

## **Team CdLS ½ Marathon Training Tips for the Week of 6-27-2011**

There are **12** weeks to go before the Saratoga Palio Half Marathon. This week we begin the slow but steady buildup of mileage. The total increase in mileage for each week will be limited to approximately **10 percent** per week to avoid over-training and injury.

### **The Basics and Techniques of ½ Marathon Training Fundamentals**

This first edition of my training tips is primarily for our first-timers, so if you're an experienced runner, please forgive me for this first week. However, you should also refresh your understanding of these fundamentals as well as they're the backbone of what we'll be going through for the next 12 weeks. This information is no different for ½ marathoners than it is for marathoners. The principles of Adaptation, Overload & Recovery are the same.

#### ***Rule of Overload & Recovery:***

***If repetitive stress is applied to the body which is greater than what it is used to with adequate recovery periods, the body will adapt to the increased stress.***

***Conversely, if the repetitive stress is reduced, the body will adapt to the reduced stress.***

While I'm not going to go into the specific physiology of Overload & Recovery, suffice it to say this is the primary underlying rule of marathon training. The repetitive stress that you'll be applying to your body will be coming from the increasing mileage during the next 12 weeks. As we increase our mileage for two weeks and then back off for one week (the recovery) you are following the rule of Overload & Recovery. Non-marathoners and many first time ½ marathoners can't understand how they're going to go from ~10 miles per week up to ~30 miles per week and not break down physically. The answer is progressive overload. The body is an amazing machine and it learns how to adapt to stresses placed upon it, both aerobic and anaerobic. We are most concerned with the aerobic part of the system.

#### **Long Term Energy Systems**

- Aerobic
- Oxidation
- Glycogen
- Fat
- Protein

Yikes, what do these all mean? I just want to run 13.1 miles not get a Ph.D.

All you need to remember from this is we need high oxygen availability to maintain our aerobic levels during our training runs *and* we need a mixture of glycogen, fat and protein in our training to use and store energy efficiently – this is our #1 training goal!!

Without sufficient oxygen intake and availability, you will begin producing the dreaded Lactic Acid. This is why you see sprinters breathing really hard after a race. They can't maintain adequate oxygen intake for long thereby going into an anaerobic state towards the middle-to-end of their race, the byproduct of which is Lactic Acid. A major no-no for long distance endurance athletes – which we all are!

What is Blood Lactate and what problems does it cause?

- Byproduct of anaerobic metabolism
- Inhibits muscle contraction
- Limits aerobic power
- Limits performance in endurance races

So the message here for ½ marathoners is *slow and steady*. For our experienced/veteran ½ marathon runners, this doesn't apply to you as much, but crossing your respective anaerobic thresholds is absolutely a mistake. Please be mindful of this.

You may have heard someone tell you that if you can't carry on a decent conversation with someone while you're out for a run your pace is too fast? Well, it's 100% true. If you can't converse comfortably, you're not getting enough oxygen and are on the verge of going anaerobic. Save this for your speed workouts coming up next week (for those of you that have run a ½ marathon before please).

Ok, that's enough physiology. Sorry....it's important and I also enjoy talking about it. ☺

### Suggested Week 12 Training Schedule:

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

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	6/27/11	6/28/11	6/29/11	6/30/11	7/1/11	7/2/11	7/3/11	Total Weekly Miles
1 <sup>st</sup> Timer, Novice Runner	3 Miles Easy	Rest	2 Miles Easy	3 Miles Easy	Rest	4 Miles Easy	Rest or Cross Train	12
2 <sup>nd</sup> Timer	Strength & 2 Miles Easy	3 Miles Easy or Tempo	Rest	4 Miles Easy	Strength & 2 Miles Easy	5 Miles Easy	Rest or Cross Train	16
Experienced ½ Marathoner	Strength & 2 Miles Easy	4 Mile Tempo	Rest	5 Miles Easy	Strength & 2 Miles Easy	6 to 7 Miles Easy	Rest or Cross Train	20

## **Experienced ½ Marathoners Only**

The speed workout for this week is a 5-mile Tempo Run. This includes a two mile warm-up and a one mile cool-down, so it's really only 2 miles at an up-tempo pace. By the end of the season, the Tempo Run distance will increase to 7 or 8 miles, with 4 to 5 miles at an up-tempo pace.

Link to the following Runners World article, by American marathoner Ed Eyestone, for descriptions of lactate threshold, types of tempo runs, and tempo run pace.

<http://www.runnersworld.com/article/0,7120,s6-238-263-265-6141-0,00.html>

For this week's tempo run, after a short warm-up and some light stretching, run each mile at the following paces:

- Mile 1: Long Run Pace (warm up)
- Mile 2: Marathon Target Pace
- Mile 3: Lactate Threshold Pace
- Mile 4: Lactate Threshold Pace
- Mile 5: Long Run Pace (cool down)

Stretching can be done before and after a run. A brief dynamic stretching routine, preceded by a short warm-up run, prepares the muscles for the workout ahead. A complete static stretching routine should be done following the workout.

Have a great week and stay hydrated!

*Coach Marc*