



Running training guide

A Runners training guide for the
5k and the half marathon



Joseph Di Biase, ATC

Runners Guide

◆ Vet Fest is April 16th 2011

◆ Events

- 1 mile walk
- 5k run/walk
- Half marathon

◆ 8 AM ?

◆ Olympic Runner Suzy Favor Hamilton will be attending!!!

The Workouts

- ◆ The workouts are comprised of the following
 - The training program will be comprised of Rest days, miles, cross training and speed drills.

Rest Days

- ◆ Rest are extremely important.
- ◆ These days are suppose to give your legs a break from all the miles that have been put in.
- ◆ Use these days to ice sore muscles and joints. Even if they are not hurting, it is encouraged to ice, especially your shins.
- ◆ If you notice on your calender, rest before the event is also important. You have worked so hard through your training, you do not want to be tired for the actual race day.

Miles

◆ In this training, miles are broken into different kinds of paces.

- Easy Miles

- ◆ Run these miles at a COMFORTABLE pace. They are maintenance miles.

- Medium Miles

- ◆ Run these miles at a COMPETITIVE pace. This day is also the days that speed drills are done.

- Long Miles

- ◆ Run these miles at a slightly slower than a race pace. These running days are longer and are on the weekend.

Cross Training

- ◆ Cross training is a method of exercise that has cardio vascular gains but is not just running.
- ◆ Examples of Cross Training Exercises (but not limited to).
 - Swimming
 - Biking
 - Elliptical
 - Weight training (high reps with low weights)
- ◆ Cross training is an excellent way to exercise to give your legs a rest from all the running but still get some positive gains for cardio.

Weight training

- ◆ Weight training has aerobic benefits if the right lifting protocol is followed.
- ◆ In your handouts flip to the 1 RM chart (1 Rep Maximum chart)
- ◆ When lifting, you are suppose to do 65-70% of your 1 RM for that exercise. The chart helps you determine what that is.
- ◆ High reps with low reps. Example of high reps is 3 sets of 12-15 reps of a weight that is 65-70% of your one rep max (again you can check the chart for a reference).
- ◆ The rest time inbetween sets is about 30 seconds. This regime is the best for aerobic benefits.

Speed Drills

- ◆ Speed drills are designed from short to medium lengths that are repeated at various ranged of paces. They can be at a race pace or at an easier pace.
- ◆ The goal of speed drills is to gain overall speed and to maintain this speed over oong distances. Once a speed drill is done, you must COOL DOWN. A cool down will allow your body to use up all the extra lactacte acid that is being stored.

Hydration

- ◆ Being very well hydrated is important for performance. It is a way to cool the body and to get the proper fluids replenished during presperation.
- ◆ In your hand outs there is a hydration section with suggestions on how to properly hydrate.
- ◆ Hydrate does not start the day of the race, it starts a couple of days/weeks before.
- ◆ If you are interested on how much you sweat as an individual, there is a sweat rate chart that is in your handouts as well. If you have any questions just let me know.

Shoes

- ◆ While training for a long distance race, it is important to have a pair of shoes that are comfortable.
- ◆ If you are considering of purchasing a new pair of shoes make sure you go in the afternoon. Your foot is a different shape from when you wake up.
- ◆ A normal pair of running shoes can last up to 300 miles. Getting a new pair of shoes before the race isn't the best idea. You need to break in your shoes before the race so blisters or sizing problems do not occur.

Nutrition

- ◆ Having the correct nutrition is a big consideration when it comes to long distance running.
- ◆ The nutrition should be broken up into the following
 - Carbohydrates 65-70%
 - Protein 10-15%
 - Fats 15-20%
- ◆ This is just a guideline.
- ◆ See handout for more indepth nutritional guidelines.

Warming Up

- ◆ Warming up is almost mandatory for every day of running. This will include a stretch and a 5-8 minute jog.
- ◆ Once you have done your jog, do 4 x 100 meter runs at a moderate pace with a 100 meter jog in between each 100 meter run.
- ◆ Warming up prevents injuries and gets your body loose before your workout.

Max Heart Rate

- ◆ The Equation of max heart is very simple
 - Age Predicted Max Heart Rate (APMHR) $220 - \text{Age}$
 - ◆ I.E. $220 - 23 = 197$.
 - ◆ My max heart rate is 197.
- ◆ Monitoring heart rate can determine the intensity (or your race pace)
 - For aerobic activities you want to stay 60% (exercise intensity) of your max heart rate
 - For a good race pace (target heart rate (THR)) staying between 70-85% (exercise intensity) of your max heart rate is ideal.
 - ◆ $\text{THR} = \text{APMHR} \times \text{exercise intensity}$
 - ◆ $197 \times 70\% = 137.5$ is my THR

Over Training

- ◆ When over training happens, it is just considered a stimulus.
- ◆ Over training syndrome can lead to the plateau effect or can decrease performance.
- ◆ It is also suggested that overtraining can lead to burnout and over fatigue.
- ◆ Can last up to 6 months and recovery may not be immediate.

Environmental Factors

- ◆ Running on a nice day is always desired but not always attained. Rain, snow, ice can dramatically effect how you train.
- ◆ Always be prepared for the change in weather.
- ◆ Humidity and wind adjustments are important when it comes to training. One hot muggy days, swimming as cross training is encouraged. This is just an example.

Good Luck!!!

- ◆ Good luck with your training
- ◆ I hope you achieve your personal goals and get running! Training starts Jan 1st!

Resources

- ◆ Baechle, T. & Earke, R. (2000). *Essentials of Strength Training and Conditioning*. China. Human Kinetics.