

Team CdLS ½ Marathon & 5K Training

Tips for the Week of 7-18-2011

There are **9** weeks to go before the Saratoga Palio Half Marathon & 5K.

Train the brain and a well-trained body will follow it anywhere..... M. Needlman

Are You Tough Enough ... Mentally!

Are You Under Performing?

½ Marathons (and marathoning in particular) are a physically demanding sport; no one would deny that. And as a result, people rightly, spend a large amount of their time training physically to prepare themselves for the challenges of competition. However, consider this, how often have you heard yourself, or others, talking about how mentally demanding the race, or parts of it were? How many times have you had to overcome mental barriers? What is your motivation like? Your determination? Your ability to deal with setbacks? How do you perform when the pressure is on? What levels of commitment and self-belief do you possess? Mental toughness is without doubt a fundamental component to successful ½ marathon. Now ask yourself this...how much time do you spend preparing yourself mentally?

Peak Performance = Physical Training + Mental Training

Many people are under performing because they are training almost entirely physically, and ignoring the fact that as humans our performances are influenced by our thoughts and emotions. There is actually no such thing as a purely physical performance, because every action, no matter how small, starts first in the mind.

Did You Believe In Father Christmas?

The barriers to success are most frequently in the mind. As humans we are constantly setting limitations to our performance, often based on our beliefs. How many of you, when you were younger, believed in Father Christmas? Maybe you believed so much, that you heard the bells on his sleigh, maybe even saw him, or at the very least, wrote to him. This is the power of belief. Mental training allows you to overcome limiting beliefs, and importantly to build powerful, positive beliefs.

If you want to achieve your true potential - not your perceived potential - then mental and emotional skills training is the fastest and most effective way to do so. After all, there is a LIMIT as to how much physical training can be undertaken, no matter how fit, healthy and motivated you are.

Imagine how well you would perform if you could have the levels of motivation, confidence, self-belief, determination and persistence that you wanted. How would it feel to know that you had a positive mental attitude, and that you could perform consistently under pressure? What most people don't realize is that mental skills are not bound by genetics - they are learnable, just like physical skills. You can train yourself to develop the mental skills that you want, and in doing so, you can make significant improvements to your race performances.

Are You Planning For Success, Or Leaving It To Chance?

Have you ever had one of those races when everything went well? Where it almost felt effortless. Where you just seemed to keep going, and things seemed to come quite naturally and easily to you. I have a couple of times.....and it's a beautiful thing! It's great when that happens isn't it? You were in what is often referred to as 'the zone', or in flow, a peak performance state, where the subconscious mind takes over, and you don't have to consciously think about what you are doing, it just seems to happen. How often does this occur for you? If you are honest, it is probably down to chance, everything just seemed to click INTO place. Mental training can help to take the chance out of these peak performance experiences.

Over Training, Rest, and Sleep

The number one cause of injury is over-training. Here are a few basic reminders.

For many first timers, each progressively longer weekend run is a personal distance record. Since many first-timers are also fairly new to the sport of running, over-training is simply trying to do too much too soon. Stick with a slow steady increase in mileage. And stay with the easy, comfortable pace. Until you've built up a strong running base and completed your first ½ marathon, keep to the basics. Running ½ marathons is a sport that requires lots of time and patience.

An unrealistic ½ marathon [time] goal will cause you to train at too fast a pace and over-stress your body.

Your body needs rest to recover from your training. This training schedule program establishes a *consistent* workout regimen. A key component of any ½ marathon training

program is scheduled rest. In addition to taking days off, rest can also include cutting back on the distance of runs, scaling back the intensity, and switching to low-impact cross-training for some workouts. Cross training and strength training are great alternatives to another training run. They will improve aerobic capacity, core strength and overall fitness. You can also choose low-impact activities such as swimming, bicycling, and walking. In addition to preventing injury, these will also be a welcome alternative but still an excellent compliment to your running.

Listen to your body. It's usually right. Stiffness and small aches are the result of the increased mileage. Stretching and cross training will alleviate some of these issues. However, if you're feeling "run down" from the increase in mileage or intensity, don't feel guilty about taking some extra rest days. Most ½ marathon runners are goal-oriented and driven. They don't want to let up for fear of falling behind. It's okay. You won't achieve your ½ marathon goal if you're tired and injured.

Several weeks into a ½ marathon training program, many first-timers will start going through a bit of a lifestyle change; especially the twenty-somethings. The prospect of waking up earlier than you do on weekdays and then running 6 miles or longer definitely makes you think twice about closing down the bars the night before ☺. Burning the candle at both ends will eventually lead to burn-out, exhaustion, even injury. With the additional stress of ½ marathon training, you will need additional rest.

Much of your body's repair takes place while you're sleeping. Developing a good sleep routine can play a significant role in the success of your training program. The following blog contains a decent check list for helping you sleep well. Although by reading some of the comments, you'll see that what works for some runners, doesn't work for others.

<http://completerunning.com/archives/2007/03/14/sleep-on-this/>

Do you think you're getting enough sleep? Check out the following article.

<http://health.msn.com/centers/sleep/articlepage.aspx?cp-documentid=100164755>

It's very easy for experienced runners who are looking for that extra edge, to get carried away. These runners especially need sleep in order to maintain their heavy training schedule. However, it appears that too much intensity can result in insomnia. Pete Pfitzinger notes that "a change in sleeping habits is an early sign of over-training." Read more about this anomaly in the following article.

<http://www.pfitzinger.com/labreports/sleep.shtml>

Suggested Week 9 Training Schedule:

Below are suggested workout schedules for the three types of $\frac{1}{2}$ **Marathon** runners for this week.

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	7/18/11	7/19/11	7/20/11	7/21/11	7/22/11	7/23/11	7/24/11	Total Weekly Miles
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 & 2 Miles Easy	3 Miles Easy or Tempo	Rest	4 Miles Easy	Strength & 2 Miles Easy	6 Miles Easy	Rest or Cross Train	17
Experienced $\frac{1}{2}$ Marathoner	Strength & 2 Miles Easy	3 Mile Tempo	Rest	5 Miles Easy	Strength & 2 Miles Easy	7 Miles Easy	Rest or Cross Train	19

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

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	7/18/11	7/19/11	7/20/11	7/21/11	7/22/11	7/23/11	7/24/11	Total Weekly Miles
5K Runners	30-40 min. run easy	5:00 min warm up; 10 x 1:30 run/1:00 walk; 5:00 min cool down walk	30 min. run easy or Rest	5:00 min warm up; 10 x 1:30 run/1:00 walk; 5:00 min cool down walk	Rest	30-40 min. run easy	Cross Train	9-11

Experienced $\frac{1}{2}$ Marathon Runners (No Novice Runners Please)

This week's speed workout is a 4-mile Lactate Threshold ("LT") run.

Your LT pace is roughly equivalent to your half-marathon race pace. If you've raced either of those distances before then you should have a good feel for this pace. If you train with a heart rate monitor, this pace will be in the range of 82-85 percent of your max. heart rate or 40-50 seconds faster than your $\frac{1}{2}$ Marathon Target race pace and only slightly slower than your 10K race pace.

On LT runs, you should feel like you're on cruise control. But beware, LT pace can also be called the ½ marathon "bonk" pace. If you try to run the ½ marathon at this pace, you'll feel great for the first 6 to 8 miles, and then things will start to fall apart very quickly.

Here are a few things to remember:

Run on a marked course so that you can monitor your pace for each mile. Use the first ½ mile for a warm-up. Run each subsequent mile at a progressively faster pace, up to Lactate Threshold. Maintain this pace for several miles. Use the last ½ mile for a cool down. Slow down and stop for water/hydration, especially if it's hot outside.

This workout should not be that difficult for you unless you've picked an unrealistic ½ Marathon Target Time, you've never raced or trained at these faster paces, or it's hot out.

Enjoy!

Coach Marc