

# Team CdLS Saratoga Palio ½ Marathon & 5K Training

## Tips for the Week of 8-22-2011

There are 4 weeks to go before the Saratoga Palio Half Marathon & 5K.

**It's a rest week.** Please take advantage of this rest week. If you're feeling tired, take some extra rest days or cross train. We're really close to race day and now's not the time to get injured.

### What to Do When You Are Injured

Now is the point in training when injuries pop up. Previous tips have mentioned ways to avoid over-training and about getting into the right pair of shoes. Over-training and improper shoes for your foot type and gait, or those with too many miles on them, are the most common causes of injuries. And despite taking common sense precautions you may still develop an injury.

If you feel an injury's onset, the first self-treatment remedy is rest, ice, compression, and elevation (RICE). Taking anti-inflammatory medications (NSAID's) after a run is okay if you have no medical contraindications. I don't recommend taking them before or during a run because they mask pain that shouldn't be ignored and NSAID's are also very hard on your kidneys which are already taxed working to filter your blood during a long run. If you must take a pain remedy before or during a run, I recommend using Tylenol (acetaminophen) 8-Hour. With any medication please follow the recommended dosage carefully. Acetaminophen can cause liver damage when the recommended dosage is exceeded.

When you have persistent pain that prevents you from running or simply won't go away, you should seek help from a sports medicine professional or your physician.

It's no substitute for an evaluation from a medical professional, but the web can provide some useful information about injury prevention and treatment. For an example, check out the following link: <http://www.runningnetwork.com/trainingtips/injuryindex.html> .

The first recommendation for recovery from a running related injury is usually rest. This means taking some time off from running. However, you've set your sites on September 18, 2011 and you don't want to lose the conditioning that you've built up over the spring and summer. You can maintain your conditioning by switching to low-impact, aerobic alternatives to running. Refer back to my tips about cross training. Swimming is an excellent aerobic alternative. It does require good technique and uses a different set of muscles from running. If you are not a good swimmer, many coaches suggest water-running for training with an injury. This involves "running" in the deep end of a pool while wearing a flotation device such as the [AquaJogger](#). A specially designed [Aquatic Training Shoe](#), with water outlet holes and fins, has also been developed for this activity. Walking is also good aerobic alternative. It just takes longer. Bicycling or "Spinning," if your injury will allow it is also a terrific aerobic substitute.

If you fall behind in your training schedule, then you have a few options. The first is to revise your ½ marathon goal. That is, you should plan on running the race slower. And

there is nothing wrong with walking during the race. In fact, as mentioned in a previous tip, many ½ marathoners incorporate walking breaks in their training and races. It's not at all considered taboo.

The newest clinical work by Warren Scott, M.D., recommends the following treatment for inflamed soft tissues:

- 2 layers of plastic wrap placed on skin
- ice pack ON for 20 min to affected area (frozen peas/corn will do).
- ice OFF for 10 minutes.
- repeat cycle 3 times.
- may do this more than once per day.

He also recommends nighttime bracing of the affected area. For example, in plantar fasciitis or achilles tendonitis, the foot should be wrapped with an ace wrap so the foot is supported in a "flexed-up" (dorsiflexed) position. This should be worn all night to prevent shortening of the tissues and the resultant pain and stiffness when first arising from bed. Treatment takes 4-6 weeks usually, and training can resume using the REST formula: Resume Exercise below Soreness Threshold. In other words, cause no pain.

### First Timers

Injuries are sometimes part of running, especially in ½ marathon training. This is why I ask first time ½ marathoners to focus on just getting through the 13.1 miles and not worry about their finishing times. There are so many factors that go into training for and finishing your first ½ marathon that you don't need to pile on extra ones related to running fast. This applies to first-timers with some running experience, as well as to the novices. The first-timers with some running experience may be able to train comfortably at a faster pace than the novices, but they still need to approach their first ½ marathon cautiously. That is why their recommended weekly mileage is only slightly higher than the novices.

Get to the starting line healthy and run an easy, comfortable pace during the ½ marathon. No matter how much time it takes you to finish, it's going to be a Personal Record.

### Suggested Week 4 Training Schedule

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Miles
Type of Runner	8/22/11	8/23/11	8/24/11	8/25/11	8/26/11	8/27/11	8/28/11	
1st Timer, Novice Runner	3 Miles Easy	<b>Rest</b>	2 Miles Easy	2 Miles Easy	<b>Rest</b>	3 Miles Easy	<b>Rest or Cross Train</b>	10
2nd Timer	Strength & 2 Miles Easy	3 Miles Easy or Tempo	<b>Rest</b>	3 Miles Easy	Strength & 2 Miles Easy	5 Miles Easy	<b>Rest or Cross Train</b>	15
Experienced ½ Marathoner	Strength & 2 Miles Easy	3 Mile Tempo	<b>Rest</b>	4 Miles Easy	Strength & 2 Miles Easy	6 Miles Easy	<b>Rest or Cross Train</b>	17

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

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Miles
Type of Runner	8/22/11	8/23/11	8/24/11	8/25/11	8/26/11	8/27/11	8/28/11	
5K Runners	30 min. run <b>easy</b>	5:00 min warm up; 10 x 1:00 run/1:00 walk; 5:00 min cool down walk	<b>Rest</b>	5:00 min warm up; 10 x 1:30 run/1:00 walk; 5:00 min cool down walk	<b>Rest</b>	30 min. run <b>easy</b>	Cross Train or Rest	8-10

### Experienced & Veteran ½ Marathoners

This week for the speed workout we're back to half-mile repeats at 10K pace. What makes this workout tough is the shortened rest interval. The key to finishing the workout is to not run at too fast a speed.

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).

Run the repeats in sets of three, so that you can get water during the workout. The first three half-mile repeats are followed by a 1 minute and 30 second rest. Follow the next three repeats with 3 minute breaks.

Base the number of repeats on your weekly mileage.

15 Miles per week: 6 repeats or less.  
 20 Miles per week: 6 - 8 repeats

Enjoy & stay hydrated!

*Coach Marc*