

## **Team CdLS ½ Marathon Training Tips for the Week of 7-4-2011**

There are **11** weeks to go before the Saratoga Palio Half Marathon.

### **Scheduling and Balancing Your Workouts for the Week**

Each runner comes into training cycle with different schedules (work, family, social, etc.), athletic ability, training background, and ½ marathon goal.

It's easy for first-timers to customize their schedules because there is very little to customize. The distances vary but the runs are all done at an easy pace. Cross training and core strengthening can be included, but they are low-stress, low-impact workouts that can be inserted almost anywhere because they don't require a lot of recovery time.

It's harder for the more experienced ½ marathoners to balance their training schedules because there is a lot of variation in the workouts. There are a number of decisions to be made such as whether to do speed training, the number of strength workouts to include, and how many miles to run per week. Also, high-stress workouts like speed training and the long pace runs need to be balanced with low-stress workouts.

At the start of the week, review the suggested mileage schedule and identify the workouts that you plan to do. Then fit them into your schedule of other activities. Always follow a harder workout, like the long run or speed training, with an easy workout or rest day. Easy workouts include short recovery runs, cross-training, and strength training.

### **Stretching**

Flexibility, in addition to endurance and strength, is a key component of a fitness program. Stretching, when done correctly, increases range of motion, promotes relaxation, improves performance, and reduces muscular soreness.

I will concentrate on two forms of stretching; static and dynamic. Static stretching follows your run and cool down, while dynamic stretching may be incorporated into your pre-run warm-up.

**Static Stretching** involves a slow, controlled lengthening of the muscle through a full range of motion and is held for 30-60 seconds in the furthest **comfortable** position. At the greatest range of motion, this may produce a feeling of pulling, or at the most, very mild discomfort, but not pain. You should never go past the point of, "it hurts so good." Overstretching an injured muscle may cause additional damage.

All the major leg and hip muscles should be stretched. Many runners stretch the calf and hamstring muscles, but neglect the important muscles around the hip and gluteals. Always work both sides, e.g., left and right hip flexors, left and right gluteal muscles.

These articles include sample static stretching routines:



<http://www.mayoclinic.com/health/stretching/SM00043>



<http://exercise.about.com/cs/flexibility/1/blstretch.htm>



[http://www.coolrunning.com/engine/2/2\\_1/126.shtml](http://www.coolrunning.com/engine/2/2_1/126.shtml)

The following interactive website demonstrates a stretch for various areas of the body:

[http://news.bbc.co.uk/sportacademy/bsp/hi/games/3d\\_body/3dbody.swf](http://news.bbc.co.uk/sportacademy/bsp/hi/games/3d_body/3dbody.swf)

**Dynamic Stretching** uses momentum and active muscular effort to stretch. However, unlike ballistic stretching (which is not considered a safe form of stretching,) dynamic stretching avoids bouncing motions and it incorporates more sport-specific (e.g., running) movements.

Leg kicks and walking or running high-knees are examples of dynamic stretches. A walking lunge dynamically stretches the hip flexors by emphasizing the action of hip extension.

These articles include sample dynamic stretching routines:

[http://orgs.jmu.edu/strength/JMU\\_Summer\\_2000\\_WebPage/JMU\\_Summer\\_2000\\_Sections/9\\_summer\\_dynamic\\_flexibility.htm](http://orgs.jmu.edu/strength/JMU_Summer_2000_WebPage/JMU_Summer_2000_Sections/9_summer_dynamic_flexibility.htm)



## When to Stretch

Never stretch a cold muscle. A pre-stretch warm-up of 5 to 10 minutes involving the same muscles as the workout ahead is recommended. A slow jog is a great warm-up for runners.

**Dynamic stretching** before your run (after the warm-up) improves dynamic flexibility and prepares the muscles for the workout ahead.

**Static stretching** after your run promotes muscle relaxation, restores pre-run muscle length and reduces muscle soreness.

## Suggested Week 11 Training Schedule:

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

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Type of Runner</b>	7/4/11 <b>Happy 4<sup>th</sup>!!</b>	7/5/11	7/6/11	7/7/11	7/8/11	7/9/11	7/10/11	<b>Total Weekly Miles</b>
1st Timer, Novice Runner	3 Miles Easy	Rest	3 Miles Easy	2 Miles Easy	Rest	5 Miles Easy	Rest or Cross Train	13
2nd Timer	Strength & 3 Miles Easy	3 Miles Easy or Tempo	Rest	4 Miles Easy	Strength & 2 Miles Easy	6 Miles Easy	Rest or Cross Train	18
Experienced ½ Marathoner	Strength & 2 Miles Easy	4 Mile Tempo	Rest	5 Miles Easy	Strength & 2 Miles Easy	8 Miles Easy	Rest or Cross Train	21

## Experienced & Veteran ½ Marathoners

The speed workout for this week is 4 to 8 times ½ mile at 10K pace.

This workout should not be run all out. An easy way to estimate your 10K pace for these ½ mile repeats is to lop off the two right-most zeros from your ½ Marathon Target Time. This will give you a 2 mile split that is pretty close to your 10K pace. For example: if your Target ½ Marathon Time is two hours (2:00:00) then your ½ mile repeat time would be 2 minutes (2:00).

The rest interval between repeats should be fairly short: 1:00 to 1:15. This should be just enough time to allow your heart rate to recover to near its resting rate. A longer rest interval should be taken if it's hot out or if you're new to these types of workouts.

Base the number of repeats that you run on your total weekly mileage. The amount of up-tempo mileage should be equal to about 10 percent of your total weekly mileage.

~12 Miles per week: 2 repeats

~17 Miles per week: 2–2.5 repeats

~20 Miles or more: 2.5-3 repeats

I will repeat this workout periodically throughout the summer. By September, the number of repeats will have increased to as many as 6.

Stay cool & well hydrated!

*Coach Marc*