

# Team CdLS - Saratoga Palio ½ Marathon & 5K Training

## Tips for the Week of 9-12-2011

There is less than a week to go before the Saratoga Palio Half Marathon & 5K.

This begins your week-long **taper phase**.

Congratulations to all of you. You've made it through some tough training runs. **Let the taper begin!**

### Tapering

The focus of this week will be on rest (drastic cut backs in mileage and intensity). You can also continue with strength workouts and cross-training. Experienced runners may continue with some limited speed work.

It has taken weeks of progressively longer and harder workouts to get your body conditioned for the ½ Marathon and 5K. Take a look back on the mileage progression. It has been build weeks followed by rest weeks. You've pushed yourselves harder during the build weeks and then allowed yourself to recover during the rest weeks. Including rest weeks has helped avoid injury and burn-out.

The taper is the final rest period. You've reached a point of diminishing returns; when the hard training is ending because there is little to be gained from it in the short time before the race. You are where you are in terms of conditioning. Any high-stress workouts that you do this week are more likely to hurt you than help you this weekend. By not allowing for rest, you risk leaving your best efforts out on the training path. You'll go into the race fatigued.

Check out this article by Bob Cooper for more information on the three week taper.

<http://www.runnersworld.com/article/printer/1,7124,s6-238-244-255-5958-0,00.html>

### Race Day Planning

Start developing your race day plan. How are you going to get there? If you're driving, plan on getting there early. Getting into the start/finish area can take time. Be mindful.

Speaking of family and friends, you should start lining up your support team. You need to identify the exact spots on the course where they will meet you. You will then be able to pick them out as you approach. Spectators often have difficulty picking you out because of the large number of runners. Pick pre-determined spots on the course. That way they won't have to cross in front of runners to get to give you a big sweaty hug!!!

In addition to a large, obnoxious support sign (☺), have them bring anything you think you might need during the race that isn't provided at the aid stations.

## Suggested Week 1 Training Schedule

Below are suggested workout schedules for the three types of ½ marathon runners for this final taper week.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	9/12/11	9/13/11	9/14/11	9/15/11	9/16/11	9/17/11	9/18/11	Total Weekly Miles
1st Timer, Novice Runner	2 Miles Easy	Rest	2 Miles Easy	3 Miles Pace	Rest	2 Miles Easy	<b>Race Day!</b>	9
2nd Timer	Strength & 2 Miles Easy	3 Miles Easy	Rest	4 Miles Pace	Strength & 2 Miles Easy	2 Miles Easy	<b>Race Day!</b>	13
Experienced ½ Marathoner	Strength & 3 Miles Easy	4 Miles Easy	Rest	5 Miles Pace	Strength & 2 Miles Easy	2 Miles Easy	<b>Race Day!</b>	16

Below is my suggested workout schedule for the **5K** runners for this **final taper** week.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	9/12/11	9/13/11	9/14/11	9/15/11	9/16/11	9/17/11	9/18/11	Total Weekly Miles
5K Runners	20 min. Easy	Cross Train or 15 min. easy	20 min. run at Tempo or Rest	Cross Train or 15 min. easy	Rest	15 min. Easy	<b>Race Day!</b>	~5

### Experienced & Veteran Marathoners

The speed workout this week will be an interval workout of short hills. Start with a one-mile warm-up at long run pace. Take a short rest. Do some light, active stretching.

Run 3 sets of 4 x 200 meter hill at 5K race pace. This is a continuous run. At the bottom of the hill you start right into your next uphill repeat. After the fourth repeat, take a 3 minute break. Get water/hydration during the breaks.

The veteran marathoners may choose to do a fourth set.

End the workout with a one mile cool-down at long run pace.

**GOOD LUCK TO EVERYONE!!! I'LL BE THINKING OF YOU ALL.**

Just remember again one thing.....**a trained body will follow a trained brain anywhere. If you want to finish - you will. Accept no other thoughts and get it done!!!**

Best regards always, *Coach Marc*