

### The Workouts

The following running workouts are included in this training plan:

- Easy Endurance Runs - Long easy paced runs. Your pace should feel easy and conversational in nature.
- Tempo Runs - Moderate distance steady state runs performed at a strong but relaxed pace. Your pace should feel moderate to moderately hard.
- Fartlek Runs - These are unstructured workouts in which you change your pace or running intensity throughout your workout. There are no hard and fast rules in fartlek runs. The only guideline you need to follow is to vary your pace frequently and include both easy and harder running paces.

### Your Training Paces

This training paces in this program are based on the following 6 paces:

- Easy Pace - No exact pacing is necessary. Run at a what feels like an easy, conversational pace.
- Tempo Pace - A strong but relaxed pace that feels moderate to moderately hard.
- Current Mile Pace - Your most recent mile PR pace.
- 2 mile Pace - Use your most recent 2 mile PR pace or about 4 seconds per 400 meters slower than your mile pace.
- 3 mile Pace - Use your most recent 3 mile PR pace or about 6 to 7 seconds per 400 meters slower than your mile pace.

Labor Day Weekend	Friday	Saturday	Sunday	Monday
Workout	<b>PM</b> Run for 24 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace	<b>AM</b> Run for 30 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace	<b>AM</b> 6 mile fartlek with the last ½ mile at current 2 mile pace	<b>AM</b> Run for 27 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace
	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength

JV: Miss Melanie Thurman
JV: Miss Christina Steffy
JV: Miss Lauren Tisza
JV: Miss Mary Kasza
JV: Miss Maria Llines
JV: Miss Victoria Williamson
JV: Miss Maria Karahalios

## The Workouts

The following running workouts are included in this training plan:

- Easy Endurance Runs - Long easy paced runs. Your pace should feel easy and conversational in nature.
- Tempo Runs - Moderate distance steady state runs performed at a strong but relaxed pace. Your pace should feel moderate to moderately hard.
- Fartlek Runs - These are unstructured workouts in which you change your pace or running intensity throughout your workout. There are no hard and fast rules in fartlek runs. The only guideline you need to follow is to vary your pace frequently and include both easy and harder running paces.

## Your Training Paces

This training paces in this program are based on the following 6 paces:

- Easy Pace - No exact pacing is necessary. Run at a what feels like an easy, conversational pace.
- Tempo Pace - A strong but relaxed pace that feels moderate to moderately hard.
- Current Mile Pace - Your most recent mile PR pace.
- 2 mile Pace - Use your most recent 2 mile PR pace or about 4 seconds per 400 meters slower than your mile pace.
- 3 mile Pace - Use your most recent 3 mile PR pace or about 6 to 7 seconds per 400 meters slower than your mile pace.

Labor Day Weekend	Friday	Saturday	Sunday	Monday
Workout	<b>PM</b> Run for 40 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace	<b>AM</b> Run for 50 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace	<b>AM</b> 7 mile fartlek with the last ½ mile at current 2 mile pace	<b>AM</b> Run for 30 minutes alternating between 1 minute @ 2 mile pace and 2 minutes @ easy pace
	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength

V: Miss Sarah Dec
V: Miss Adrianna Flores
V: Miss Eryn Fallon
V: Miss Joanna Nguyen
V: Miss Danielle Walczak
V: Miss Christina Karahalios
V: Miss Judy Wrobel

### The Workouts

The following running workouts are included in this training plan:

- Easy Endurance Runs - Long easy paced runs. Your pace should feel easy and conversational in nature.
- Tempo Runs - Moderate distance steady state runs performed at a strong but relaxed pace. Your pace should feel moderate to moderately hard.
- Fartlek Runs - These are unstructured workouts in which you change your pace or running intensity throughout your workout. There are no hard and fast rules in fartlek runs. The only guideline you need to follow is to vary your pace frequently and include both easy and harder running paces.

### Your Training Paces

This training paces in this program are based on the following 6 paces:

- Easy Pace - No exact pacing is necessary. Run at a what feels like an easy, conversational pace.
- Tempo Pace - A strong but relaxed pace that feels moderate to moderately hard.
- Current Mile Pace - Your most recent mile PR pace.
- 2 mile Pace - Use your most recent 2 mile PR pace or about 4 seconds per 400 meters slower than your mile pace.
- 3 mile Pace - Use your most recent 3 mile PR pace or about 6 to 7 seconds per 400 meters slower than your mile pace.

Labor Day Weekend	Friday	Saturday	Sunday	Monday
Workout	<b>PM</b> Run for 45 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace	<b>AM</b> Run for 55 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace	<b>AM</b> 8 mile fartlek with the last ½ mile at current 3 mile pace	<b>AM</b> Run for 35 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace
	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength

JV: Mr. Mike Nee
F: Mr. Ron Johnson

## The Workouts

The following running workouts are included in this training plan:

- Easy Endurance Runs - Long easy paced runs. Your pace should feel easy and conversational in nature.
- Tempo Runs - Moderate distance steady state runs performed at a strong but relaxed pace. Your pace should feel moderate to moderately hard.
- Fartlek Runs - These are unstructured workouts in which you change your pace or running intensity throughout your workout. There are no hard and fast rules in fartlek runs. The only guideline you need to follow is to vary your pace frequently and include both easy and harder running paces.

## Your Training Paces

This training paces in this program are based on the following 6 paces:

- Easy Pace - No exact pacing is necessary. Run at a what feels like an easy, conversational pace.
- Tempo Pace - A strong but relaxed pace that feels moderate to moderately hard.
- Current Mile Pace - Your most recent mile PR pace.
- 2 mile Pace - Use your most recent 2 mile PR pace or about 4 seconds per 400 meters slower than your mile pace.
- 3 mile Pace - Use your most recent 3 mile PR pace or about 6 to 7 seconds per 400 meters slower than your mile pace.

Labor Day	Friday	Saturday	Sunday	Monday
Day				
Weekend				
Workout	<b>PM</b> Run for 50 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace	<b>AM</b> Run for 60 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace	<b>AM</b> 8 ½ mile fartlek with the last ½ mile at current 3 mile pace	<b>AM</b> Run for 40 minutes alternating between 1 minute @ 3 mile pace and 2 minutes @ easy pace
	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength	<b>PM</b> XT Strength

V: Mr. Rob Fitzgerald
V: Mr. Wardon Elmore
V: Mr. Marco Silva
V: Mr. Oshey Reed

Nutrition is critical . Carbs, carbs, carbs! If you are on a low carb diet, then STOP. Carbohydrates provide the fuel for runners. Load up!



Carbohydrates will provide glycogen and protein will help repair muscle tissue. Men and women need to consume 2000-2500 calories each day. During training, you will need to add 100 calories per mile you will be running, 65% of your calories should come from carbohydrates, particularly complex carbohydrates. 10% should come from protein (you need 0.5 to .07 grams per pound of your body weight each day). 20-25% of your total calories should come from unsaturated fats. Vitamins are highly recommended and will give you adequate supplies of the minerals your body needs. Take multi-vitamins daily as a supplement. Also, keep in mind you need plenty of calcium and iron. See the nutritional charts for the things you eat and make sure you are getting adequate amounts of both. Stay away from pizza!

Following are good sources of complex carbohydrates and protein:

**Good Carbohydrates:**

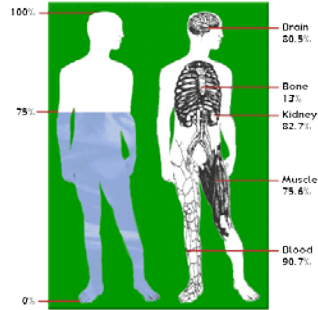
Potatoes, yams, beans, peas, wheat bread, bananas, macaroni, spaghetti, cereal, raisins, apples, bagels, syrup, brown rice, corn, apples, carrots, root vegetables

**Good Protein:**

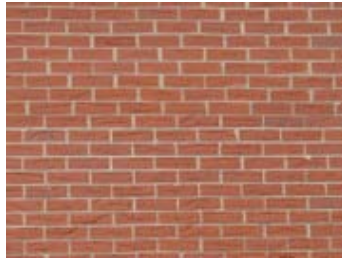
Low fat milk, beans, green peas, lean beef, chicken, fish, eggs, cheese, yogurt, nuts, peanut butter, cottage cheese, tofu and soy products



Never neglect the importance of hydration. Even if it is cold outside and you don't feel like you sweat as much as if it were 90 degrees, you still need lots of fluid. You need to replace what you lose. You need to weigh yourself before each run and get your body weight back to that same point after a run. Do not neglect this! Even do it during pre-training runs so that you make this a habit. Water or sports drinks are the preferred fluids. Always drink during the two hours leading up to a run and the two hours following the run. These are your most critical times for fluid consumption. Drink water throughout the day. Sport drinks provide some advantages during the two-hour before and two-hour after windows. They provide your body with carbohydrates and electrolytes your body needs. Use both and see how you feel.



# The Wall



&



# Posture!

The Wall is the term used when runners reach a point where they have depleted their glycogen (which is converted from carbohydrates). It is kind of like running “on empty”. When glycogen is depleted, your body begins to depend on fat as the source for energy. This creates a transition within your body that initially causes you to have very little energy.

How to avoid the wall is the common question. Proper training and nutrition ([carb loading](#)) can help to minimize your chances of reaching this point. The amount of time you are running is another factor.

When hitting it, some runners find it difficult to run and sometimes even walk. If you reach this point, it is okay. Just know what is going on when it happens. It can be a traumatic experience at first because you literally feel empty as if you have nothing left. What do you do? Keep going! Your body will make the transition and you will push through “the wall” to the finish line.

Once you push through, you may experience the “runner’s high”. If this happens, keep going! Remind yourself that you are a distance runner and feel the feeling you will have when you cross the finish line. In a perfect world, you will deplete the last of your glycogen as you cross the finish line. However, chances are that you will hit the wall. Just remember your preparation, know what is happening, and know you will push through. You can do it! And you will.

For short distances, the runner should run “on their toes”. However, this is not true with distance runners. The proper distance running form is for the heels to make contact with the ground first or to run flat-footed.

Arms should be relaxed at about a 90-degree angle and by your side. The main thing is that your arms are relaxed. As you increase distance you will likely find your arms and shoulders to tense up. Relax them by shaking out the tension. One effective way to do this is to simply straighten your arms down by your side and shake your hands and arms for a few seconds until they feel relaxed. Another way is to extend both hands over your head to stretch them out.

Run low to the ground. Use energy to propel yourself forward, not vertical. Focus on an object ahead of you while you run. If you see it going up and down or feel yourself going up and down, then you are running too vertical. Keep your feet low and going forward. This will save energy and get you to the finish line faster.

You should be running at a [pace](#) that is comfortable to you where you can relax and maintain good running form. Run with your mouth open to allow you to easily breathe. Breathe in-in, out-out. Make a pattern of breathing step-by-step. In-In, Out-Out, In-In, Out-Out. Posture is also critical and can be used to your advantage. You should be running with your back straight and your chest slightly leading the way. As you move into longer runs, you will find yourself beginning to slump over a bit. It is important that you realize this is happening so you may correct it. When you feel yourself slumping over, simply poke your chest out. Not only will you feel more comfortable physically, but you will also feel better mentally as you will feel a surge of confidence by simply poking out your chest. Be relaxed and confident and you will cross the finish line with your chest out and head high.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #1

### Bench Step Downs

- This is a body weight exercise. Advanced athletes may add additional resistance by holding dumbbells.
- **TECHNIQUE**
- This exercise may be performed with body weight only or with additional resistance by holding a dumbbell in each hand.
- Stand on a bench that is 18 to 24 inches high, in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
- Contract your abdominal muscles to stabilize your trunk and spine.
- Keeping most of your weight on one foot (lead foot), slowly remove the trailing foot from the bench and step down to the floor. Keep the lead foot flat on the bench. Step down very slowly and with full control. Keep your back vertical. Step down until your trailing foot is flat on the floor.
- Forcefully push off with the trailing foot (the foot on the floor) and reassume the original standing position on the bench. Repeat for the desired number of repetitions
- Repeat this exercise using the other leg as the lead leg.
- **THINGS TO WATCH OUT FOR**
- Breathe throughout the exercise.
- Exhale on the downward portions and inhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.
- Do not lock your knees at any time during this exercise.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #2

- BENCH STEP UPS
- This is a body weight exercise. Advanced athletes may add additional resistance by holding dumbbells.
- TECHNIQUE
- This exercise may be performed with body weight only or with additional resistance by holding a dumbbell in each hand.
- Stand in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
- Contract your abdominal muscles to stabilize your trunk and spine.
- Stand directly in front of a step bench that is 18 to 24 inches high. Place one foot (lead foot) flat on the bench. With most of your weight on the heel of the lead foot, forcefully push off with the lead leg and assume a standing position with both feet on the bench. Repeat for the desired number of repetitions
- Slowly remove the trailing leg from the bench and lower yourself to the original starting position.
- Repeat this exercise using the other leg as the lead leg.
- THINGS TO WATCH OUT FOR
- Breathe throughout the exercise.
- Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #3

- DUMBELL ARM SWING
- This exercise is performed using light weight dumbbells.
- TECHNIQUE
- This exercise is performed using light weight dumbbells.
- Stand in a position similar to your running stride. Hold a light dumbbell (1 to 20 lbs, depending upon your level of strength). Bend your arms at the elbows and forcefully swing your arms as you do when running. Movement should be at the shoulder joint..
- Control the weight through out the exercise.
- THINGS TO WATCH OUT FOR
- Breath throughout the exercise.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #4

- ONE-LEG SQUATS
- This is a body weight exercise. Advanced athletes may add additional resistance by holding dumbbells.
- TECHNIQUE
- This exercise may be performed with body weight only or with additional resistance by holding a dumbbell in each hand.
- Stand in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
- Contract your abdominal muscles to stabilize your trunk and spine.
- Place one foot (rear foot) behind you on a bench that is 6 to 12 inches high. Your other foot (forward foot) should be flat on the floor and directly under you. Bend your forward knee until it is at approximately a 90-degree angle. Do not let your knee extend in front of your foot. Slowly straighten your forward leg and return to the starting position.
- Repeat this exercise using the other leg as the lead leg.
- THINGS TO WATCH OUT FOR
- Breath throughout the exercise.
- Inhale on the downward portions and exhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #5

- PULL THROUGHHS
- TECHNIQUE
- Support your weight on your left leg. Raise your right knee up to waist level by flexing your leg at the hip. Your right knee should be flexed at about a 90 degree angle. Straighten your lower leg by un flexing or extending your leg at the knee. Your leg should now be nearly straight as if your were jumping over a hurdle. Forcefully pull your leg down and through ground contact. As your foot passes across the ground, flex your leg at the knee so that your heel raises up toward your buttocks and cycle the leg through to the starting position. This rotary motion should closely mimic the natural running motion. Repeat 50 times. Repeat with the other leg.
- This exercise can be performed both with and without resistance. To perform the exercise with resistance, attach an exercise tube or band to your ankle or foot. Attach the other end to a stationary object..
- THINGS TO WATCH OUT FOR
- Breath throughout the exercise Do not lock your knees at any time during this exercise.

# RUNNING SPECIFIC STRENGTH TRAINING EXERCISES

## #6

- STRIDE STEP UPS
- This is a body weight exercise. Advanced athletes may add additional resistance by holding dumbbells.
- TECHNIQUE
- This exercise may be performed with body weight only or with additional resistance by holding a dumbbell in each hand.
- Stand on a bench that is 18 to 24 inches high, in an upright position. If you are holding dumbbells, they should be held at your sides with a neutral grip.
- Contract your abdominal muscles to stabilize your trunk and spine.
- Stand with your weight on one foot (lead foot). The other foot (trailing foot) should be held off the bench and slightly behind your body. Keeping the weight towards the heel of your lead foot (foot on the bench), slowly step down until your trailing foot just brushes the floor. Keep your weight on your lead foot (the one on the bench). Forcefully push off with your lead foot (the one on the bench) and drive the knee of your trailing leg upward, as in a running stride. Repeat for the desired number of reps.
- Repeat this exercise using the other leg as the lead leg.
- THINGS TO WATCH OUT FOR
- Breathe throughout the exercise.
- Exhale on the downward portions and inhale on the upward portion.
- Keep your back in a vertical position.
- Do not allow the knee of the forward leg to extend in front of the foot.

# Core Workout #1

- DOUBLE CRUNCH or V-CRUNCH
- TECHNIQUE
- Lie face up on a mat. Hold your feet off of the floor with your lower leg parallel to the floor and your upper leg perpendicular to the floor.
- Slowly curl your upper body towards your knees until your shoulder blades are off the floor. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. At the same time, using your lower abdominal muscles, push your hips up off of the floor. This motion should be like pushing your knees straight up toward the ceiling. It should not be a rocking motion.
- Slowly allow your upper body and hips to curl back to the floor.

# Core Workout #2

- EXERCISE BALL ABDOMINAL CRUNCH
- This is a body weight exercise that is performed using an exercise ball.
- TECHNIQUE
- Lie on the exercise ball so that the ball is supporting your lower back. Place your feet wide and flat on the floor for balance. Cross your hands over your chest or use them to support your head. Do not pull on your head. Tuck your chin into your chest.
- Slowly curl your upper body upward. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. Hold this position for a moment.
- Slowly allow your upper body to curl back to the starting position.

# Core Workout #3

- EXTENDED ARM CRUNCH
- This is a body weight exercise.
- TECHNIQUE
- Lie face up on a mat. Flex your knees and bring your heels close to your buttocks. Extend your arms over your head and clasp your hands together. Tuck your chin into your chest.
- Slowly curl your upper body towards your knees until your shoulder blades leave the floor. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. Hold this position for a moment.
- Slowly allow your upper body to curl back to the floor.

# Core Workout #4

- OBLIQUE ABDOMINAL CRUNCH
- This is a body weight exercise or can be performed using single station or multi-station machines.
- TECHNIQUE
- Lie face up on a mat. Flex your knees and bring your heels close to your buttocks. Cross your hands over your chest. Tuck your chin into your chest.
- Slowly curl your upper body towards your knees and rotate your body so that your left elbow moves toward your right knee. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. Hold this position for a moment.
- Slowly allow your upper body to curl back to the floor.
- Alternate between moving your left elbow to your right knee and your right elbow to your left knee.

# Core Workout #5

- RAISED LEG CRUNCH
- This is a body weight exercise.
- TECHNIQUE
- Lie face up on a mat. Hold your feet off of the floor with your lower leg parallel to the floor and your upper leg perpendicular to the floor.
- Slowly curl your upper body towards your knees until your shoulder blades are off the floor. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. Hold this position for a moment.
- Slowly allow your upper body to curl back to the floor.

# Core Workout #6

- RESISTED ABDOMINAL CRUNCH
- This is a body weight exercise or can be performed using single station or multi-station machines.
- TECHNIQUE
- Sit with your back flat against the bench. Stabilize the resistance against the front of your shoulders.
- Slowly curl your upper body towards your knees until your shoulder blades are curled away from the bench. This should be a rolling, curling motion. Concentrate on strongly contracting your abdominal muscles. Hold this position for a moment.
- Slowly allow your upper body to curl back to the bench.

# Strength Training

- • Bench Press (2 x 12): You should perform two sets of twelve repetitions. Use weight that you can easily complete two sets of twelve repetitions without the assistance of a spotter. I am not saying to not use a spotter, rather that your spotter should not have to assist you in completing these two sets.
- • Dumbbell Curls (2 x 12): Use weight you can do two sets of twelve repetitions.
- • Lat Pulls (2 x 12): Use weight you can pull down and finish two sets of twelve repetitions.
- • Back Extensions (2 x 12): Do not use weight for this one. For marathon training, simply performing the exercise is enough.
- • Sit-Ups (2 x 15): Repetitions can really vary on this one depending on your choice and how easily you can do sit-ups. This can be a confidence booster if you can tone your abs. Just be smart and do what feels comfortable.
- • Crunches (2 x 15): Use your judgment here and let your body tell you whether to do more or less.
- • Leg Extensions (2 x 12): This is a great exercise and will help build your leg muscles and will help your knees feel stronger.
- • Leg Curls (2 x 12): This is a great way to strengthen those hamstrings which are very important for marathon runners.
- • Calf Raises (2 x 12): Strengthens the calves which you may find to be quite sore after those long runs.

# XT: Cross Training

- • Cycling
- Cycling is great because it works your legs and cardiovascular system while taking away the constant pounding your legs experience while running. This is a great exercise to use if you experience shin splints and need to take time off from running. To determine how long you need to cycle, multiply the estimated running time for the day's training by 1.5 and cycle for that amount of time in place of the run. Stretch after the exercise just as you would after a run.
- • Run in Water
- Running in water is great because it simulates running and is a cardiovascular workout. If doing this in deep water, you will need to use a floatation device. Obviously, you will not be able to run as fast as you would on land due to resistance by the water. Your heart rate will also not be as high. Run in water for the duration you would expect your run to take. Use intervals if you find yourself bored due to running so slowly.
- • Elliptical Machine
- Elliptical machines are a wonderful way to get a total body workout in a short time. Great for cardio and there is not the impact you get with running. In addition, the backwards setting allows you to work additional muscles not commonly developed by running alone.
- • Rollerblading
- Rollerblading is great because you get an aerobic workout and give your legs rest from running. To determine how long to rollerblade, multiply the time you would have expected to finish your training run by 1.5 and rollerblade for that amount of time. Don't forget to stretch afterwards.