most of you have at one time or another seen how Spider-Man crawls up a wall. He stays very close to it (5 or 6 inches) and moving the right arm the left leg moves at the same time. In the SPIDER-MAN PUSH-UP you will walk on all fours in the same manner for 4 "steps" and then do 1 push-up and then take another 4 "steps and do another push-up. Do a total of **5 push-ups**. This will work your entire core, leg and arm muscles. It also takes a great deal of coordination so don't be surprised if you have to think a little here. It is important to do the opposite arm and leg movements to get a better core workout and improve your concentration.
- **12 x BURPIES** – People with lower back issues are excused from doing this one and can do 30 (each leg) under-the-leg hand claps plus 30 knee bends (not too deep).

- **STANDING ARM PUMPS** - <http://www.youtube.com/watch?v=6RKVRN1dmqQ&NR=1> - note that there is relaxation in the shoulders, elbows and hands and even though she is moving very quickly, there is no twisting movement in the torso and hips. This drill will be performed as a group so watch each other and give each other tips as to what you see. I'd like to hear more chatter out there about running as opposed to... This drill starts out slow and will gradually get faster. As we get faster we want you to stay relaxed. If you feel yourself getting tighter, we want you to resist the urge to tighten up and stay relaxed. It should be the same relaxation when going slow as when going fast. Stay loose. If you have difficulty relaxing, only go as fast as you can stay relaxed. Remember that what you do in these drills will transfer in the way you train and eventually run your race.
- **Arm Pump with opposite leg lift** – If you just skimmed the intro, there's a chart repeated below. After doing a couple of minutes of arm-pumps to get a full range of motion like the people in the "Instruction" video portion, we want you to practice an arm swing and bringing the leg up to make the number "4". Remember that if you are bringing your knee up to 45 degrees your elbow must also be back to 90 degrees. To avoid being lackadaisical and get a really good extension, we'd like you to get a full extension every second pump. Allow your heel to come off the ground as your opposite leg comes up or passed the 90 degree mark. Do 3 sets of 5 concentrated repetitions on each leg alternating each leg between sets.

NEW LEG LIFT DRILL

101 – 204 PROGRAM
1 X 5 REPS RIGHT LEG
1 X 5 REPS LEFT LEG
REPEAT 3 X's
NOTE: Perform every second lift higher than the first using a greater arm swing at the same time.

- **STEP OVER- DRIVE DOWN DRILL - 3-MINUTES.**
- **5 – 8 X STRIDES** – Think about your form and staying relaxed as you slowly accelerate through the drill.
- **3 X DESCENDING 200's** - with a 2 minute walk/jog recovery. Remember... this is warm-up so take the full recovery. Use the slow end of the McMillan **Speed Workout Pace Table** and advance 2 seconds each interval. If it feels easy, it's supposed to... its warm
 - **1X 400 meters** with a 2 minute walk/jog recovery or using a HRM.
 - **1 X 600 meters** with a 2 minute walk/jog recovery or using a HRM.
 - **1 X 800 meters** with a 2 minute walk/jog recovery or using a HRM.

- **1 X 1200 meters** with a 2 minute walk/jog recovery or using a HRM.
- **1 X 800 meters** with a 2 minute walk/jog recovery or using a HRM.
- **1 X 600 meters** with a 2 minute walk/jog recovery or using a HRM.
- **1 X 400 meters** with a 400 meter recovery walk/jog or using a HRM.
- **3 X DESCENDING 200's** - with a 2-minute walk/jog recovery. Remember – this is part of your cool-down before you're A-B-C's. We would like to ask of our group leaders that should they see anyone who may be having trouble with the A-B-C's, to give them a little demonstration or to tell Russ or Lorne about it. These are a very important part of the workout and should not be rushed nor neglected. They are one of those “little things” that make a complete runner.
- **2 x A-B-C's** - You should be exhilarated at the end of your run with high-fives all around. I really would really appreciate the feedback from everyone at the end of the workout as it is quite necessary in order to ensure that you are all feeling great and in the right frame of mind. We want you maximize your training benefits by staying in your training zone and if there are any issues to be taken care of, let's deal with them immediately while it's early in the maintenance program. You should start over the next week to start feeling the benefits.
- **1 - 1½-mile cool-down back to the store for core exercises and 18 minutes light stretching.**
<http://www.youtube.com/watch?v=Eit3pGym2Dg> and review the video on A-B-C's. Focus on form... especially for the following drills.
 - **PRONE X 1:00** – Balance on your elbows and toes for 1:00 keeping the torso off the floor.
 - **FACE-UP PRONE X 1:00** – Balance on your elbows and heels facing the ceiling keeping the butt off the floor for 1:00.
 - **LATERAL PRONE X 1:00** – Balance on one arm and outside of foot keeping the hips off the floor for 1:00 and switch sides.
 - **TORSO RAISES X 8** - Lay down on your back with knees bent and hands at your side and lift your torso off the ground. If this bothers your back then do the standing hamstring curl routine. If this bothers your back and standing is too easy then you may want to use an elastic “Thera-band” or inner tube. If any of these exercises irritates the hamstring then you really should seek out physiotherapy as quickly as possible and get it taken care of right away.
 - **DONKEY KICKS X 15 EACH LEG** – On all 4's **lift** one leg in an upward direction 15 times and repeat on the other leg. This exercise can be also done at the gym on some incline leg press machines. It really makes the hamstrings cramp until you get stronger! Remember to kick up... not out. Lift up using the hip flexors. Although it is traditionally called a “kick”, I would prefer a lifting motion.

- **KNEE CIRCLES X 15 EACH LEG** – From an all 4's position rotate the knee in a circular manner as efficiently as possible **using the greatest range of motion possible**. Remember... this is not a speed drill. After 15 repetitions, reverse direction. We want to increase the range of motion in your hips and make them stronger and more flexible.
- **18 MINUTES STRETCHING** – It's probably best to do the stretching after these brief exercises because they will cause some muscle contractions. **DON'T FORGET TO DO YOUR HAMSTRING STETCHES TOO!**

GROUP PACES

HALF-MARATHON	FULL MARATHON	RUN LEADER
<i>1:20-1:30</i>	<i>2:50-3:10</i>	<i>CDRE. <u>Russ Fraser</u></i>
<i>1:30-1:42</i>	<i>3:10-3:35</i>	<i><u>Will Mc Kinnon</u></i>
<i>1:42-1:49</i>	<i>3:35-3:50</i>	<i><u>Kelly Rowson</u></i>
<i>1:49-1:58</i>	<i>3:50-4:10</i>	<i><u>Angela Elmans</u></i>
<i>1:58-2:05</i>	<i>4:10-4:25</i>	<i><u>Lori Rendell</u></i>
<i>2:05-2:15</i>	<i>4:25-4:45</i>	<i><u>Shirley Timmins</u></i>
<i>2:15-2:22</i>	<i>4:45-5:00+</i>	<i><u>Maggie Mathews</u></i>

RUNNING ARTICLES OF THE WEEK:



By Pete Pfitzinger, M.S.

As featured in the Jan Feb 2005 issue of Running Times Magazine

Last month we discussed the importance of developing short-term and long-term recovery strategies. In this issue, we look at how to monitor how well your body is recovering from training.

By recording a few simple measures in your training diary each day, you will gain insight into how your body responds to various training and lifestyle factors in

order to help prevent over-training, illness and injury. You can improve your recovery and running performance by using this newfound knowledge to adjust your training program and fine-tune other aspects of your lifestyle.

- 1. Early morning heart rate:** If your heart rate when you first wake up in the morning is more than five beats per minute higher than usual, you may be coming down with a bug or be overtired from training. In that case, it is wise to avoid hard training sessions for a few days. Check your waking heart rate for a week to determine what "normal" is for you. Your heart rate increases by about 10 beats per minute when you get out of bed, so check it as soon as you wake up (if possible, avoid using an alarm).
- 2. Quality and hours of sleep:** To monitor your sleep patterns, rate the quality of your sleep each night on a scale from one to 10, and record how long you slept. A reduction in sleep quality often has a negative impact on running performance. Although reduced sleep quality is frequently associated with overtraining, it can also be caused by a variety of non-running stresses. The number of hours that you sleep is not particularly important for any one night, but over several nights a sleep deficit can impact your recovery and ability to adapt positively to training.
- 3. Weight:** Check your weight several times per week, always at the same time of day. If you have a small decrease in weight for a couple of days, you are most likely dehydrated, which can easily be corrected. Weight loss over several weeks indicates that you are not eating enough calories for the amount of training you are doing, are overtraining, or have an illness.
- 4. Diet quality:** A lack of energy can often be traced to poor food choices. In particular, low carbohydrate intake for a day or two can leave you feeling flat during training. Evaluate the overall quality of your diet each day on a scale from one to 10, and note any foods that you feel hindered your training. Rating the quality of your diet will remind you on a daily basis to select the right foods.
- 5. Hydration level:** Dehydration has an immediate negative effect on your running performance and delays recovery from training. Your daily weight provides a good indication of whether you are dehydrated. Record your hydration level each day on a scale from one to 10, and note any factors that may have led you to be dehydrated (the marathoner I coach who wrote "too much wine and cigars" was probably right).

6. Energy level: Monitoring your energy level is one of the best ways to evaluate your recovery from training. Record your energy level each day on a scale from one to 10. The most common causes of low energy levels are too many hard training days in a row, illness, dehydration, inadequate carbohydrate intake, low iron levels, and lack of sleep. By reviewing your training diary, you should be able to identify and correct the likely cause.

7. Muscle soreness: Runners typically have a degree of muscle soreness most of the time. Soreness in a specific muscle indicates a possible injury, whereas more general muscle soreness provides an indication of how well you are adapting to training. Assess your general muscle soreness each day on a scale from one to 10. An increase in general muscle soreness that lasts more than a few days may indicate that you are ill or overtrained. You should not be concerned with a moderate increase in soreness for a couple of days following a race or hard workout, and specific muscle soreness from downhill running often lasts up to four days.

8. Heart rate at a set pace: As with your waking heart rate, your heart rate when running at a specific pace provides an indication of how well recovered you are. Check your heart rate at a track at a relaxed training pace. If your heart rate at that pace is more than five beats per minute higher than usual, then you may need more recovery before your next hard training session. Your heart rate at a set pace varies naturally by a few beats per minute from day to day and is also affected by dehydration, hot or humid conditions, and head winds, so take these factors into consideration.

9. Environmental conditions: Your body undergoes additional stress when you run in extreme heat and humidity, or bitter cold. Keep track of how your body responds to tough environmental conditions by recording the temperature and humidity on hot days and the temperature and windchill factor on cold days. If you find that you consistently have trouble recovering from training in tough environmental conditions, it may be prudent to take a day off or train indoors on the most extreme days.

Two-time Olympian Pete Pfitzinger is an exercise physiologist.

INDEX TO PACING CHARTS:

See the corresponding individual newsletter for the correct training and racing paces that you are currently doing. For those people who may have just joined us and do not have the pace chart you may need, you can email Russ or Lorne and we will send it out to you.

NEWSLETTER ISSUE

TRAINING PLAN

Week 1:	TRAINING FOR A 3:00 MARATHON
Week 20:	TRAINING FOR A 3:05 MARATHON
Week 14:	TRAINING FOR A 3:10 MARATHON
Week 16:	TRAINING FOR A 3:15 MARATHON
Week 9:	TRAINING FOR A 3:20 MARATHON
Week 21:	TRAINING FOR A 3:25 MARATHON
Week 4:	TRAINING FOR A 3:30 MARATHON
Week 7:	TRAINING FOR A 3:40 MARATHON
Week 17:	TRAINING FOR A 3:45 MARATHON
Week 12:	TRAINING FOR A 3:50 MARATHON
Week 2:	TRAINING FOR A 4:00 MARATHON
Week 13:	TRAINING FOR A 4:10 MARATHON
Week:18	TRAINING FOR A 4:15 MARATHON
Week 10	TRAINING FOR A 4:20 MARATHON
Week 5:	TRAINING FOR A 4:30 MARATHON
Week 8:	TRAINING FOR A 4:40 MARATHON
Week 3:	TRAINING FOR A 5:00 MARATHON
Week 15:	TRAINING FOR A 5:10 MARATHON
Week 19:	TRAINING FOR A 5:15 MARATHON
Week 11:	TRAINING FOR A 5:20 MARATHON
Week 6:	TRAINING FOR A 5:30 MARATHON

TRAINING FOR A 3:25 MARATHON

3:25:00 MARATHON TABLE		MINUTES PER MILE	SPLITS				
			1200	800	400	200	100
RECOVERY/ ENDURANCE RUN PACES	LONG RUN PACE	9:50					
	MARATHON RACE PACE	7:50	5:50	3:53	1:56	0:58	0:29
	STEADY STATE PACE	7:39	5:42	3:48	1:54	0:57	0:29
	TEMPO PACE	7:25	5:32	3:41	1:50	0:55	0:28
PREDICTED RACE PACES	HALF-MARATHON RACE PACE (1:37:12)	7:25	5:32	3:41	1:50	0:55	0:28
	15KM RACE	7:16	5:25	3:36	1:48	0:54	0:27
	10KM RACE	7:01	5:14	3:29	1:45	0:53	0:27
	5KM RACE	6:46	5:02	3:21	1:41	0:51	0:26
	3 KM RACE	6:28	4:49	3:12	1:36	0:48	0:24
INTERVAL TRAINING PACES	1-MILE REPEATS	7:00	5:13	3:28	1:44	0:52	0:26
	ELLIS 1200's		5:07	3:25	1:43	0:52	0:26
	800-METER REPEATS			3:21	1:41	0:51	0:26
	400-METER REPEATS				1:37	0:49	0:25
	200-METER REPEATS					0:44	0:22
	100-METER REPEATS						0:21
	HILL REPEATS @ HALF- MARATHON PACE		1 st REPEAT (1:30)	2 nd REPEAT (1:28)	3 rd REPEAT (1:27)		

NOTE: THERE WAS AN ERROR IN A PREVIOUS PACE TABLE, THEREFORE ALWAYS RECHECK THE NUMBERS TO MAKE SURE THEY ARE ALL CORRECT. Note also whenever there is an odd time such as a 400-meters in 2:15, the 200-meters goal will be at the slower time of 1:08. This is so that you ease into the pace you want and it's easier on the system to turn it up than it is to make adjustments by trying to slow down. It also gets you into the idea of always trying to "negative split". This is when your second half is faster than your first. Your system works more efficiently as it gives it a chance to warm up better. It's similar to anything mechanical. The higher the speed, the faster it wears out, but if you start out slow and warm it up to higher speeds, than it works for a lot longer with less maintenance. Simple, eh? Let us know if you are confused.



VIDEO BREAK – [Podcast: The Evolution of Training Theory](#)

– By former Vancouver Marathon winner Roger Robinson

Running Times senior writer [Roger Robinson](#) discusses how conventional wisdom on training has changed over the decades. (13:48). Here's another view of stepping outside your comfort zone. Another topic he touches on is quality versus quantity and the secret for younger and older runners is in recovery! Also see the November issue of RUNNING TIMES MAGAZINE.

...AND JUST FOR FUN: [Down & Dirty Mud Run / Ft Lewis, WA / May 15, 2010](#) – Check out the video at <http://www.ontherunevents.com/photos/>

Tune-Up For Successful Racing

Tune-up races are essential to producing peak performances

By Pete Magill

As featured in the October 2010 issue of Running Times Magazine

No single workout better prepares us for a goal race than a tune-up race.



While we can simulate many of the physical demands of racing by running hard intervals or a time trial, that simulation is far removed from the experience of toeing the line.

"Racing is about people and not clocks," says Steve Ovett, an Olympic champion and former world record-holder in the mile.

Racing is also about nerves. And confidence. And self-control. It's about the ability to deal with inadequate parking, delayed start times, bad weather, a shortage of portapotties, and any other obstacle that crops up in a race environment. And, of course, it's about putting the mental and physical pieces together to produce our best performance.

Tune-up races prepare us for all of this, both melding the elements of our training fitness and familiarizing us with the situational aspects of race day.

But what length tune-up races work best? And when should we run them? How should we interpret the results? Not surprisingly, different goal race distances come with different tune-up prescriptions.

5K/10K

Mark Conover, the 1988 Olympic trials marathon champion, is the head track and cross country coach at Cal Poly San Luis Obispo. He believes that tune-up races are beneficial for several reasons:

- 1) We learn how to race.
- 2) We get familiar with the "feeling" of racing.
- 3) We learn what we need to work on in our training.
- 4) We become race-fit.

What Distance & When

Conover says, "For the 5K and 10K, racing over-distance isn't as crucial as racing under-distance. In fact, unless the recovery time between races is adequate, it isn't wise to race a 10K if the 5K is the focus race, nor a half marathon if getting ready for a 10K." Instead, race 1500m as a tune-up for a goal 5K, or a 5K if we're targeting the 10K. Run tune-ups every two weeks until you've built your race fitness.

Expectations & Adjustments

Conover cautions against expecting too much from tune-up races. "You don't have to set the world on fire," he says. "You just want to feel like it was a solid effort." If the tune-up is run more than two weeks before our goal race, we can adjust our training based upon race feedback. But if the tuneup is less than two weeks out, we should resist the urge to tinker with our workouts. "Fitness is a process that takes time," says Conover.

Mistakes

"It's better to be undertrained than over-trained," says Conover. If we have a hard time recovering from our tune-up races, that's the time to "back off, not dig in and put your body through more than it can take."

HALF MARATHON

Paul Aufdemberge is the two-time defending USATF masters half marathon champion, with a lifetime best of 1:02:30 at the distance (good for 20th place at the 1993 world championships). Aufdemberge considers tune-up races to be more "helpful" than necessary before a half marathon.

What Distance & When

When running tune-ups, Aufdemberge prefers 8Ks and 10Ks. "Ideally, you could run a couple of those one to two months out from your half," he says. But he emphasizes that we should limit our tapers for tune-ups and avoid races longer than 10K. If we do run a longer tune-up, we should race it at tempo effort.

Expectations & Adjustments

For Aufdemberge, it's more important to feel strong in tune-up races than to run fast times. "Since it's not a goal race," he says, "you should feel like you ran fairly evenly all the way through. You should feel like you could have run faster. You don't want to charge out and die. That will only lower your confidence, and you won't have learned as much about your fitness." Aufdemberge warns against making training adjustments when the tune-up is less than a month out from our goal race. "You can still make fitness gains in those last four weeks," he says, "but it's not the time to panic."

Mistakes

Aufdemberge cites over-racing, running tune-ups too hard, and racing too close to the target half marathon as mistakes. "You want to step on the start line of your goal race feeling fresh both mentally and physically," he says. "You want to be able to say to yourself, 'I'm ready to do whatever it takes to meet my goal today. I'm really ready to go!'"

MARATHON

Regina Joyce was the 1981 NCAA 3,000m champion and ran for Ireland in the inaugural women's marathon at the 1984 Olympics. She resides in Redmond, Wash., where she coaches and competes as a masters athlete. Joyce considers tune-up races to be critical for marathon preparation. "They're basically your measuring stick," she says. "Are you getting stronger? Are you getting faster? Are you ready?"

What Distance & When

"I think the ideal situation would be to run a 10K early in your preparation," says Joyce. "Then run a half marathon as far out as you can, maybe five to six weeks. And then after you've started your taper, a 5K about a week to 10 days before your marathon."

Expectations & Adjustments

Joyce advises running tune-ups "fast and relaxed," without worrying about a particular finish time. "The key is to keep your eye on the goal. Sometimes you do go out and run your fastest 5K of all time, and that just adds to the joy of it. But the marathon is your target." She cautions against making training adjustments based upon tune-ups. The only time she's done that was while training for the 2009 Portland Marathon. "I ran a half marathon a month earlier and just felt horrible," she says. "I felt like I'd overdone it, and I took three or four days off. I allowed myself to recover." A month later, Joyce ran a great marathon.

Mistakes

"The mistake a lot of people make," says Joyce, "is to train harder after a disappointing tune-up race." Instead, runners should recognize that a poor result probably indicates the need for recovery, not more work. "They need to listen to their bodies and back off," says Joyce.

TUNE-UP RACE SUBSTITUTES

Tune-up races are essential for achieving top performances in our goal races. But the reality is that there isn't always a tune-up race around when we need it. Geography, climate and time of year can limit the number and type of race events available. Also, races can be expensive. Between gas, parking, and entry fees -- not to mention a post-competition triple mocha Frappuccino -- races can cost a lot of cash. So sometimes we need alternatives to tune-up races.

For the 5K and 10K, Mark Conover suggests either a time trial or a specific indicator workout. "You need to really push the limit on your VO2 max," he says. Examples of these workouts are: a 1500m time trial; 5 x 1,000m at goal pace, with a 1-lap recovery jog; 2 x 1 mile at 5K pace, with a 1-lap recovery jog. Conover recommends doing these workouts on a treadmill if the climate demands it. For the half marathon, Paul Aufdemberge prefers two key workouts: a tempo run; 3 x 2 miles at race effort, with a 3-to 4-minute recovery jog.

Aufdemberge emphasizes that a tempo run should last 6-8 miles and be run at an effort that is slightly easier than race effort. "If you have runners in your area who are close to your ability and can run with you," he says, "that would be ideal." The tempo run should be run no closer than three weeks out from our goal race, while the interval session can be done 10 days before our half marathon.

For the marathon, Regina Joyce suggests either a time trial or a long run that includes up to an hour at marathon pace. "I ran a marathon back in February," she says, "and there weren't a lot of races. So I did a lot of long runs, with the last hour at marathon pace. I got people to run them with me, so I had plenty of company."

COACHES' NOTES: Did I see a suggested 1500-meter time trial... could it be like the "FRIDAY NIGHT MILE"? Although this suggestion was for prior to a 10KM event, there is no reason why this cannot be as part of your regular training for the FALL CLASSIC HALF-MARATHON too.



Roy Benson's Coachly Wisdom: Elbows, Knees and Feet

How your arm carriage affects your foot strike

By Roy Benson

As featured in the Web Only issue of Running Times Magazine

All this excitement about bare feet, minimalist footwear and foot strike is overlooking an important component of your form. What role does your arm swing play? Well, perhaps surprisingly, it can definitely have a role in the biomechanics of your foot strike. If so, how should your arms be working when you're running? Should they be pumping with hands coming up to and in front of your shoulders? Or swinging across the front of your ribs to the body's midline? How about the angle of the forearm and the upper arm at the elbow? Acute or 90 percent or obtuse? Is there a relationship between this angle of rotation and stride length and hence also with foot strike?

Before you consider changing your footwear, it's good to understand that the wrong choice of shoes isn't the only cause of knee pains and other strains and injuries to the rest of your legs. As a coach, I firmly believe that most problems are caused, pure and simple, by training mistakes. The reason that you hear over and over again to not go too far or too fast too soon is because there's truth in the warning.

The next cause of leg injuries, after poor decisions about workouts, is the common problem of over striding. Most experts agree that over striding happens when your foot touches down about 10-12 inches ahead of your center of gravity, and this can happen whether you land midfoot or heel first. The degree to which the braking effect and the resulting force of 1.5 to as much as 3 times body weight depends mostly on your stride length. Your particular set of biomechanical givens, as well as your speed, can be much more important than your foot wear in determining if such is the case when you touch down. Landing heel first or on the ball of your foot isn't as important as avoiding touching down with your knee locked and your leg straight. (Sprinters going full speed may be a different story, but let's ignore their biomechanics here and continue to focus on distance running.)

Granted that switching from a heel first to a mid foot strike can help you avoid over striding; so can changing the angle of your arms at the elbow. Surprisingly, one way to change your stride, and thus your foot strike, is to change the way you swing your arms. Why? Because there's a relationship between the tempo of your arm swing and your foot strike. And changing this relationship can affect the point of contact with the ground even in heavy training flats.

For example, let's say that you are long-legged with a split of your height strongly in favor of your legs (no matter how tall you are). If so, and if you carry your arms low, i.e., with greater than a 90-degree angle at the elbow with your forearms swinging back and forth down at hip height, you're probably making your long legs take a long, slow stride. Thus, there's a good chance that you're over striding, no matter what part of your foot touches down. Running like this can be highly inefficient even though the foot strike is

midfoot and right under the center of gravity.

All this brings up a conundrum about the relationship between the turnover rate of your legs and the tempo of your arm swing as a sort of chicken-or-egg dilemma; which comes first? Do your arms swing merely as a counterbalance to your stride turnover, or can they tell your stride to shorten or lengthen? By changing the angle at your arms at your elbow, you can change your stride length, and thus the contact of your foot strike.

Since over striding is the cause of a greater body weight force and thus greater stresses and strains throughout the entire body, let's focus on how to shorten your stride so you can land with your knee bent closer to your center of gravity. To see how tightening the angle at your elbow will make your arms swing through their range of motion quicker, picture a pendulum like the one in a grandfather clock as it swings back and forth with a counterweight attached. The length of the arc of the pendulum swing will depend on the center of gravity of the pendulum, and that's determined by the position of the counterweight. The lower the center of gravity, the longer the arc and hence the more time the clock takes to record each swing. Thus, if the clock is too slow, by raising the counterweight, you'll raise the center of gravity and thus shorten the arc of the swing back and forth. In short, the clock speeds up and runs faster.

And, if you are an over strider, so will you, if you raise the center of gravity of your arms by tightening the angle of rotation at your elbow. Make your arms swing faster and your legs will have to follow by taking a shorter stride. If, after you push off your trail leg, this helps you come down to earth with more of an angle at your knee closer to your center of gravity, maybe your shoes aren't the problem.

Running safely is all about efficiency at every pace, on any kind of surface, in all kinds of equipment. Like all scientific answers to problems, it's all about cause and effect. And, like running, the experiments go on and on and on. Nothing is simple.

PUPPY BREAK!



"GO-GO PUPPY POWERS!"

QUOTE:

"You are not here merely to make a living. You are here to enrich the world."

Woodrow Wilson

THURSDAY NOVEMBER 04, 2010

101 - 202 PROGRAMS - REST!

203 - 204 PROGRAMS - EASY 3-MILES



The only people who usually run on this day are those who are on a 6-day running program, but we don't want you starting unless you feel totally recovered. There is no benefit to compounding fatigue just because you think you have to run in order to get in a bunch of junk miles. Again, we can appreciate that you want to run. We can appreciate that you feel a necessity to run. But, this is also your recovery and maintenance period and there is a full schedule ahead of you. If you would like to know if by running today if it will help your program the answer is definitely, "NO!" You may still need to rest just as much as you need to work out. There are no gains in flogging a dead horse just as there is no sense running on tired muscles that are trying to repair themselves. Most runners learn to run in a fatigued state all the time and cannot tell the difference between feeling really good going into an event or feeling "normal". Normal for them is not feeling totally exhausted when you should be feeling like you have energy to burn. If you feel like the latter then you are well on your way to recovery. If you feel so-so, then take another week of rest. Don't push yourself. Your body (and mind) still needs a chance to recover. Next week you can add in this day and trust me, by occasionally not doing this (even during the regular program), you will feel much better going into your workouts the following week.

CLINIC PROGRESSION CHART!

<i>NUMBER OF CLINICS</i>	<i>NUMBER OF RUNNING DAYS</i>	<i>SPECIFIC RUNNING DAYS TO MAXIMIZE PROGRESSION</i>
1ST CLINIC (101)	3 DAY PROGRAM	MON, WED, SAT
2ND CLINIC (102, 201, 301)	4 DAY PROGRAM	MON, WED, FRI, SAT
3RD CLINIC (103, 202, 302)	5 DAY PROGRAM	MON, TUES, WED, FRI, SAT
5TH CLINIC (104, 203, 303)	6 DAY PROGRAM w/drills	MON, TUES, WED, THURS, FRI, SAT
7TH CLINIC (105, 204, 304)	6 DAY PROGRAM w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
7TH CLINIC (106, 205)	7 DAY PROGRAM (2010) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
9TH CLINIC (501)	7 DAY PROGRAMS (2012) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN
11TH CLINIC (502)	7 DAY PROGRAMS (2014) w/drills	MON, TUES, WED, THURS, FRI, SAT, SUN

A Nine-week Plan for Staying in Shape While Injured

A day-by-day approach

By Pete Pfitzinger, M.S.

As featured in the May 1999 issue of Running Times Magazine

You are guilty of enjoying your running too much and ignoring the early warning signs of an injury. Your sentence is eight weeks of no running. You're injured, and it's a big one. The doctor says absolutely no running for two months, and then a gradual return.

This is the news Scott Douglas received last fall when he was diagnosed with a stress fracture of the tibia. Scott sent me an SOS by e-mail. He asked for a crosstraining plan that would keep him fit and preserve his sanity while his shin recovered. Having endured similar trials myself (and vicariously through my wife), I knew Scott would be frustrated and worried that he would rapidly lose fitness. And his usual form of stress relief, running, would be absent. I needed to design a training schedule that would be hard enough to maintain fitness for a well-trained runner, but not so hard that Scott would become discouraged and quit before the injury was fully healed.



Most of the benefits of training are reversible. Your cardiovascular fitness, for example, decreases measurably after two to three weeks without training. Studies have shown, however, that with reduced training you can maintain your fitness at almost the same level for several months. The intensity and specificity of cross training workouts are most important in determining how much fitness you lose when you take time off from running. You must do some training above 70% of VO₂ max in order to maintain your aerobic fitness and racing performances. And of course, you need to find a method of cross training that will allow your injury to heal.

The best way to cross train

Depending on your specific injury, you may be able to cycle, row or use a cross-country skiing simulator. If you can do these activities without interfering with your recovery, then by all means include them in your cross training program. Unfortunately, however, these types of exercise aggravate a number of running injuries. Scott could not do any of them without causing pain to his injured tibia.

One thing Scott could do without pain or aggravation of his injury was run in deep water. Deep-water running is an activity that can be done with most running injuries. Running in the water while wearing a flotation vest provides an excellent training stimulus and more closely simulates land running than most other crosstraining options. Deep-water running is a total-body exercise that works your legs, trunk and arms, and positively stresses your cardiovascular system.

Several studies have verified that deep-water running can be used by runners to maintain fitness. In one study, investigators from Florida State University coerced a group of trained male runners to run in the water while another group continued regular training. The runners were tested for VO₂ max, lactate threshold and running economy before and after six weeks of training.

The water-running group fully maintained aerobic fitness over the six weeks. Similarly, a study by Ed Eyestone (yes, that Ed Eyestone) and colleagues at Brigham Young University found no change in two-mile-run time after runners trained in the water exclusively for six weeks.



Additional support for the fitness benefits of water running is provided by a study from the exercise physiology lab at the University of Toledo, in which trained runners ran in the water five or six days per week for four weeks. These runners had no change in 5K performance time, VO₂ max, lactate threshold or running economy after four weeks of water running. Thus, there seems to be very little question that water running is an effective way for runners to stay fit.

Water-running technique

Proper technique for water running is an area of some debate. Some coaches insist that you try to simulate land-running form as closely as possible. Although that is a nice ideal, I believe that the most important consideration is to maintain your training intensity to the degree possible, and if your form isn't perfect, so be it. Regardless of your running form, your stride rate will be slower when water running because of the increased resistance of moving your legs through water. If you try to simulate land running too closely, your stride rate will be even slower. For that reason, don't worry if your leg isn't brought behind the body to the same degree as in land running. Find a happy compromise with decent form and a reasonable rate of leg turnover.

Some athletes move forward while running in the water and actually do laps during their workouts. Whether you move forward or remain relatively still depends on subtle differences in body position. I recommend a relatively upright posture during water-running workouts. This will work your trunk muscles and result in only a slight tendency to move forward through the water.

Gauging your effort

You will not be able to achieve as high a heart rate running in the water as running on land. A study from the Karolinska Institute in Stockholm found that heart rate is eight to 11 beats per minute slower for the same oxygen uptake when running in the water compared to land running. This study also found average maximal heart rate to be 16 beats per minute lower during all-out water running compared to running on land. Lower heart rates during water running are primarily due to the pressure of water on the body, which makes more blood return to the heart so more blood is pumped with each contraction.

A useful rule of thumb is that heart rate during water running is about 10% lower than during land running. If you get your heart rate up to 140 beats per minute in the water, that is roughly equal to 154 beats per minute during normal running. The temperature of the water affects your heart rate; the heart will beat more slowly in cool water and more rapidly in warm water. Two studies have found that women have slightly lower heart rates and oxygen consumption levels than men during deep-water running. This is thought to be due to women's generally higher body-fat percentage and resultant greater buoyancy than men.

The Karolinska Institute study found that perceived exertion is higher during water running for a given heart rate or level of oxygen consumption. So, in attempting to get a beneficial workout in the water, you will feel that you're working harder than during land running. For this reason, the nine-week schedule emphasizes interval workouts in the water. If you only do steady water-running sessions your effort won't be high enough to maintain your fitness. A study on water running by former 800-meter runner Tim Quinn, Ph.D., and colleagues at the University of New Hampshire concluded that it appears to be critical for runners to include intervals, tempo running and/or fartlek training in order to maintain fitness while water running.

Nine Weeks to Recovery

To survive a no-running routine while your injury heals, you need a **schedule** that provides structure and poses a challenge. **With the program outlined below**, you don't have to worry about losing fitness. In fact, if you approach the program aggressively, you may come out of the water fitter than before your injury. Scott says, "I enjoyed the borderline-psychotic challenge of setting duration PRs, which peaked with a two-hour interval session on New Year's Eve."

This schedule is not for the faint of heart. The program includes five days of deep-water running per week for eight weeks. One day per week calls for a specific 30- to 45-minute stretching session. The seventh day calls for another form of cross training (if your injury will allow it) or rest. In the ninth week, you start to reintroduce land running to your schedule. When you look at the schedule, you will notice a lot of interval workouts. That's because it is very difficult to work at a high enough intensity to maintain your fitness if all you do is steady-state water running. Interval sessions in the water give you brief breaks (both physical and mental); these allow you to work harder and obtain a superior workout. Another plus is that time passes relatively quickly while doing intervals, whereas steady water running is boring.

Monday's sessions are repeats of 1:30 hard followed by 30 seconds of easy recovery running. The first week, you warm up, then do two sets of five intervals with a two-minute break between the two sets. At the end of your cool-down, you'll have completed 32 minutes of water running, with 15 minutes of that at high intensity. Over the nine weeks, Monday's workouts progress to three sets of nine reps for a total workout of 68 minutes with just over 40 minutes at high intensity.

Tuesday's workouts consist of longer repeats (2:30) with 30 seconds recovery. These are tougher than Monday's sessions because you must hold the intensity of each interval longer, while the rest remains the same. This workout is very efficient when you are pressed for time. In the ninth week, you blissfully get to go out for your first run, albeit only 10 easy minutes.

Wednesday's workout is the toughest of the week mentally. It is the only water-running workout of the week that you do at a steady effort level. Scott and my wife both mastered this session, but I must admit I found it mentally very difficult. Former New York City Marathon winner Priscilla Welch, however, had no problem with steady water running. I recall watching the Super Bowl at a New Zealand pub a few years ago with Priscilla, her husband, Dave, Dick Quax and a few others. Shortly after the kickoff, Priscilla excused herself and headed to the adjacent pool for a workout. As the Patriots were thrashed, Priscilla kept running and running. She returned more than two hours later, her effort a testament to mental tenacity.

There is no water running on **Thursday**. After three successive days in the water, you need a break. This is the perfect opportunity to do the stretching that you usually put off because of lack of time. A 30- to 45-minute session dedicated specifically to stretching will improve your flexibility and help prevent future injuries once you are back running. A yoga class is a great alternative for this workout.

On **Friday**, it's back to the pool for more intervals—this time a ladder. You start with 1:00 hard followed by 1:00 easy, then hold the recovery at 1:00 and increase the duration of the hard efforts, then decrease it going back down the ladder. This workout feels great on the way back down.

Saturday is very tough mentally: reps of 5:00. The first week calls for four reps of 5:00 hard with 1:00 easy between efforts, and you build up to eight reps of 5:00 hard, followed by 10 times :45 hard. The challenge is to maintain your mental focus during the 5:00 efforts. During this session, I find it helpful to keep my concentration by visualizing running repeat miles on the track. (Man, you must be hurting when you fantasize about running repeat miles!)

Sunday you do either another form of cross training such as cycling or rowing (if your injury will allow it) or rest. A long, vigorous walk on Sunday will give you some of the aesthetic and mental benefits of a run and will help prepare your legs for your return to land running.

Nine-week Training Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5:00 warm-up 2 sets of 5 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 32:00	5:00 warm-up 6 x 2:30 hard (:30 easy recovery) 5:00 cool-down Total workout: 28:00	5:00 warm-up 5:00 stretching 30:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 32:00	5:00 warm-up 4 x 5:00 hard (1:00 easy recovery) 5:00 cool-down Total workout: 34:00	30:00 alternate crosstraining or rest
Week 2	5:00 warm-up 2 sets of 6 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 36:00	5:00 warm-up 7 x 2:30 hard (:30 easy recovery) 5:00 cool-down Total workout: 31:00	5:00 warm-up 5:00 stretching 35:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 32:00	5:00 warm-up 5 x 5:00 hard (1:00 easy recovery) 5:00 cool-down Total workout: 40:00	35:00 alternate crosstraining or rest

Week 3	5:00 warm-up 2 sets of 7 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 40:00	5:00 warm-up 8 x 2:30 hard (:30 easy recovery) 5:00 cool-down Total workout: 34:00	5:00 warm-up 5:00 stretching 40:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 400 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 32:00	5:00 warm-up 6 x 5:00 hard (1:00 easy recovery) 5:00 cool-down Total workout: 46:00	40:00 alternate crosstraining or rest
Week 4	5:00 warm-up 2 sets of 8 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 44:00	5:00 warm-up 9 x 2:30 hard (:30 easy recovery) 5:00 cool-down Total workout: 37:00	5:00 warm-up 5:00 stretching 45:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 400 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 37:00	5:00 warm-up 7 x 5:00 hard (1:00 easy recovery) 5:00 cool-down Total workout: 52:00	45:00 alternate crosstraining or rest
Week 5	5:00 warm-up 2 sets of 9 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 48:00	5:00 warm-up 2 sets of 5 x 2:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 42:00	5:00 warm-up 5:00 stretching 50:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 400 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 37:00	5:00 warm-up 8 x 5:00 hard (1:00 easy recovery) 5:00 cool-down Total workout: 58:00	50:00 alternate crosstraining or rest
Week 6	5:00 warm-up 2 sets of 10 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 52:00	5:00 warm-up 1 set of 6 x 2:30 hard 1 set of 5 x 2:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 45:00	5:00 warm-up 5:00 stretching 55:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 400 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 37:00	5:00 warm-up 8 x 5:00 hard (1:00 easy recovery) 5 x :45 hard (:15 easy recovery) 5:00 cool-down Total workout: 63:00	55:00 alternate crosstraining or rest
Week 7	5:00 warm-up 3 sets of 7 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 56:00	5:00 warm-up 2 sets of 6 x 2:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 48:00	5:00 warm-up 5:00 stretching 60:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 400 hard, 1:00 easy, 5:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 43:00	5:00 warm-up 8 x 5:00 hard (1:00 easy recovery) 10 x :45 hard (:15 easy recovery) 5:00 cool-down Total workout: 68:00	60:00 alternate crosstraining or rest

Week 8	5:00 warm-up 3 sets of 8 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 62:00	5:00 warm-up 2 sets of 6 x 2:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 48:00	5:00 warm-up 5:00 stretching 65:00 steady	30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 5:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 43:00	5:00 warm-up 8 x 5:00 hard (1:00 easy recovery) 10 x :45 hard (:15 easy recovery) 5:00 cool-down Total workout: 68:00	65:00 alternate crosstraining or rest
Week 9	5:00 warm-up 3 sets of 9 x 1:30 hard (:30 easy recovery; 2:00 easy between sets) 5:00 cool-down Total workout: 68:00	Run 10:00 on soft surface	5:00 warm-up 5:00 stretching 70:00 steady	Run 10:00 on soft surface 30:00 to 45:00 flexibility	5:00 warm-up 1:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 5:00 hard, 1:00 easy, 4:00 hard, 1:00 easy, 3:00 hard, 1:00 easy, 2:00 hard, 1:00 easy, 1:00 hard 5:00 cool-down Total workout: 43:00	Run 10:00 on soft surface	70:00 alternate crosstraining or rest

**FRIDAY, NOVEMBER 05, 2010 -
EVERYBODY NOW! - EASY 3 - 4-MILE RUN**

Remember though, if you were only doing 3 days in the last schedule then you should not be running today. This is only for those people running 4 or more days a week on the MAINTENANCE PROGRAM. And please... just because there are 2 distances there, this does not mean you should be always doing the higher amount. We want to remind you that even if you don't feel sore you still need to recover and get the "zip" back in your legs. If you still feel somewhat tired and lethargic, this means you still need more time to recover. This is not a bad thing. This just means that you put out a hard effort on race day and still need some time off. Take it! Like we said in yesterday's outline, it doesn't hurt to take the occasional day off. As long as you are running 3 days a week you are still benefitting from the training.

FRIDAY SUGGESTED DISTANCES

<i>PROGRAM</i>	<i>RUN DISTANCE</i>
<i>101 HALF MARATHON PROGRAM</i>	<i>EASY 3 MILES</i>
<i>201 HALF MARATHON PROGRAM</i>	<i>EASY 3 MILES</i>
<i>101 FULL MARATHON</i>	<i>EASY 3 MILES</i>
<i>201 - 202 MARATHON PROGRAM</i>	<i>EASY 3 MILES</i>
<i>203 - 204 MARATHON PROGRAM</i>	<i>EASY 4 MILES</i>

GROUP PACES

HALF-MARATHON	FULL MARATHON	RUN LEADER
<i>1:20-1:30</i>	<i>2:50-3:10</i>	<i>CMDRE. <u>Russ Fraser</u></i>
<i>1:30-1:42</i>	<i>3:10-3:35</i>	<i><u>Will Mc Kinnon</u></i>
<i>1:42-1:49</i>	<i>3:35-3:50</i>	<i><u>Kelly Rowson</u></i>
<i>1:49-1:58</i>	<i>3:50-4:10</i>	<i><u>Angela Elmans</u></i>
<i>1:58-2:05</i>	<i>4:10-4:25</i>	<i><u>Lori Rendell</u></i>
<i>2:05-2:15</i>	<i>4:25-4:45</i>	<i><u>Shirley Timmins</u></i>
<i>2:15-2:22</i>	<i>4:45-5:00+</i>	<i><u>Maggie Mathews</u></i>

Nike's new exploration: Cryotherapy

by Doug Binder

Alberto Salazar has always embraced new technology as a way to minimize injuries, stay on target, and gain a competitive edge.

The [altitude tent](#) (and altitude training in general). The [Alter-G](#) treadmill. The [underwater treadmill](#). Those are some of the examples.

And now, welcome to the world of [cryotherapy](#).

There is a new thing at Nike called a "Space Cabin," and it is the 21st century's answer to the ice bath.

Step inside this metallic cylinder and liquid nitrogen-cooled air (say, 170 degrees below zero) rushes in and cools your skin to a chilly 30 degrees, yet penetrates just a half millimeter. You slowly rotate for two and a half minutes, holding your hands up and out of the freeze, wearing socks on your toes, and at least some underwear to cover your privates.

"It feels like walking out into the coldest day of the year, naked," Salazar said.

Salazar, and Nike, are using this device to cool runners down after workouts. Galen Rupp and Amy Yoder Begley used it last Thursday while I was there. Dathan Ritzenhein (training in Albuquerque last week) was reportedly the first member of the group who agreed to try it.

Ice baths are somewhat painful and lower skin temperature to usually no lower than 50 degrees, according to Millennium Ice representatives on site to supervise training.

The theory behind the cryosauna's use is that it tricks your body into believing it is in serious danger of freezing. The brain sends signals to the rest of the body to draw blood from the extremities and rush it to the core for protection. After you step out, the blood rushes back out again. The phenomena is said to cause an energy boost and skin rejuvenation. It is said to particularly effective to help heal after surgery.

For the sake of athletes, the cryosauna helps sore muscles recover much faster.

Last June, Tyson Gay reportedly used one of the devices to help alleviate his troublesome hamstring.

When you stand inside the chamber, your head remains above the cold air. It's not advisable to breath in the nitrogen, lest it put you to sleep.



Cryotherapy already has numerous medical applications.

Athletes who use it may require less down time after workouts, or be able to work harder on back to back days. And it may prevent, or reduce, injuries.

And while there are currently less than 20 of them in the U.S., devices like this are apparently the wave of the future. They're more common in Europe, where the technology was developed. But some day soon, I'm told, you might find one at your local spa or country club.

Salazar got linked up with the Millenium Ice folks through Tom Shaw, one of the country's top speed coaches who help NFL prospects prepare for the combine and draft. [Shaw](#) is already a big believer.

<http://trackfocus.com/featured/nikes-new-exploration-cryotherapy>



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- Does not interfere with other medicines
- Has an excellent safety profile

OUR GUARANTEE



If you are not entirely satisfied with this product, send it back to us for a full, hassle-free refund.

DID YOU KNOW?

Moose Creek Provisioners is the exclusive agent for the manufacture and distribution of Cramp-Stop in North America, including Canada and the United States.



Cramp-Stop was originally developed in New Zealand by [HCH Formulas](#).

CRAMP-STOP

Cramp-Stop is the world's
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Instant relief !

Cramp-Stop: Safe and Effective

Leg cramps and muscle cramps can be painful and debilitating. They usually occur during or after exercise, at night, or during pregnancy, but often for no apparent reason.

CRAMP-STOP is a safe and effective homeopathic formula for helping restore normal muscle function, particularly during an acute episode.

CRAMP-STOP's anti-cramp formulation is designed to restore normal muscle function during an acute muscle spasm, and in some situations may help prevent the onset of cramp.

CRAMP-STOP, developed in New Zealand, has become a leading product for the treatment of cramp. It is widely used internationally during professional and amateur sports of all kinds. Many top rugby players, triathletes, and multi-sports athletes use *Cramp-Stop*.



Ideal for use in all sporting activities, it is safe for use during pregnancy, and gives fast relief to those who suffer from cramp at night.

Cramp-Stop: Relief in Seconds

Cramp-Stop works in seconds. At the onset of symptoms spray, once into the mouth and repeat in 30-60 seconds if immediate relief is not felt. In a situation where you know you are likely to cramp, take a dose as close to the onset of symptoms as possible. Repeat as often as required.

- * Cramp-Stop can benefit women during pregnancy
- * Night time cramp sufferers keep Cramp-Stop by their bed for instant relief.
- * *Cramp-Stop* does not interfere with other medications

Who benefits?



Athletes



The elderly



Pregnant women



Any cramp sufferer

Sample Testimonial

I was introduced to Cramp-Stop while training for the 2005 New Zealand Ironman. Up until that point I thought cramp was just something that you had to get used to and hope not to get on race day. Now with Cramp-Stop I find that if I begin to cramp during a race I am able to relieve the symptoms easily and rapidly. It is great to have it on hand for any training or race day. Cramp is something you don't want to have affecting your performance. A lot of people suffer from cramp, the smart ones use Cramp-Stop"

*- ROB DALLIMORE B.H.Sc Podiatrist,
Triathlete, Ironman – New Zealand, Hawaii*



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QUOTE:

"We are not creatures of circumstance; we are creators of circumstance."

Benjamin Disraeli

SATURDAY, NOVEMBER 06, 2010
EVERYBODY NOW! – EASY 6 - 10 MILE RUN

Remember that your long run pace should be 2 minutes slower than your marathon race pace like in the last session. I know some of you want to run faster because you still believe that by running faster all the time you will get faster, but that's not the way it works. For whatever reason(s), you have to banish that idea from your head especially if you want to try cutting down on your gels in order to burn fat while you are running. You can always re-fuel after the run in order to speed up your recovery. It is certainly better to try these things while the miles are low instead of wondering, "Gee... maybe during this 20-miler I should be burning more fat?" Start now. As you can tell we have a full schedule ahead with lots of new things. As we continue to add new elements we certainly hope to improve on your last results. If you have not been doing them up until now, it's time to get back at the core exercises again as well. We can't neglect those. Some of you were looking "chiseled" and that was just awesome... keep it up!

There are however a couple of people who are still maintaining that chiseled look, but in a not too healthy way. Be careful about not over training.

We'd like you to continue your core work to the usual 3 times per week otherwise you will start to lose all the strength you built up during the 17 weeks of the last session. Remember, on 2 days, you will basically retain your current fitness in that area but the return on investment (time) will certainly not be as great. **REMEMBER:** Stretch those hamstrings too.

- **PRONE X 1:00** – Balance on your elbows and toes for 1:00 keeping the torso off the floor.
- **FACE-UP PRONE X 1:00** – Balance on your elbows and heels facing the ceiling keeping the butt off the floor for 1:00.
- **LATERAL PRONE X 1:00** – Balance on one arm and outside of foot keeping the hips off the floor for 1:00 and switch sides.
- **TORSO RAISES X 8** - Lay down on your back with knees bent and hands at your side and lift your torso off the ground. If this bothers your back then do a standing hamstring curl routine. If this bothers your back and standing is too easy then you may want to use an elastic band or inner tube. If any of these exercises irritates the hamstring or piriformis then you should seek out physiotherapy as quickly as possible and get it taken care of right away.
- **DONKEY KICKS X 15 EACH LEG** – NOTE: This exercise is to be performed as a "lift" and not a "kick". It is a "kick" in name only. On all 4's lift one leg in an upward direction 15 times and repeat on the other leg. This exercise can be also done at the gym on some incline leg press machines. It really makes the hamstrings cramp until you get stronger! Remember to kick up... not out. Lift up using the hip flexors. Although it is traditionally called a "kick", I would prefer a lifting motion.

- **KNEE CIRCLES X 15 EACH LEG** – From an all 4's position rotate the knee in a circular manner as efficiently as possible. After 15 repetitions, reverse direction. We want to increase the range of motion in your hips and make them stronger and more flexible.
- **18 MINUTES STRETCHING** – It's probably best to do the stretching after these brief exercises because they will cause some muscle contractions.

SATURDAY SUGGESTED DISTANCES

<i>PROGRAM</i>	<i>RUN DISTANCE</i>
<i>101 – 201 PROGRAM</i>	EASY 6 MILES
<i>203 – 204 PROGRAM</i>	EASY 10 MILES
<i>NYC MARATHON PROGRAM</i>	EASY 1 - 2 MILES

GROUP PACES

HALF-MARATHON	FULL MARATHON	RUN LEADER
<i>1:20-1:30</i>	<i>2:50-3:10</i>	<i>CMDRE. <u>Russ Fraser</u></i>
<i>1:30-1:42</i>	<i>3:10-3:35</i>	<i><u>Will Mc Kinnon</u></i>
<i>1:42-1:49</i>	<i>3:35-3:50</i>	<i><u>Kelly Rowson</u></i>
<i>1:49-1:58</i>	<i>3:50-4:10</i>	<i><u>Angela Elmans</u></i>
<i>1:58-2:05</i>	<i>4:10-4:25</i>	<i><u>Lori Rendell</u></i>
<i>2:05-2:15</i>	<i>4:25-4:45</i>	<i><u>Shirley Timmins</u></i>
<i>2:15-2:22</i>	<i>4:45-5:00+</i>	<i><u>Maggie Mathews</u></i>

QUOTE:

“The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed.”

Jacqueline Gareau, 1980 Boston Marathon champ

OOPS! ALMOST FORGOT... PUPPY BREAK!



*"OKAY... I'M HYDRATED AND READY TO RUN!
POSITIVE THINKING NOW...
I'M A RACE HORSE... I'M A RACE HORSE... I'M A RACE HORSE!"*



Have a great running week!