

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

## **Tips for the Week of 9-5-2011**

There are **2** weeks to go before the Saratoga Palio Half Marathon & 5K.

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

This is the last important build week. It is also your last opportunity to effectively practice everything that you plan to do the weekend of the ½ marathon in a major long run scenario. This includes activities like meals and sleep the few days before the run. Consider this weekend's long run as the last review exercise before the final exam. After these 12-milers, you should be feeling pretty confident that you're going to pass the final exam. Get ready to rest up. "Cramming" in the last few weeks before the ½ marathon is not recommended by this professor.

### **Why not 13.1 for First Timers in Training?**

A common question from first-timers is: "Why don't we run the full 13.1 miles in training?" The experienced runners do, but I only recommend it for these folks. I also recommend one ½ marathon as a long training run in preparation for another race later in the season. I would run the first ½ marathon in the spring at a much slower pace than my normal ½ marathon pace. This allows you to practice things in a real race scenario which will mean more to you in a more important race later in the year.

As mentioned in previous tips, the drawbacks to running longer (for both weekly mileage and weekend long runs) are injury and being fatigued going into the race. For first-timers, this is especially true. Coming into the 18-week program with their low base-mileage, typical first-timers are not prepared to safely increase their long runs past 12 miles. They will either break down or be hopelessly tired on race day from too many 12-mile-plus training runs.

But even for first-timers who are experienced runners or who started their base-building back in January, there are non-physiological reasons for not running the full 13.1 miles in training.

Obviously, the primary motivating factor for first-timers, during training and on race day, is to complete the 13.1 mile course. It's a major accomplishment that will put you in an elite group. It's what keeps runners going in the last few miles of the ½ marathon. And, crossing the ½ marathon finish line is always a special experience, especially for first-timers. If first-timers complete the full ½ marathon distance in training, then they risk taking away from that race day motivation and experience. Remember the feeling of accomplishment that you've had each week when you completed yet another long run for a new personal distance record. Well, multiply that by about 100 and that's how you're going to feel on race day as you approach the finish line. It's an experience you will never forget – ever!

# You Know You're Tired When.....

By: Various Authors

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1. You think twice before lying down on the floor because of the energy it takes to get up.
2. You think twice before going to your basement because you will eventually have to come back upstairs.
3. You are envious of golfers.
4. You think about retiring from competition.
5. You see runners in a race that you have only seen before or after a race, never during a race.
6. You start looking for someone that you used to think that was as slow as molasses but they seem to be faster now.
7. Your mind says that you need to run 20 but your body screams to stop at 10.
8. You really look forward to the run being over very early in the run.
9. You find mountains in your regular training runs that you had never known that existed (you also live in Kansas).
10. You wake up after sleeping 9 hours and feel like you slept 2 hours.
11. You start finding lots of things that you have to do on Saturday morning.
12. Add your thoughts to this list.
13. You're running down the trail and see rocks and roots that you normally would stride right over without a second thought; you see them, you think about them, you know you should be able to step right over them, you "try" to stride over them, but you trip nonetheless!
14. While walking to the office, you're overtaken on the street by elderly tourists.
15. Your massage therapist asks you to stop snoring so loud.
16. You can't sleep at night and can't stay awake during meetings at work.
17. You sit down in the port-a-john instead of using the urinal.
18. "I'm going to have a bath instead of a shower.....that way I don't have to stand on my feet".
19. You fall asleep in the dentist's chair while having your teeth cleaned.
20. You put your toddler down before attempting to climb the stairs to take them to bed.
21. You find the home project list more appealing than going out for a run.
22. You tell yourself that you need to get an early jump at work...instead of running.
23. You begin to agree with your wife.....marathons are crazy.
24. After a long one--in want of fluids--you go to an ATM, put your Driver's License in the slot by mistake thereby setting off a silent alarm. While waiting for the money the police come and mistake your tiredness for drunkenness and make you walk a straight line, which you can't do.
25. Your name becomes the office term for "sleeping behind your desk" after a co-worker catches you with a digital camera and e-mails it to everyone (but the boss--thank God).
26. When getting out of your car, you open the door and you sit there with one leg in and leg out for a minute or so.....
27. When getting out of your car after a race, you open the door and you just sit there.....
28. You sit and stare out the window, because watching TV is too demanding.

29. A woman pushing twins in a double stroller makes it to the top of a hill sooner than me as I'm practicing race walking. That just happened an hour ago.
30. You're too tired to read this entire list. That's ok, no offense taken. ☺

### Suggested Week 2 Training Schedule

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	9/5/11	9/6/11	9/7/11	9/8/11	9/9/11	9/10/11	9/11/11	Total Weekly Miles
1st Timer, Novice Runner	3 Miles Easy	Rest	3 Miles Easy	6 Miles Pace	Rest	12 Miles Easy	Rest or Cross Train	24
2nd Timer	Strength & 3 Miles Easy	5 Miles Easy	Rest	8 Miles Pace	Strength & 2 Miles Easy	12 Miles Easy	Rest or Cross Train	30
Experienced ½ Marathoner	Strength & 3 Miles Easy	6 Miles Easy	Rest	9 Miles Pace	Strength & 2 Miles Easy	12 Miles Easy	Rest or Cross Train	32

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	9/5/11	9/6/11	9/7/11	9/8/11	9/9/11	9/10/11	9/11/11	Total Weekly Miles
5K Runners	60 min. run at Easy	Cross Train or 30 min. easy	45 min. run at Tempo or Rest	Cross Train or 30 min. easy	Rest	60 min. run at Tempo	Cross Train	14-16

### Experienced & Veteran Marathoners Only!

This final speed workout will be mile repeats that will vary between Lactate Threshold pace and 10K Race Pace. For some of you it may be getting darker earlier now ☹. If you are running this workout in the evening, select a course that is well-lit and has good footing.

Start with a one-mile warm-up at an easy pace. Take a short rest. Do some light, active stretching.

Mile Repeat 1: Lactate Threshold Pace. 2 minutes rest.

Mile Repeat 2: 10K Race Pace. 2 minutes rest.

Mile Repeat 3: Lactate Threshold Pace. 2 minutes rest.

Mile Repeat 4: 10K Race Pace. 2 minutes rest.

Mile Repeat 5: Lactate Threshold Pace. 2 minutes rest.

Finish with a one-mile cool-down at an easy pace.

Base the number of mile repeats you run on your weekly mileage.

Low thirties: First 3 repeats.

Mid thirties: First 4 repeats.

Over 40 Miles: All 5 repeats.

Enjoy!

*Coach Marc*