



MARATHON TRAINING TEAM



June 6/7 - November 14, 2020



VCUHealth™

Richmond **Marathon**



Why not?

We know a thing or two about seeing how far you can go, and what it teaches you about yourself. **Allianz Registration Protector*** gives you the confidence to explore your limits. It can reimburse your race registration fees if you can't compete for a number of covered reasons—including covered injury and illness.

Look for **Allianz Registration Protector** when you register.

*Terms, conditions, and exclusions apply. Plan(s) underwritten by Jefferson Insurance Company. AGA Service Company is the licensed producer and administrator of these plans.

Allianz  **Partners**

400008684_05182020

Welcome to the 2020

SPORTS BACKERS MARATHON TRAINING TEAM!

We are proud that you have chosen our group to prepare for the VCU Health Richmond Marathon. This program has been designed to support all running enthusiasts—beginners and veteran competitors—to train for and complete the 2020 VCU Health Richmond Marathon. We take great pride in working with all of the ‘first-timers’ in the group. With hard work, commitment and enthusiasm, you can complete your first marathon! Our overall training team is divided into smaller sub-teams which are based on ability levels and if it is on Saturday or Sunday. These smaller teams will serve as your ‘running community’ for the next 23 weeks. Each of the smaller teams will have a head coach and several assistant coaches who will serve as your primary mentors. Details are included in this training guide.

Now in its 19th year, the Sports Backers Marathon Training Team started with just 158 participants in 2002 and last year reached nearly 1,200 participants. Combined with our other training programs, we helped over 7,500 individuals last year become more active and successfully complete their race goals. This success has helped shape our mission to inspire people from all corners of our community to live actively. We hope to improve the health and wellness of our community and make Richmond a more vibrant place to live, work, and play.

While so many things are different right now, one thing that is staying the same is the spirit of MTT! We will continue to train together...just in more creative and sometimes virtual ways. We will be working to find lots of ways to stay connected and accountable whether virtually or in-person. Our training teams epitomize the active lifestyle and we hope you, as a participant will “pay it forward.” You will find that your participation on the Marathon Training Team will have a positive impact on your family, co-workers, and friends. They will watch your success and be inspired to be more active! #LetsGoRVA

We value your input in this training program as we strive to make it better each year. Please do not hesitate to contact coaches, program administrators, or Sports Backers with any suggestions, comments, and concerns.

Again, thank you for your support and confidence in us. Your volunteer coaches will work hard with you and for you over the next six months. Let’s have fun, be safe, and enjoy running the roads of Richmond!

Sincerely,



Jon Lugbill
Executive Director
Sports Backers



Carrie Parker
Head Coach
Marathon Training Team



Jake Wiseman
Head Coach
Marathon Training Team



Kevin Burcham
Head Coach
Marathon Training Team



Let's do this, together

Running is an investment in your health and we will be there for you every step of the way. Our providers are available to answer your questions and keep you healthy. Let us know if you have an issue, no matter how small. At VCU Health, we provide the best care and treatment for all athletic injuries. We're proud to be the title sponsor for this year's Richmond Marathon.

**Call (804) 828-0713 to schedule
an appointment or for more information.**

Your Medical Team

Richmond Marathon medical directors



Mary Caldwell, D.O.



Jeffrey Ferguson, M.D.

THANK YOU TO ALL OF OUR SPONSORS



TABLE OF CONTENTS

- Training Team Coaches Roster 6
- Expectations 7
- Group Workouts 7
- Training and Safety Tips 8
- Hydration and Hyponatremia 9
- VCU Health Medical Team 10
- Kids Run RVA 11
- Resources: Reading Material & Websites . . . 13
- Clinics 15
- Training Team History 16
- Program Options 17
- Workout Lingo 18
- Your Sub Team 19
- Richmond Road Runners 19
- Training Schedules 21
- Training Log 29
- Richmond Tips 54
- Knowledge for the Runner in You 55

HEAD COACHES & ADMIN

Carrie Parker - Administrator
cgoingthedistance@gmail.com

Jake Wiseman - Routes
wisemanbuilt@gmail.com

Kevin Burcham - Technical Coach
kevinburcham03@gmail.com

SAG Support Coordinators
Crystal Koch crystalball30@gmail.com
Glen Melton nnelg47@gmail.com
Charlotte McKee mckee70@gmail.com

Support
Michael Muldowney mike.twentysix2@gmail.com
Anita Waters seanitarun@aol.com

TRAINING TEAM COACHES

500 LEVEL TEAMS - SATURDAY (EARLY)

Blellow

Jennifer Atkinson
Tracy Patterson
Stan Grochowski
Patty Henson-Dacey
Wade Morasco
Frances Newton
Amanda Arno
Joanna Westbrook
Barb Jewell
Jill Meads
Judy Wood

Beginner Runners - All Paces

jennatkinson@hotmail.com
tracypatterson3@gmail.com
s.grochowskijr@gmail.com
pattyhd10@gmail.com
wmorasco@verizon.net
cmnewton@aol.com
amandaarno18@gmail.com
joanna.westbrook@comcast.net
bsjewell@comcast.net
JiMeads@aol.com
Judi6108@aol.com

Margarita

Karia McDonald
Brian Tiller
Graham Nunnally
Ray Flournoy

Veteran Runners - All Paces

cakejogger@hotmail.com
tiller.brian@gmail.com
grambo526@gmail.com
raybflournoy@gmail.com

500 LEVEL TEAMS - SATURDAY (LATE)

Blue

Kevin Barger
Troy Nguyen
Winnie Brown
MaryAnn Cooley

4:30 and under

thebargers@comcast.net
deepgreenmarine@mac.com
wtranbrown@gmail.com
maryanncooley@gmail.com

Honey

Pam Faulkner
Shanelle Burnett
Cameron Herndon
Anna Ryan
Beth Boering

4:30 and over

pamethel@gmail.com
s.burnett23@yahoo.com
cameron_herndon@yahoo.com
czaplickian@gmail.com
babroering@mindspring.com

700 LEVEL TEAMS - SATURDAY (EARLY)

Black

Joe Amico
Chung Ma
Sarah Bohn
Romain Lheritier

3:30 and under

jmamico@yahoo.com
chungma@gmail.com
sarahbohn531@gmail.com
romain.lheritier@gmail.com

Orange

Donnie Lane
Jerry Pisecki
Whitney Richman
Rich Letter

3:30 to 4:00

dlane@emc-company.com
jerry.pisecki@gmail.com
Whitneyrichman7@gmail.com
richard.letter@sprint.com

Sangria

Laura Dietrick
Lynn McDaniel
Chris Mason
John Sicat
Susie Leahy

4:00 to 4:30

ldietric@richmond.edu
lynnjmcDaniel7@gmail.com
Masonroni@gmail.com
johnscat@hotmail.com
sqleahy@gmail.com

Fireball

Elliott Rose
Michelle Wright
Kristen Eichert
Maggie Rice
Rob Fowler
Gray Gurkin

4:30 and over

ellioe@comcast.net
sbcoachmichelle@gmail.com
eichertkm@gmail.com
mrice@williamsmullen.com
fowlerw5@msn.com
CoachRocker@gmail.com

700 LEVEL TEAMS - SATURDAY (LATE)

Aquamarine

Victoria Harness
Kristen Balla
Barry Herndon
Michael Blanchard
Annie Tobey
Kate Miller

All Runners - All Paces

Vpilum@gmail.com
kristenballa@gmail.com
barry.herndon@gmail.com
michaelsblanchard@yahoo.co
matobeyink@gmail.com
kate.gray.miller@gmail.com

500 LEVEL TEAM - SUNDAY

Pink

Blair Just
Chris White
Anne Magee
Sandra Langenbucher
Lauri Llewellyn
Tiffany Fleming
Dawn Walker
Lisa Ziropoulos
Kelly Hall

All Runners - All Paces

pink_nation@comcast.net
furballexpress@gmail.com
annenmagee@gmail.com
sandra.langenbucher@gmail.com
lauri.m.llewellyn@gmail.com
tiffany.fleming@gmail.com
aurora2227@hotmail.com
lzirop@aol.com
2swim247@comcast.net

700 LEVEL TEAMS - SUNDAY

Limes

Judith Isbell
Kara Ayres
Rives Fleming
Eric Lowe
Khem Rautele

4:00 and under

judithisbellamico@gmail.com
karaayres74@gmail.com
rfleming@collegiate-va.org
eric.lowe85@gmail.com
Khem.mail@gmail.com

Cocoa

Ellie Basch
Adam Falik
Peter Gilbert
Jay Schmid
Candace Broaddus

4:00 and over

ellieruns@gmail.com
adam@falik.net
gilberpa@gmail.com
jschmid262@gmail.com
cebroaddus@gmail.com

Reserve Coach – Team Han

Greg Barch **gmbarch@gmail.com**

Virtual Team

Paula Inserra **paulain Serra@yahoo.com**

WHAT YOU CAN EXPECT

FROM THE PROGRAM:

- During the Virtual training portion, and once in-person group runs commence, we will...
- We will have coaches regularly communicate with you and check-in on your progress.
- We will have predetermined written training routes each week that will be posted on our website, marathontrainingteam.com, once in-person group runs commence from the Sports Backer's stadium and locations immediately surrounding the stadium.
- We will have limited onsite SAG support. However, you will have SAG care package sent to you.
- This is a team-based program, however, we will work with you, within reason and as needed due to injury or other issues, to adjust the training schedule to suit your specific needs to run the VCU Health Richmond Marathon.
- We will have clinics on various topics related to marathoning with speakers who are experts in their fields.
- We will provide "How-To" videos on varied running topics.
- We will keep you motivated as you work toward achieving your running goals.
- We will help guide you to use safe and healthy running practices.

TO MAKE YOUR TRAINING SUCCESSFUL:

- Be committed – running a marathon will take a lot of your time over the next six months.
- Follow the schedule to the best of your abilities.
- Keep a training log of your daily runs.
- Once we begin in person, be on time and ready to run for each group run.
- Let your coach know if you will be missing multiple workouts so we can work with you to develop a plan to maintain your fitness.
- Make sure you are practicing self-care after each run to support recovery.
- Attend the group workouts, virtually and in-person. We know that most cannot make them all—make as many as you can.
- Let your coaches know if you are hurt.
- Be honest with yourself.
- Run safely. You may be running on the streets of Richmond. You should always be aware of where you are, traffic around you, the surfaces you are running on, and no more than two abreast!
- Give us feedback on how we can make things better for you.

GROUP WORKOUTS

Each weekend the weekend runs will get progressively longer, with scheduled recovery weeks, as indicated in the training schedules. This is the most important weekly workout as it is the key to increasing your endurance for the marathon.

By Thursday of each week, the weekend running routes will be posted on the marathon training team website: marathontrainingteam.com, once in-person group runs commence from the Sports Backer's stadium and locations immediately surrounding the stadium.

When you run with a Sports Backer's organized group run, your coach will have a sign-in sheet for tracking runners. Please check in EVERY TIME so that we know you are there. If you arrive late and run with a different team, please let that coach know and sign in as a guest of that team. When you finish your run, please check out EVERY TIME so that we know you have finished the run. We will call you if you do not sign out.

TRAINING & SAFETY TIPS

BASIC GUIDELINES FOR YOU TO REMEMBER DURING YOUR TRAINING

TRAINING

- Follow the 10% to 20% rule. Don't increase your weekly mileage (or time) by more than 10%-20%.
- Alternate hard and easy workouts. Don't do hard workouts on consecutive days.
- Don't expect changes in one week. Training benefits take at least four weeks to be realized. It takes the body at least four weeks to adapt to a new level of cardiovascular strength. Modify your training routine every four to six weeks as capabilities increase.
- There are two training variables – distance and intensity. When changing your training schedule, only change one variable at a time. Up the distance – When that feels comfortable, up the intensity. When that is comfortable, up the distance again.
- Watch your form. Your form is important. If you train with poor form, you will reinforce poor form. Over the course of a marathon, poor form can decrease your efficiency and add minutes to your time.
- Reflect on your training. Once every month, if not more frequently, review your training log. Think about your progress. Are you “pouring the foundation” that will allow you to achieve your goals? Have you been able to keep up with the plan mileage?

SAFETY

- Always observe recommended social distancing guidelines.
- Always run facing traffic. When running in a group, do not take over a lane of traffic – keep to the side (run no more than two abreast) or use sidewalks when available.
- When running in a group, look out for one another. Point out oncoming traffic, potholes, and debris to fellow runners.
- In the dark, wear a reflective vest, head lamp, flashing light, and other reflective gear.
- Be alert for cars. At an intersection, make eye contact with the driver of the car. Make sure the driver acknowledges you before you pass or else give the vehicle the right-of-way.
- It is a good idea to stretch after you have already warmed up. Dynamic stretching is a good type of stretching before you run. You may also want to stretch after running, while not over stretching.
- Don't run with headphones.
- Drink the proper amount of water and/or sports drink. Even in cold weather you should be drinking plenty of fluid.
- If anything hurts, STOP. For recovery, think MICE (Move, Ice, Compression, and Elevation).
- More than ever, drivers are not paying attention to their surroundings when they drive. Text messages, smart phones with video, Twitter, and Instagram are continually distracting drivers. We all see it every day. **When a car approaches, assume they do not see you and give them a clear path.** We'll say it more than once-if you get into a fight with a car, you lose. Respect the road and don't ever get complacent because you are in a group.

HYDRATION AND HYPONATREMIA

The hydration status in marathon runners is dependent on the balance between sweat loss and fluid replacement—dehydration occurs when fluid loss is not adequately replaced. You should strive to stay hydrated daily, your body will not allow for day-of hydration "cramming"! Sweat rates are influenced by individual physiology, weather conditions, clothing, and running pace. Warm, humid weather (summer in Richmond?) increases sweat rates and may accelerate the onset of dehydration and heat-related illnesses. Keeping the body properly hydrated with the right amount of fluids improves safety and performance in a long run or race. However, it is possible to ingest too much fluid, which can result in a potentially fatal condition called hyponatremia. Balancing fluid intake with sweat loss to avoid dehydration and hyponatremia is the marathon runner's goal. Find out what keeps you in balance; there is no standard intake for everyone.

SIGNS OF DEHYDRATION

Thirst is an initial indicator of dehydration and you should start replacing your sweat loss. Signs and symptoms of worsening dehydration include headache, fatigue, dizziness, nausea, muscle cramps, weakness, abnormal chills, thick saliva, and irritability. The best way to avoid dehydration is to calculate your sweat rate and replace your anticipated loss throughout the run. A few (10-20) ounces of sports drink or water about an hour before a run or race will help you start with adequate fluids in your system.

CALCULATE YOUR SWEAT RATE

The easiest method to estimate your sweat rate is to weigh yourself nude and then run for an hour (put running clothes on first!). At the end of the run, strip down, towel off, and reweigh yourself. The difference in weight is equal to your sweat rate. Approximately

that amount should be replaced in each hour of your run or race. If you have determined that you need to drink six ounces every 20 minutes, then you stick with that plan for longer runs and for races. **Note that this may require you to carry your own hydration during long runs to support your personal needs.**

SYMPTOMS OF HYPONATREMIA

Early symptoms include puffiness (swollen fingers, tight fitting watch), nausea, vomiting, progressively worsening headache, and a sense of "just not feeling right." More serious symptoms will show when worsening brain swelling leads to confusion, irritability, agitation, and seizures. Left untreated, hyponatremia can progress to serious brain and lung swelling, coma and death.

HOW TO AVOID DEHYDRATION & HYPONATREMIA

Develop your own balanced hydration program using these tips:

- Always carry your own hydration during runs or races to ensure you maintain your hydration plan.
- Do not overdrink.
- Drink when you are thirsty or determine your fluid intake that keeps your weight balanced with a slight 1-2% loss during a long run. The rate of sweat and weight loss for the same distance varies according to time of the year and weather conditions.
- Keep your urine a pale-yellow color like lemonade, not like apple juice (dehydration) or clear like water (overhydration). Not needing to urinate can be a sign of dehydration.
- Try to match fluid intake to weight loss. For example, if you lost 2 lbs (32 oz), you should try to drink close to 32 oz over the course of your during that long run.

-
1. Hew-Butler T, et al. Consensus Statement of the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa. *Clinical Journal of Sports Medicine*. 2005; 15(4):208-213.
 2. Almond CSD, et al. Hyponatremia among Runners in the Boston Marathon. *The New England Journal of Medicine*. 2005; 352(15):1550-1556.

nuun
hydration



Learn more at
www.nuunlife.com

KIDS RUN this town!

How does Kids Run work?

Run Clubs - Volunteer coaches lead youth run clubs in schools and communities.

Coach Training & Support - We host a series of Coaching Clinics and provide ongoing support to Coaches.

Mini-Grants - These funds help cover the costs associated with run clubs and hosting school 5k/fun run events.

Kids Running Events - We offer a race every fall and spring so kids can experience a sense of accomplishment as they achieve their fitness goals!

Kids Challenge - Earn incentives as you track your miles throughout the spring season!

Support for Low Income Schools/Communities

We offer discounted/complimentary entries to running events, cover the cost of school bus transportation to/from events, and provide shoes for kids in need.

Get a run club started at your school!

What do the kids & coaches have to say about Kids Run RVA?

Want more information or need help getting a run club started at your school?

Contact us!

kidsrunrva@sportsbackers.org

804-285-9495

"This is a great way to make friends!"
- Run Club Participant

"Students that have difficulty in class thrive in run club. I have students that can't show up to school on time except on days of run club. I am now coaching with second generations of students."
- Coach Matt Miles

"Kids Run RVA provides the framework, financial help, information, networking, and race support to make our Run Club successful." - Coach Teresa Kessler



Kids Run, a program of Sports Backers, gives kids across our region the chance to have fun while being physically active on a regular basis. We support school-based run clubs and events.

**GOOD LUCK
ON RACE
DAY!**



#bankingreimagined

Resources

LEARN MORE ABOUT RUNNING

There is a wealth of reading material regarding marathon training, nutrition, and running history that is available to you if you are interested in learning more about the sport. By no means is this list complete, but here are a number of titles and websites that we hope you enjoy.

GENERAL READING & TECHNICAL

- Once A Runner**, John L Parker Jr
- Bowerman and the Men of Oregon: The Story of Oregon's Legendary Coach and Nike's Cofounder**
- My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon**, Bart Yasso/Kathleen Parrish
- First Ladies of Running**, Amby Burfoot
- Iron War: Dave Scott, Mark Allen & the Greatest Race Ever Run**, Matt Fitzgerald
- Daniels' Running Formula**, Jack Daniels, PhD
- The Science of Running**, Steve Magness
- Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention**, Jay Dicharry
- Running for Women**, Jason R Karp PhD & Carolyn S Smith MD
- Racing Weight: How to Get Lean for Peak Performance**, Matt Fitzgerald
- Run – The Mind-Body Method of Running by Feel**, Matt Fitzgerald
- Pre: The Story of America's Greatest Running Legend**, Tom Jordan
- Relentless Forward Progress: A Guide to Running Ultramarathons**, Byron Powell
- Born to Run**, Christopher McDougall
- Into the Furnace**, Cory Reese, Luke Thoreson, Dean Karnazes
- Runner's World Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther and Faster – With Fewer Injuries**, Jonathan Beverly

NUTRITION

- Nancy Clark's Food Guide for Marathoners. Tips for Everyday Champions**, Nancy Clark, MS, RD, and Jeff Galloway
- Nancy Clark's Sports Nutrition Guidebook**, Nancy Clark, MS, RD
- Racing Weight Cookbook – Lean, Light Recipes for Athletes**, Matt Fitzgerald
- Diet Cults The Surprising Fallacy at the Core of Nutrition Fads and a Guide to Healthy Eating for the Rest of Us**, Matt Fitzgerald
- The Endurance Diet**, Matt Fitzgerald

MENTAL

- How Bad Do You Want It**, Mastering the Psychology of Mind Over Muscle
- Brain Training For Runners, A Revolutionary New Training System to Improve Endurance, Speed, Health, & Results**, Matt Fitzgerald
- GRIT: The Power of Passion and Perseverance**, Angela Duckworth
- Top Dog: The Science of Winning and Losing**, Po Bronson & Ashley Merryman

PODCASTS

- Run4PRs on Apple Podcasts**
- RunForYourLife on Apple Podcasts**

WEBSITES

- | | | |
|--|--|---|
| sportsbackers.org | running.net | usatf.org |
| marathontrainingteam.com | mapmyrun.com | rungo.com |
| marathonguide.com | richmondmarathon.com | coolrunning.com |
| runnersworld.com | rrrc.org | @SBMTT |
| halhigdon.com | jeffgalloway.com | f /2020SportsBackersMarathonTrainingTeam |
| outsideonline.com | trailrunnermag.com | |



In-Store Fitting



Curbside Pickup



Virtual Fitting

See Your Feet the Way We Do

FLEET FEET

Shop In-store or Online
FleetFeetRichmond.com

Short Pump
11651 W Broad St
Henrico, VA 23233
804-360-4600

Gear Up Weeks
June 8 - June 14
July 27 - Aug 2
Sept 14 - Sept 20

Westhampton
5600 Patterson Ave
Richmond, VA 23226
804-282-6600

Save 10% on your purchase*

*In-store only during these weeks

CLINICS

Over the course of the training program, VCU Health will host a number of clinics on running specific topics. They will have guest speakers address these topics and participants can ask questions.

Clinic dates, times, and locations will be shared as they are determined. Due to changing guidelines, some clinics may be virtual, while others might be held in-person. For more information, please visit marathontrainingteam.com.

CLINICS TOPICS INCLUDE:

Injury Prevention

Nutrition

Emergency Preparedness

HOW-TO & RUNNING SPECIFIC VIDEOS

Throughout the Sports Backers Marathon Training Team season, your coaches and the teams at VCU Health, Fleet Feet, and nuun will be working hard behind the scenes to provide you with helpful information for a successful marathon experience. This video content will include things like:

Hydration

Proper Gear

How to Setup Your Own SAG stops

Running Attire

And, more!

FLEET FEET GEAR UP WEEKS

SAVE 10% ON ALL IN-STORE PRODUCTS!

June 8 - June 14, July 24 - August 2, and September 14 - September 20

**SEE PAGE
14 FOR
DETAILS!**

TRACK WORK

Marathon Training is scheduled to take place on the track at Sports Backers Stadium on the following dates:

- Thursday, September 3, 2020 | 6-7pm
- Thursday, September 10, 2020 | 6-7pm
- Thursday, September 17, 2020 | 6-7pm
- Thursday, October 1, 2020 | 6-7pm
- Thursday, October 8, 2020 | 6-7pm

Additional dates and locations will be announced via email and on marathontrainingteam.com.

MARATHON TRAINING TEAM

LOTS OF BOYS
AND GIRLS,
BUT MORE GIRLS.



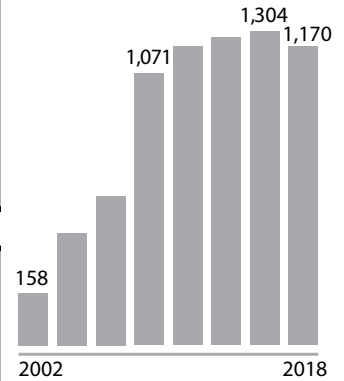
42% 58%

846 or 596 MILES ON THE ROAD

Including the 26.2 mile race, 700 Level Runners could potentially run 846 miles, while the 500 Level runners could log 596 miles.

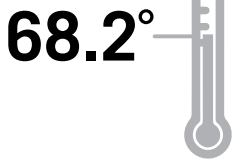


PARTICIPATION
FROM 2002-2018



WEATHER

The average temperature for a training run over the last 18 years.



The coldest wind chill for a training run all-time occurred on Nov. 7, 2010



The warmest (heat index) training run all-time occurred on July 8, 2012.

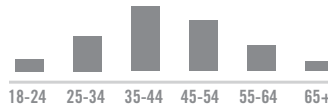


TOTAL NUMBER
OF MTT PARTICIPANTS
SINCE PROGRAM INCEPTION

17,178

AGE

The training team supports all ages (18+) and abilities. The oldest participants have been 71 for women and 77 for men.



We love 's
and 's
but...NOT on
training runs!



**FASTEST
MARATHON TIME
RECORDED BY A
MTT MEMBER IN 2018**

2:45:01

IN THE BEGINNING...

2002



Now in our 19th year, the Sports Backers Marathon Training program started from humble beginnings in 2002. Starting at the downtown YMCA, 158 runners and coaches took part the first year. A number of original team members continue on as participants, coaches, and Sports Backers employees.

Over the course of the training program, SAG staff, coaches, and volunteers have set up 120 water and aid stations over Saturday and Sunday long runs.

**120 WATER
AND
AID
STATIONS**

**73
COACHES**

The training team will be supported by 73 coaches over 24 weeks.

PROGRAM OPTIONS

There are a number of different categories a runner can fall into when training for a marathon. Some are based on a runner's experience and others are based on the schedule's structure. Our program uses two basic schedules, labeled 500 Level and 700 Level. The schedule name comes from the approximate number of miles run in the 23-week season under that schedule. What schedule you choose depends on what type of runner you identify as. Pace (or how fast you run) should not necessarily be a factor in choosing a schedule. Here are some examples.

MARATHON ROOKIE

Someone who is new to marathon running or has limited long distance running experience. A Marathon Rookie is currently running some, but probably not more than 2-3 times/week and not more than 15 miles per week. He/She should be able to comfortably run 3-5 miles at one time. They may have run some 5-K races, and maybe even a five-mile or 10-K race, but in general, has limited racing experience. The 500 Level schedule is for a runner looking to finish their first marathon.

TRANSITIONAL MARATHONER

Someone who has been running for some time. He/She currently runs 3-5 times a week and around 18-23 miles per week, and can comfortably run 6-8 miles at one time. He/She has done some racing in the recent past and may have run one or more 1/2 marathons and perhaps a marathon. The Transitional Marathoner is looking to expand their running goals to include the marathon and may (or may not!) be concerned with their race time. Either 500 or 700 Level schedules are applicable.

PROFICIENT MARATHONER

A runner who has trained for and completed 3 or more marathons and multiple 1/2 marathons. They either trained on their own or leveraged some structured group program and run 3-5 times a week. He/She can currently run at least 25 miles per week and can comfortably run 8-12 miles at one time. Their goal is to improve on previous performances by building strength and endurance, or simply maintain their training regimen. Either 500 or 700 Level schedules are applicable depending on goals.

EXPERIENCED MARATHONER

The Experienced Marathoner has participated in structured training programs for marathons or other distances and has been running for several years consistently. They typically average over 30 miles per week and have done 10 or more marathons and perhaps an ultra-marathon. He/She differs from the Proficient Marathoner in that they can handle higher mileage at the start of the program. The distance is no longer the goal as much as the nuances surrounding the training for a particular race. Typically, 700 Level for mileage, or possibly 500 for intensity of training.

If you are unsure about your training level, always start in the higher-level schedule. It is easier to fall back into a 500 Level schedule if you start in with a 700 Level schedule and find the program too demanding or time consuming. However, the mileage difference between the schedules, even after only a few weeks, makes it difficult to jump up from a 500 to a 700 schedule.

WORKOUT LINGO

EFFORT WORKOUTS

An effort workout is different than an easy, casual run or recovery runs. The weekly long run, hill repeats, track work, tempo runs, cross training, and even other sports are examples of effort workouts. You should approach these workouts with the intention to do them correctly. This means warming up, performing the workout at the level of intensity prescribed, and then cooling down properly. You want to stress your body but not damage it, and each workout stresses in different ways.

RECOVERY RUNS

These are easy workouts that keep you moving in between higher effort workouts. It should be a comfortable pace that helps to build your endurance and mileage. Recovery runs can help minimize soreness as well.

CONVERSATION PACE (CP)

Most of your mileage through the season should be ran at conversation pace. These runs should be at a comfortable but consistent level where you can carry on a reasonable conversation. If you can only speak in short sentences between breaths then you are running too hard. This pace is designed to help you increase your confidence and your mileage safely while building endurance. Your conversation pace will adjust throughout the season depending on heat, humidity, and generally how you feel.

TEMPO RUN (TR)

Mentally divide your run into thirds – completing the first and third sections at your conversational pace. Run the middle third at a swift, sustained pace. This helps you practice maintaining your speed while minimizing risk of injury. Over time build up the middle portion to be at or near race pace.

REST (R)

Rest is as important a part of your training as your workouts. Rest days give your muscles a chance to repair and rebuild, making you stronger. Be realistic about your fatigue level and do not feel guilty if you decide to take an additional day off to recover after a hard workout. Also, rest is not just for the body but also for the mind. Take some time to read a book, chat with friends (about something other than running), or see a movie. Give your mind a break from the rigors of running when it's needed.

SPORTS

Team or individual sports can be a good break from just running and can be used as cross training. However, be thoughtful when participating in sports, as they typically add a higher risk of injury due to the quick, lateral motions involved when changing directions quickly on the court/field/pitch. Always warm up properly and approach your sport as being a benefit to your training.

CROSS-TRAINING (X)

Cross-training means engaging in activities that improve (maintain) cardiorespiratory fitness, while not taxing your skeletal system and connective tissue. Meaning activities with reduced impact on your joints. Cross-training should not replace walking/running – it is meant as supplemental activities: a change of pace, injury prevention, helps increase aerobic capacity and flexibility, and gives your walking/running specific muscles a well-deserved break. Examples of cross-training activities are: swimming, weight lifting, yoga, rowing, elliptical, stair climbers, Pilates, and pool jogging. The average length of a cross-training activity should be 45-60 minutes in length.

YOUR SUB-TEAM

You are a member of the Sports Backers Marathon Training Team. Due to the size of the overall team, we divide everyone into smaller sub-teams—each of which is assigned a sub-team ‘name’. This is done to help you meet other runners who are running the same schedule you are running, who run approximately the same pace, and who like to run the same time of day.

Team assignments are based on:

1. Your request to run with a specific person/coach.
2. Your request to run on a specific team.
3. The information provided during registration—day, time, and average pace.

We highly recommend you try out your assigned team for 3-4 weeks to gauge how the team may or may not work for you. If you are not happy with your team for any reason, we will move you to another team. It is important to let us know so that we can properly track your progress.



The Richmond Road Runners Club is the local area running club. This is a shameless plug for you to join the club! **The RRRRC currently has over 2,000 members who enjoy the following benefits of membership:**

- Support running in the Richmond area;
- Discounts at club races;
- Discounts at local running stores;
- Running insurance at club sponsored events;
- Club Scholarship program;
- Membership in The Road Runners Club of America
- Group runs

The annual cost is \$15 for a single membership, \$20 for a family or \$5 for a student. Discounts on races and gear, plus a great newsletter far outweigh the membership cost. If you plan to be an active runner throughout the year, it is well worth the expense.

FOR MORE INFORMATION, VISIT THE RRRRC WEBSITE AT WWW.RRRRC.ORG.



3

FREE BOTTLES

when you sign up for home delivery service

visit www.diamondsprings.com

Select your preferred water cooler starter package and use the code TRAINTEAM at checkout.

or

call (804) 222-5100

and mention

"Marathon Training Team."



TRAINING SCHEDULES

The following pages contain four training schedules and the training log. First, review the schedules. Then, select the schedule based on your primary weekend long run and your training level.

TYPICAL TRAINING WEEK

TYPICAL 500 LEVEL TRAINING WEEK FOLLOWS:

| | Saturday Training | Sunday Training |
|-----------|------------------------------|------------------------------|
| Monday | Rest | Rest |
| Tuesday | Easy Run | Easy Run |
| Wednesday | 1/2 of Long Run ² | 1/2 of Long Run ² |
| Thursday | Effort Run ¹ | Effort Run ¹ |
| Friday | Rest | Rest |
| Saturday | Long Run | Cross-Train |
| Sunday | Cross-Train | Long Run |

TYPICAL 700 LEVEL TRAINING WEEK FOLLOWS:

| | Saturday Training | Sunday Training |
|-----------|------------------------------|------------------------------|
| Monday | Rest | Rest |
| Tuesday | Easy Run | Easy Run |
| Wednesday | 1/2 of Long Run ² | 1/2 of Long Run ² |
| Thursday | Effort Run ¹ | Effort Run ¹ |
| Friday | Rest | Rest |
| Saturday | Long Run | 1/2 of Long Run |
| Sunday | 1/2 of Long Run | Long Run |

¹ Early in the program, the Thursday run will be replaced with an effort workout. The first will be a workout of hill repeats. These hill workouts will greatly improve your ability to run long. Later, we will also offer optional track workouts to improve your running form and speed. Before we move to either of these workouts, you will have ample opportunities to discuss the structure of these effort sessions with your coaches. If you choose not to do Hills or Track then the assigned workout would be a Tempo run.

² Some of these mid-week runs will include a Tempo run. Refer to the schedules.

ORDER OF IMPORTANCE

1. The long run is the most important run of the week. Try not to miss this run.
2. The Wednesday run is second in importance.

Experience has shown that there are individuals who fall between these two schedules. You may have run some, but are not sure that you are ready to handle the 700 Level training mileage. For these individuals, it is plausible to run the 700 Level schedule, but substitute the second weekend run with a rest or cross-training day. Since this does not impact the long weekend run, we assign these participants to an intermediate team. A schedule omitting the second shorter weekend run is included in this book as the 700 Level 4-Day schedule.

500 LEVEL (SATURDAY TEAMS)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|-----|---------|-----|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 3 CP | 3 CP | R | 6 CP | X | 15 / 15 |
| 2 | 6/15-6/21 | R | 3 CP | 3 CP | 3 CP | R | 4 CP | X | 13 / 28 |
| 3 | 6/22-6/28 | R | 3 CP | 3 TR | 3 CP | R | 7 CP | X | 16 / 44 |
| 4 | 6/29-7/05 | R | 3 CP | 4 CP | H or 3 TR | R | 8 CP | X | 18 / 62 |
| 5 | 7/06-7/12 | (3.1) | R | 4 CP | H or 3 TR | R | 6 CP | X | 16 / 78 |
| 6 | 7/13-7/19 | (3.1) | R | 4 TR | H or 3 CP | R | 9 CP | X | 19 / 97 |
| 7 | 7/20-7/26 | (3.1) | R | 5 CP | H or 3 TR | R | 10 CP | X | 21 / 118 |
| 8 | 7/27-8/02 | R | 3 CP | 5 CP | H or 3 TR | R | 7 CP | X | 18 / 136 |
| 9 | 8/03-8/09 | R | 3 CP | 5 TR | H or 3 CP | R | 11 CP | X | 22 / 158 |
| 10 | 8/10-8/16 | R | 3 CP | 6 CP | H or 3 TR | R | 12 CP | X | 24 / 182 |
| 11 | 8/17-8/23 | R | 3 CP | 6 CP | H or 3 TR | R | 10 CP | X | 22 / 204 |
| 12 | 8/24-8/30 | R | 3 CP | 6 TR | 3 CP | R | (13.1) | X | 25 / 229 |
| 13 | 8/31-9/06 | R | 3 CP | 7 CP | T or 3 TR | R | 12 CP | X | 25 / 254 |
| 14 | 9/07-9/13 | R | 3 CP | 7 CP | T or 3 TR | R | 14 CP | X | 28 / 282 |
| 15 | 9/14-9/20 | R | 3 CP | 7 TR | T or 4 CP | R | 12 CP | X | 26 / 308 |
| 16 | 9/21-9/27 | R | 4 CP | 8 CP | T or 4 TR | R | 16 CP | X | 32 / 340 |
| 17 | 9/28-10/04 | R | 4 CP | 8 TR | T or 5 CP | R | 12 CP | X | 29 / 369 |
| 18 | 10/05-10/11 | R | 4 CP | 9 CP | T or 5 TR | R | 18 CP | X | 36 / 405 |
| 19 | 10/12-10/18 | R | 5 CP | 9 TR | T or 5 CP | R | 12 CP | X | 31 / 436 |
| 20 | 10/19-10/25 | R | 5 CP | 10 CP | 5 TR | R | 20 CP | X | 40 / 476 |
| 21 | 10/26-11/01 | R | 5 CP | 8 CP | 4 CP | R | * 12 CP | X | 29 / 505 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 3 CP | R | * 8 CP | X | 21 / 526 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | R | 26.2 | R | 33 / 559 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

500 LEVEL (SUNDAY TEAMS)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|-----|------|---------|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 3 CP | 3 CP | R | X | 6 CP | 15 / 15 |
| 2 | 6/15-6/21 | R | 3 CP | 3 CP | 3 CP | R | X | 4 CP | 13 / 28 |
| 3 | 6/22-6/28 | R | 3 CP | 3 TR | 3 CP | R | X | 7 CP | 16 / 44 |
| 4 | 6/29-7/05 | R | 3 CP | 4 CP | H or 3 TR | R | X | 8 CP | 18 / 62 |
| 5 | 7/06-7/12 | (3.1) | R | 4 CP | H or 3 TR | R | X | 6 CP | 16 / 78 |
| 6 | 7/13-7/19 | (3.1) | R | 4 TR | H or 3 CP | R | X | 9 CP | 19 / 97 |
| 7 | 7/20-7/26 | (3.1) | R | 5 CP | H or 3 TR | R | X | 10 CP | 21 / 118 |
| 8 | 7/27-8/02 | R | 3 CP | 5 CP | H or 3 TR | R | X | 7 CP | 18 / 136 |
| 9 | 8/03-8/09 | R | 3 CP | 5 TR | H or 3 CP | R | X | 11 CP | 22 / 158 |
| 10 | 8/10-8/16 | R | 3 CP | 6 CP | H or 3 TR | R | X | 12 CP | 24 / 182 |
| 11 | 8/17-8/23 | R | 3 CP | 6 CP | H or 3 TR | R | X | 10 CP | 22 / 204 |
| 12 | 8/24-8/30 | R | 3 CP | 6 TR | 3 CP | R | 13.1 | X | 25 / 229 |
| 13 | 8/31-9/06 | R | 3 CP | 7 CP | T or 3 TR | R | X | 12 CP | 25 / 254 |
| 14 | 9/07-9/13 | R | 3 CP | 7 CP | T or 4 TR | R | X | 14 CP | 28 / 282 |
| 15 | 9/14-9/20 | R | 3 CP | 7 TR | T or 4 CP | R | X | 12 CP | 26 / 308 |
| 16 | 9/21-9/27 | R | 4 CP | 8 CP | T or 4 TR | R | X | 16 CP | 32 / 340 |
| 17 | 9/28-10/04 | R | 4 CP | 8 TR | T or 5 CP | R | X | 12 CP | 29 / 369 |
| 18 | 10/05-10/11 | R | 4 CP | 9 CP | T or 5 TR | R | X | 18 CP | 36 / 405 |
| 19 | 10/12-10/18 | R | 5 CP | 9 TR | T or 5 CP | R | X | 12 CP | 31 / 436 |
| 20 | 10/19-10/25 | R | 5 CP | 10 CP | 5 TR | R | X | 20 CP | 40 / 476 |
| 21 | 10/26-11/01 | R | 5 CP | 8 CP | 4 CP | R | X | * 12 CP | 29 / 505 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 3 CP | R | X | * 8 CP | 21 / 526 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | R | 26.2 | R | 33 / 559 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SATURDAY TEAMS - 5 DAY)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|------|---------|-------|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 5 CP | 3 CP | R | 8 CP | 5 CP | 24 / 24 |
| 2 | 6/15-6/21 | R | 3 CP | 5 CP | 3 CP | R | 9 CP | 5 CP | 25 / 49 |
| 3 | 6/22-6/28 | R | 3 CP | 5 CP | 3 CP | R | 7 CP | 5 CP | 23 / 72 |
| 4 | 6/29-7/05 | R | 3 CP | 5 CP | H or 3 TR | R | 10 CP | 5 CP | 26 / 98 |
| 5 | 7/06-7/12 | (3.1) | X | 5 TR | H or 3 TR | R | 11 CP | 5 CP | 27 / 125 |
| 6 | 7/13-7/19 | (3.1) | X | 6 CP | H or 3 CP | R | 8 CP | 6 CP | 26 / 151 |
| 7 | 7/20-7/26 | (3.1) | X | 6 TR | H or 3 TR | R | 13 CP | 6 CP | 31 / 182 |
| 8 | 7/27-8/02 | R | 3 CP | 7 CP | H or 3 TR | R | 14 CP | 7 CP | 34 / 216 |
| 9 | 8/03-8/09 | R | 3 CP | 7 TR | H or 3 CP | R | 10 CP | 7 CP | 30 / 246 |
| 10 | 8/10-8/16 | R | 3 CP | 8 CP | H or 3 TR | R | 16 CP | 8 CP | 38 / 284 |
| 11 | 8/17-8/23 | R | 4 CP | 8 CP | H or 4 TR | R | 12 CP | 8 CP | 36 / 320 |
| 12 | 8/24-8/30 | R | 4 CP | 8 CP | 4 CP | R | (13.1) | 8 CP | 37 / 357 |
| 13 | 8/31-9/06 | R | 4 CP | 8 TR | T or 4 CP | R | 15 CP | 8 CP | 39 / 396 |
| 14 | 9/07-9/13 | R | 4 CP | 9 CP | T or 4 TR | R | 18 CP | 9 CP | 44 / 440 |
| 15 | 9/14-9/20 | R | 4 CP | 9 TR | T or 4 CP | R | 12 CP | 9 CP | 38 / 478 |
| 16 | 9/21-9/27 | R | 5 CP | 10 CP | T or 5 TR | R | 20 CP | 10 CP | 50 / 528 |
| 17 | 9/28-10/04 | R | 5 CP | 6 CP | T or 5 TR | R | 12 CP | 6 CP | 34 / 562 |
| 18 | 10/05-10/11 | R | 5 CP | 10 CP | T or 5 TR | R | 20 CP | 10 CP | 50 / 612 |
| 19 | 10/12-10/18 | R | 5 CP | 6 CP | T or 5 TR | R | 12 CP | 6 CP | 34 / 646 |
| 20 | 10/19-10/25 | R | 5 CP | 10 TR | 5 CP | R | 20 CP | 10 CP | 50 / 696 |
| 21 | 10/26-11/01 | R | 5 CP | 8CP | 5 CP | R | * 12 CP | 6 CP | 36 / 732 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 4 CP | R | * 8 CP | 6 CP | 28 / 760 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | 2 CP | 26.2 | R | 35 / 795 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SUNDAY TEAMS - 5 DAY)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|------|--------|---------|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 5 CP | 3 CP | R | 5 CP | 8 CP | 24 / 24 |
| 2 | 6/15-6/21 | R | 3 CP | 5 CP | 3 CP | R | 5 CP | 9 CP | 25 / 49 |
| 3 | 6/22-6/28 | R | 3 CP | 5 CP | 3 CP | R | 5 CP | 7 CP | 23 / 72 |
| 4 | 6/29-7/05 | R | 3 CP | 5 CP | H or 3 TR | R | 5 CP | 10 CP | 26 / 98 |
| 5 | 7/06-7/12 | (3.1) | X | 5 TR | H or 3 TR | R | 5 CP | 11 CP | 27 / 125 |
| 6 | 7/13-7/19 | (3.1) | X | 6 CP | H or 3 CP | R | 6 CP | 8 CP | 26 / 151 |
| 7 | 7/20-7/26 | (3.1) | X | 6 TR | H or 3 TR | R | 6 CP | 13 CP | 31 / 182 |
| 8 | 7/27-8/02 | R | 3 CP | 7 CP | H or 3 TR | R | 7 CP | 14 CP | 34 / 216 |
| 9 | 8/03-8/09 | R | 3 CP | 7 TR | H or 3 CP | R | 7 CP | 10 CP | 30 / 246 |
| 10 | 8/10-8/16 | R | 3 CP | 8 CP | H or 3 TR | R | 8 CP | 16 CP | 38 / 284 |
| 11 | 8/17-8/23 | R | 4 CP | 8 CP | H or 4 TR | R | 8 CP | 12 CP | 36 / 320 |
| 12 | 8/24-8/30 | R | 4 CP | 8 CP | 4 CP | R | (13.1) | 8 CP | 37 / 357 |
| 13 | 8/31-9/06 | R | 4 CP | 8 TR | T or 4 CP | R | 8 CP | 15 CP | 39 / 396 |
| 14 | 9/07-9/13 | R | 4 CP | 9 CP | T or 4 TR | R | 9 CP | 18 CP | 44 / 440 |
| 15 | 9/14-9/20 | R | 4 CP | 9 TR | T or 4 CP | R | 9 CP | 12 CP | 38 / 478 |
| 16 | 9/21-9/27 | R | 5 CP | 10 CP | T or 5 TR | R | 10 CP | 20 CP | 50 / 528 |
| 17 | 9/28-10/04 | R | 5 CP | 6 CP | T or 5 TR | R | 6 CP | 12 CP | 34 / 562 |
| 18 | 10/05-10/11 | R | 5 CP | 10 CP | T or 5 TR | R | 10 CP | 20 CP | 50 / 612 |
| 19 | 10/12-10/18 | R | 5 CP | 6 CP | T or 5 TR | R | 6 CP | 12 CP | 34 / 646 |
| 20 | 10/19-10/25 | R | 5 CP | 10 TR | 5 CP | R | 10 CP | 20 CP | 50 / 696 |
| 21 | 10/26-11/01 | R | 5 CP | 8CP | 5 CP | R | 6 CP | * 12 CP | 36 / 732 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 4 CP | R | 6 CP | * 8 CP | 28 / 760 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | 2 CP | 26.2 | R | 35 / 795 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SATURDAY TEAMS - 4 DAY)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|------|---------|-----|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 5 CP | 3 CP | R | 8 CP | X | 19 / 19 |
| 2 | 6/15-6/21 | R | 3 CP | 5 CP | 3 CP | R | 9 CP | X | 20 / 39 |
| 3 | 6/22-6/28 | R | 3 CP | 5 CP | 3 CP | R | 7 CP | X | 18 / 57 |
| 4 | 6/29-7/05 | R | 3 CP | 5 CP | H or 3 TR | R | 10 CP | X | 21 / 78 |
| 5 | 7/06-7/12 | (3.1) | X | 5 TR | H or 3 TR | R | 11 CP | X | 22 / 100 |
| 6 | 7/13-7/19 | (3.1) | X | 6 CP | H or 3 CP | R | 8 CP | X | 20 / 120 |
| 7 | 7/20-7/26 | (3.1) | X | 6 TR | H or 3 TR | R | 13 CP | X | 25 / 145 |
| 8 | 7/27-8/02 | R | 3 CP | 7 CP | H or 3 TR | R | 14 CP | X | 27 / 172 |
| 9 | 8/03-8/09 | R | 3 CP | 7 TR | H or 3 CP | R | 10 CP | X | 23 / 195 |
| 10 | 8/10-8/16 | R | 3 CP | 8 CP | H or 3 TR | R | 16 CP | X | 30 / 225 |
| 11 | 8/17-8/23 | R | 4 CP | 8 CP | H or 4 TR | R | 12 CP | X | 28 / 253 |
| 12 | 8/24-8/30 | R | 4 CP | 8 CP | 4 CP | R | (13.1) | X | 29 / 282 |
| 13 | 8/31-9/06 | R | 4 CP | 8 TR | T or 4 CP | R | 15 CP | X | 31 / 313 |
| 14 | 9/07-9/13 | R | 4 CP | 9 CP | T or 4 TR | R | 18 CP | X | 35 / 348 |
| 15 | 9/14-9/20 | R | 4 CP | 9 TR | T or 4 CP | R | 12 CP | X | 29 / 377 |
| 16 | 9/21-9/27 | R | 5 CP | 10 CP | T or 5 TR | R | 20 CP | X | 40 / 417 |
| 17 | 9/28-10/04 | R | 5 CP | 6 CP | T or 5 TR | R | 12 CP | X | 28 / 445 |
| 18 | 10/05-10/11 | R | 5 CP | 10 CP | T or 5 TR | R | 20 CP | X | 40 / 485 |
| 19 | 10/12-10/18 | R | 5 CP | 6 CP | T or 5 TR | R | 12 CP | X | 28 / 513 |
| 20 | 10/19-10/25 | R | 5 CP | 10 TR | 5 CP | R | 20 CP | X | 40 / 553 |
| 21 | 10/26-11/01 | R | 5 CP | 8CP | 5 CP | R | * 12 CP | X | 30 / 583 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 4 CP | R | * 8 CP | X | 22 / 605 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | 2 CP | 26.2 | R | 35 / 640 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SUNDAY TEAMS - 4 DAY)

| Week # | Dates | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Week / Season Totals |
|--------|-------------|-------|------|-------|-----------|------|------|---------|----------------------|
| 1 | 6/08-6/14 | R | 3 CP | 5 CP | 3 CP | R | X | 8 CP | 19 / 19 |
| 2 | 6/15-6/21 | R | 3 CP | 5 CP | 3 CP | R | X | 9 CP | 20 / 39 |
| 3 | 6/22-6/28 | R | 3 CP | 5 CP | 3 CP | R | X | 7 CP | 18 / 57 |
| 4 | 6/29-7/05 | R | 3 CP | 5 CP | H or 3 TR | R | X | 10 CP | 21 / 78 |
| 5 | 7/06-7/12 | (3.1) | X | 5 TR | H or 3 TR | R | X | 11 CP | 22 / 100 |
| 6 | 7/13-7/19 | (3.1) | X | 6 CP | H or 3 CP | R | X | 8 CP | 20 / 120 |
| 7 | 7/20-7/26 | (3.1) | X | 6 TR | H or 3 TR | R | X | 13 CP | 25 / 145 |
| 8 | 7/27-8/02 | R | 3 CP | 7 CP | H or 3 TR | R | X | 14 CP | 27 / 172 |
| 9 | 8/03-8/09 | R | 3 CP | 7 TR | H or 3 CP | R | X | 10 CP | 23 / 195 |
| 10 | 8/10-8/16 | R | 3 CP | 8 CP | H or 3 TR | R | X | 16 CP | 30 / 225 |
| 11 | 8/17-8/23 | R | 4 CP | 8 CP | H or 4 TR | R | X | 12 CP | 28 / 253 |
| 12 | 8/24-8/30 | R | 4 CP | 8 CP | 4 CP | R | 13.1 | X | 29 / 282 |
| 13 | 8/31-9/06 | R | 4 CP | 8 TR | T or 4 CP | R | X | 15 CP | 31 / 313 |
| 14 | 9/07-9/13 | R | 4 CP | 9 CP | T or 4 TR | R | X | 18 CP | 35 / 348 |
| 15 | 9/14-9/20 | R | 4 CP | 9 TR | T or 4 CP | R | X | 12 CP | 29 / 377 |
| 16 | 9/21-9/27 | R | 5 CP | 10 CP | T or 5 TR | R | X | 20 CP | 40 / 417 |
| 17 | 9/28-10/04 | R | 5 CP | 6 CP | T or 5 TR | R | X | 12 CP | 28 / 445 |
| 18 | 10/05-10/11 | R | 5 CP | 10 CP | T or 5 TR | R | X | 20 CP | 40 / 485 |
| 19 | 10/12-10/18 | R | 5 CP | 6 CP | T or 5 TR | R | X | 12 CP | 28 / 513 |
| 20 | 10/19-10/25 | R | 5 CP | 10 TR | 5 CP | R | X | 20 CP | 40 / 553 |
| 21 | 10/26-11/01 | R | 5 CP | 8CP | 5 CP | R | X | * 12 CP | 30 / 583 |
| 22 | 11/02-11/08 | R | 4 CP | 6 CP | 4 CP | R | X | * 8 CP | 22 / 605 |
| 23 | 11/09-11/15 | 3 CP | R | 4 CP | R | 2 CP | 26.2 | R | 35 / 640 |

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

SUFFERFEST

Beer Company®

LOW CALORIES, HIGH STANDARDS.



WWW.SUFFERFESTBEER.COM

PURPOSE-BREWED IN CHICO, CA
PLEASE DRINK RESPONSIBLY

GUT CHECK PER 12 FL. OZ., AVERAGE ANALYSIS: CALORIES 100 | CARBOHYDRATES 6g | PROTEIN 0.8g | FAT 0g • FKT PER 12 FL. OZ., AVERAGE ANALYSIS: CALORIES 130 | CARBOHYDRATES 10g | PROTEIN 0.9g | FAT 0g
HEAD START PER 12 FL. OZ., AVERAGE ANALYSIS: CALORIES 135 | CARBOHYDRATES 11g | PROTEIN 1.4g | FAT 0g



TRAINING LOG

When filling out your training log, you can be as detailed or brief as you like. The pages are purposefully vague so that you can tailor the information to what is important to you!

With that said, there are a few things that you should consider tracking during your training:

- The overall amount of time and/or miles you run.
- Whether you ran indoors or outside.
- Time of day and weather during your run.
- The average pace during your runs.
- If you run indoors, note your pace and percent incline of the treadmill.
- Cumulative miles on your shoes (you will go through more than one pair of shoes during the program)
- How you felt during your run (some use a scale from 1-10, while others use the “great” to “poor” scale. Again, whatever works for you)
- What type of cross-training you did.
- Reason for missing a workout (injury, work, etc.)
- Your race results!

This is not a cumulative list, nor do you need to track all of this data. Your log can be very motivating once you have accumulated a few months of information, and it can assist your coaches in helping you if problems arise. You can also spot trends that can easily allow you to adjust your training if necessary (like “I always seem to run better in the mornings, and it really makes me happy most of the day!”).

WEEK 1 6/08-6/14

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“IT IS GOOD TO HAVE AN END TO JOURNEY TOWARDS, BUT IT IS THE JOURNEY THAT MATTERS IN THE END.”

- Ursula K. Le Guin

WEEK 2 6/15-6/21

| | |
|--|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“EVERY DAY IS A GOOD DAY WHEN YOU RUN.”

- Kevin Nelson

WEEK 3 6/22-6/28

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“I OFTEN HEAR SOMEONE SAY I’M NOT A REAL RUNNER. WE ARE ALL RUNNERS, SOME JUST RUN FASTER THAN OTHERS. I’VE NEVER MET A FAKE RUNNER”

- Bart Yasso

WEEK 4 6/29-7/05

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“NO DOUBT A BRAIN AND SOME SHOES ARE ESSENTIAL FOR MARATHON SUCCESS, ALTHOUGH IF IT COMES DOWN TO A CHOICE, PICK THE SHOES. MORE PEOPLE FINISH MARATHONS WITH NO BRAINS THAN WITH NO SHOES.”

- Don Kardong

WEEK 5 7/06-7/12

| | |
|------------------|---------------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“MOST PEOPLE NEVER RUN FAR ENOUGH ON THEIR FIRST WIND TO FIND OUT THEY’VE GOT A SECOND.”

- William James

WEEK 6 7/13-7/19

| | |
|------------------|---------------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“DON'T BE PUSHED
BY YOUR PROBLEMS.
BE LED BY YOUR
DREAMS.”**

- Unknown

WEEK 7 7/20-7/26

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“THE WILL TO WIN
MEANS NOTHING
WITHOUT THE WILL
TO PREPARE.”**

- Juma Ikangaa

WEEK 8 7/27-8/02

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“DON’T LET ANYONE
STEAL YOUR DREAM.
IT’S YOUR DREAM
NOT THEIRS.”**

- Dan Zadra

WEEK 9 8/03-8/09

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“GOOD JUDGMENT IS THE RESULT OF EXPERIENCE AND EXPERIENCE IS THE RESULT OF BAD JUDGMENT.”

- Anonymous

WEEK 10 8/10-8/16

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“BUT IF YOU NEVER TRY, YOU’LL NEVER KNOW.”

- Coldplay (Fix You)

WEEK 11 8/17-8/23

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“OBSTACLES ARE THOSE FRIGHTENING THINGS THAT BECOME VISIBLE WHEN WE TAKE OUR EYES OFF OUR GOALS.”

- Henry Ford

WEEK 12 8/24-8/30

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“I DIDN’T TRAIN ALL THAT TIME JUST TO COME HERE AND GET IT OVER WITH AS FAST AS I CAN.”

- John Bingham

WEEK 13 8/31-9/06

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“WHEN YOU GET TO THE END OF YOUR ROPE, TIE A KNOT AND HANG ON.”
 - President Teddy Roosevelt

WEEK 14 9/07-9/13

| | |
|------------------|--------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“LEARN FROM THE MISTAKES OF OTHERS. YOU CAN’T LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF.”

- Eleanor Roosevelt

WEEK 15 9/14-9/20

| | |
|---------------------|---------------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“A JOURNEY IS BEST MEASURED IN FRIENDS RATHER THAN MILES.”

- Tom Cahill

WEEK 16 9/21-9/27

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“WE ARE DIFFERENT, IN ESSENCE, FROM OTHER MEN. IF YOU WANT TO RUN SOMETHING, RUN 100 METERS. IF YOU WANT TO EXPERIENCE SOMETHING, RUN A MARATHON.”

- Emil Zatopek

WEEK 17 9/28-10/04

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“WHETHER YOU THINK YOU CAN OR THINK YOU CAN’T – YOU ARE RIGHT.”

- Henry Ford

WEEK 18 10/05-10/11

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“IF YOU ARE GOING THROUGH HELL, KEEP GOING.”

- Sir Winston Churchill

WEEK 19 10/12-10/18

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.”

- Aristotle

WEEK 20 10/19-10/25

| | |
|---------------------|--------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“THERE WILL BE DAYS YOU DON’T THINK YOU CAN RUN A MARATHON. THERE WILL BE A LIFETIME OF KNOWING YOU HAVE.”

- Unknown

WEEK 21 10/26-11/01

| | |
|---|--------|
| MONDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| TUESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| WEDNESDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| FRIDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | Notes: |
| SATURDAY | |
| Plan: Weather: Actual: Shoes: Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: Actual: Shoes: Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“I FIND THAT THE HARDER I WORK, THE MORE LUCK I SEEM TO HAVE.”

- Thomas Jefferson

WEEK 22 11/02-11/08

| | |
|---------------------|---------------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“IT IS NOT THE GOAL
BUT THE WAY THERE
THAT MATTERS,
AND THE HARDER
THE WAY THE MORE
WORTHWHILE THE
JOURNEY.”**

- Wilfred Thesiger

WEEK 23 11/09-11/15

| | |
|---------------------|--------|
| MONDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| TUESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| WEDNESDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| THURSDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| FRIDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SATURDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |
| SUNDAY | Notes: |
| Plan: Weather: | |
| Actual: Shoes: | |
| Time: Pace: | |

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“NO MARATHON GETS EASIER LATER. THE HALF WAY POINT ONLY MARKS THE END OF THE BEGINNING.”

- Joe Henderson

RICHMOND TIPS

“Depending on the temps, do not be too quick to pitch your gloves. You might wish you had them when you hit the Lee Bridge. Same for your hat or headband.”

“If the wind is in your face on Lee Bridge, find someone and get on their shoulder. Draft and stay just far enough behind them that you are in their slip stream; let them do the work. Your heart rate will lessen if you draft properly.”

“Mile 20 is where most marathon runners hit a wall. Take advantage of the large crowds near the Pope Avenue Arch. The cheers can give you the boost you need!”

“Coaches will be easy to spot on race day; some wear crazy hats and others sport their MTT Coach shirt. They are there for YOU! They want to encourage and support you—Don’t hesitate to ask for anything!”

“Enjoy it! Don't focus so much on your clock time that you do not enjoy the day!”

“When coming off the Huguenot Bridge and down the ramp onto Riverside Drive, stay to the right side. Everyone has a tendency to go down to the left toward the river—stay right. The road is cambered toward the left, so stay up high and flat on the right. Look forward and you can see the road flatten out. Once it flattens out stay in the middle where it’s nice and flat.”

“Once you turn off Grace, it is basically all downhill. Running downhill is no easy task, especially at mile 26 when you meet our famous downhill finish. You should prepare and practice for the finish, ensuring that you finish well and safely.”

“Take off your headphones...especially through the Party Zones! They’re super motivating!”

“Our community can’t be beat...cheer stations, everyone gets involved even non-runners, finish line love, MTT...it’s awesome!”

“Find your “tribe.” Even if you're an introvert, having a running group raises your chances of success dramatically.”



DON'T STOP

BELIEVING.

DON'T STOP

ACHIEVING.



GOOD LUCK, RUNNERS

COSTARGROUP.COM

FOR THE RUNNER IN YOU

FOLLOWING THE SCHEDULE

Our training program has been designed following a number of common training principles: not running 'hard' on consecutive days, increasing mileage by no more than 10% week-to-week, set recovery weeks, long runs on the weekends, hill training, and so forth.

However, the most important thing to consider is that the weekly guide is just that—a guide. Adjust this schedule to fit your life needs and priorities. The most important runs of the week are the weekend long run and the mid-week long run. So, you should plan your week around when you can do these longer runs! They are the cornerstones of our training program.

Should you miss a run, it is not necessary to try to make it up by cramming it into the following week. Missing a run here and there is ok. We have plenty of runs planned to get you prepared for the marathon, and piling on miles during a week to 'make up' simply doesn't work, and it can create physical stresses which lead to injuries.

Think of your mileage in terms of training cycles rather than just one day—missing three miles of a 20-mile week is 15%. If you do that every week, you are shortchanging yourself. However, missing three miles of a 100-mile month has a much smaller impact!

SAFETY

Safety is priority #1 when you run. Make sure that you are familiar with your routes and the hazards that may present themselves during your run.

When running in pre-dawn or evening hours, be as visible as possible by wearing reflective clothing, blinking lights, and a reflective vest. A portable light source, like a headlamp or small flashlight is convenient, easy to carry and will help keep you visible to motorists. Stay off the road where possible and make sure you are running facing traffic.

It's always a good idea to run with a group. During training, numerous groups exist and will form running groups on different days, times, at different paces, and from different locations. Use the training team website, Facebook groups, and your coaches to find groups that can work for you.

When you do run in a group, whether the weekend run or otherwise, make sure to run no more than two abreast if you are in the street. A lane on the street is not a running path, and the roads are not closed

to vehicles. Remember that the road is primarily for cars, not runners. Always assume that a car does not see you and be prepared to avoid motorists who are not paying attention to their surroundings.

At street crossings and intersections, always make sure the driver of a stopped car acknowledges your presence before crossing in front of the car. A simple wave or nod from the driver is an "ok" to move in front of their vehicle. If it's a multi-lane road, check all lanes of traffic from all sides, and don't try to race a car to get across the street. Within the group, use verbal signs like "car left" or "car back" to let other runners know of oncoming traffic. Remember, if you get in a fight with a car, the car always wins!

If you do run alone, make sure that someone knows your route, plans, and distance. It can be a note on the fridge, a post to Facebook, or a text message to a friend, but make sure someone knows your running plans. Also, carry your cell phone and make sure your phone has an "ICE" (In Case of Emergency) number in its directory.

CLOTHING

Don't overdress for your runs! Check the morning temperature, add 20 degrees and wear what you'd be comfortable standing around in at that temperature. Once you get started, your body will warm up quickly, and wearing the proper clothing will allow your body to work efficiently, channeling your available energy resources toward your running, not warming or cooling.

If you are unsure about how to dress, always layer clothing so you have the option of shedding gear as you run. Items that you can carry in your hand, like arm warmers, gloves, and a skull cap are easy to stow if you need to adjust for warming weather. However, those items rarely, if ever, are needed until we get well into October.

Cotton is bad—cotton shirts, socks, anything cotton. It absorbs moisture and holds it within the fabric, inhibits cooling, promotes chafing, and can weigh you down. Wear synthetic moisture wicking gear, including socks. Wool and wool blends work well in cooler weather. You don't need to spend a fortune for high end synthetic shorts and running shirts. Discount retailers offer many options these days as athletic fabrics have come a long way.

Make sure you find clothes that are comfortable, have seams that are sealed, or are finished well enough

where they won't chafe, and are nice bright colors. We spend a lot of time running on the road, and you should think of how visible you are when you dress for a run, so brightly colored clothing is a must!

A dark color in the dark is always a bad idea. If you do find yourself running in the cover of darkness, make sure to wear reflective clothing or a reflective vest. Further, it's a good idea to carry a light source, such as a flashlight, clip-on blinking lights, or a headlamp. All of the running retailers and big box stores have numerous options to keep you safe on the road in the dark.

What happens when it rains? We get wet. It's a good idea to wear a hat with a brim to keep the rain out of your eyes, but otherwise, just dress for the temperature outside. Only in heavy rain and wind should you consider wearing a shell. We'll run in the rain, but thunder, lightning and tropical wind conditions will keep us off the roads.

When you come to the stadium for weekend runs, or if you drive to meet fellow runners for a midweek run, bring a change of clothes and a towel with you for after the run. You'll tend to hang around, stretch, have a snack, ask questions and socialize if you are more comfortable and dry. Remember that your post run recovery is as important as your run.

LONG RUNS

Once training runs exceed 2 hours in length, they are considered "long runs". This isn't an arbitrary time—there is a physiological change that takes place once you have been running for around two hours. At that point, your glycogen stores reach low levels and your body starts to look for other sources for fuel, primarily fat and new sources of carbohydrates that you consume during the run. This is somewhat of a simplification, but all of your runs over two hours allow your body to adapt to those physiological stresses, recognize that there are other sources of fuel, and train you to keep running without getting that 'empty' feeling. Thus, every long run is an important component of your marathon training program.

Be realistic with what a 2 hour run at your average pace is, as examples:

7 min/mile = ~17 miles

8 min/mile = 15 miles

9 min/mile = ~13 miles

10 min/mile = 12 miles

11 min/mile = ~11 miles

12 min/mile = 10 miles

13 min/mile = ~9 miles

14 min/mile = ~8.5 miles

15 min/mile = 8 miles

16 min/mile = ~7.5 miles.

Each long run should be treated as a marathon experiment. Take extra care to monitor what you eat the night before, track your sleep habits, and try clothing combinations that you might use on race day. Fine tune your hydration habits on the run and start to get accustomed to gu's, blocks, gels, bars, or other food sources that will provide valuable calories on race day. When you get to stop for water/refuel, treat them like you would a water stop during the race. Take in fluids, grab some snacks and keep moving. Don't graze and socialize for extended periods of time.

Hopefully, you'll get to run in all sorts of weather conditions: warm, cold, wind, rain, sun and

hopefully, at least one run in perfect conditions. We all react different ways to changing conditions, so having the knowledge of how you run with a steady breeze in your face is something better learned during a training run rather than on the Lee Bridge at mile 16 on race day. Keep in mind though that weather conditions are not the only factors that impact a run.

Track all of this information in your training log. Over the course of your runs, continue to refine your plan so that on your final long run, you can have a dry run of marathon day. Knowledge is power, and it will breed a confidence that will serve you well on event day.

PACE FOR LONG RUNS

One area of confusion for many runners is how fast do you run on your long weekend runs (runs over 12-14 miles, or two hours)?

Most of the scientific research indicates that your long run pace should be 60 to 90 seconds per mile slower than your marathon race pace (or 90 to 120 seconds slower than your 10K race pace).

We think that this holds true for some people. If you are a faster runner (4:30 marathon or faster), you may want to be sure to moderate your pace on the long runs.

However, if your projected marathon time is five hours or more, our experience indicates that your long run pace will not be significantly different than your ultimate marathon pace (it still should be slower than your 10K pace).

The real rule of thumb: You don't want to go out and run the long run so fast that you are wiped out for 2-3 days after the run! If you don't recover quickly, slow down on the weekend runs; it's the time on your feet that really counts.

RECOVERY

Every sound marathon training program has a rhythm to it. Slowly increase mileage, and then step back. Increase mileage again, and then step back. Repeat. As we get into the 'heavy lifting' months, where the weekend runs extend past two hours, most runners will welcome the step-back weeks with open arms. Warning: Resist the urge to run these shorter "long" runs fast. They are there for an important reason, as your body will need the rest the reduced miles will bring. If you fall behind in your training, resist the urge to use these weeks to catch up on runs or mileage. The recovery portion of

the training is as important as the runs we do.

Recovery is also important if you sustain an injury. Our program is long enough where you can take the time to heal from most small injuries and get back on track relatively quickly. If you try to run through a nagging injury, it tends to become a chronic injury, or it elevates to a disabling condition. Have patience. Listen to your doctor, coaches, and the weekend trainers.

An ounce of prevention is worth a pound of cure, right? It's the little things that we can do before

and after a run that can make a huge difference in preventing injury. Make sure you are warmed-up and loose before you start to push yourself. If you don't have time to get warmed up before your run, let the first 15 minutes of your run be your warm-up. Go slow, as slow as you can without losing a good, natural form. From there, once your body is warm and limber, you can stretch out your legs and settle into a normal pace. After a run, take time to stretch and replenish your fluids. Eat something within the first 30 minutes after you finish. Ideally something with protein and carbohydrates. Your body is primed to absorb nutrients within that window. Take advantage of it.

If you take time to recover well, your run the next day will be that much better. You'll be properly fueled, rested, and your body will have adapted to the stresses you put on it. It can become a positive trend that follows you to marathon day. Poor recovery will lead to poor runs, and stepping up to longer distances during the warm summer months will be that much more difficult. If you put "RUN" on your bathroom mirror as a reminder, add "RECOVER" underneath it. You need to be as committed to your recovery as you are to your running mileage.

WEIGHT TRAINING VS. RUNNING

Adding weight training to an overall fitness program will provide many benefits to a marathon runner. If you are interested in adding weight training to your marathon training program, we recommend that you visit your fitness center or gym and consult with an instructor to learn the proper safe techniques for various exercises.

How does weight training interact with my running?

You must first remember that your goal is to run a marathon. Therefore, when confronted with a choice between getting in a scheduled run and doing weight training, your run takes precedent. That said, you can often do weight training on rest or cross training days, or you can supplement your running days with a weight training session. When incorporating a supplemental session of weight training, do it after your running, whether it is immediately after a run or in a second session later in the day.

Why weight training? It makes you stronger. Any time you are stronger, you will run more efficiently. You will have increased leg strength and more endurance. You will be better able to hold your speed as the runs increase in length.

It makes you less prone to injuries. As we run, we build up muscular imbalances. Your hamstrings become strong as your quads become weaker, etc. By doing weight training, you can strengthen the muscles that are not used as much in running. Thus, you will have less stress on the joints and be less susceptible to injuries.

Maintain muscle mass. As we age, it is a natural fact of life that we lose muscle mass starting at age 30. With weight training, we are able to maintain some of the mass we would otherwise lose.

Total Fitness. A runner with strong legs is still weaker than a runner with strong legs, strong arms and a strong core.

STAYING MOTIVATED

All runners can expect to have several “peaks and valleys” as the training program settles into the late summer months. Often, big “ups” can occur when you reach significant milestones in the program. It can be the first time that you have run a certain distance in a training run or race, or it could be a personal best in a race during training season. When you achieve that type of success, there is a natural tendency to lose some motivation. You have kept to the plan and have seen results, but the road ahead is still long enough where you don't feel the pull of the finish line. Also, there can be valleys when you have a rough day, a run that goes unexpected, or a running partner that is sidelined by injury. So, how can you stay motivated?

Read your log. Go back to day one and look at the mileage. Read your comments. Appreciate that all of the base-building and miles run have put you in a position to be successful. It's not luck, but hard work and commitment that have gotten you here. Then turn to the next blank page. It's time to go back to work. Record your feelings. A month from now your perspective will be different and you'll appreciate the way you were able to work through the difficult time.

Mix up your workouts. Running the same routes day-to-day can become dreary. You end up racing yourself when many of those runs are not intended to be harder efforts. Pick some different routes and try to run at a varied pace.

Visit a running store. Buy something for yourself. Get a new gadget. Is it almost time for a new pair of shoes? Reward yourself for reaching a milestone with something tangible—something you can hold in your hand.

Struggling? Give yourself some slack. Remember that your training will have some plateaus and there will be rough days along the way. Reach out to your running buddies for some encouragement and talk to your coaches for some perspective. Be careful not to compare yourself to others. This is your training and your race.

Share your feelings with your family and those close to you. Bring them with you on the journey. Ultimately, most will find that the journey is the reward. Make the ones you love and care for part of the story, because after November 14, it will be a great story.

RACES WHILE TRAINING

Your goal is to run and complete the Richmond Marathon on November 14. Your training is focused on achieving that goal. So, how should you run other races while training?

Shorter races (5-K's and 10-K's) are a great proving ground if you are a new runner or have little racing experience. You can learn how to properly pace yourself over shorter distances, and mistakes can be corrected with little consequence (a short walk to the finish in a 5-K is far more desirable than a long five or six-mile stroll in the marathon!). Further, these races can also help you test your speed, or your 'higher gears' and can be substituted for hill or track workouts.

Longer races (10 miles and half-marathon) are a great way to gauge your fitness for longer runs. They require the endurance you have been building during the training program, but not so much that you need long recovery periods. Once you get within six weeks of the marathon, we strongly recommend that if you elect to run a ten-miler or half marathon, you use it as a marathon pace run—not an attempt at a personal best or a “go for a ribbon” race. A full-blown attempt at a personal best could lead to a long recovery period and a mental letdown when you start to move into your taper phase.

A word of caution: Racing can be fun and addictive. There are races in town most weekends. Don't get in the habit of giving up a long run so you can do a 5-K or 10-K. Remember. . . your goal is the marathon.

A man in a grey t-shirt and black shorts is running from left to right against a white brick wall. He is wearing white earbuds and black running shoes. The wall behind him is covered in red text listing various hardships of a marathon.

THREE STRAIGHT MONTHS OF UP BEFORE DAWN.
16 MISSED LITTLE LEAGUE GAMES.
276 MORNINGS OF BREAKFAST ON THE GO.
145 DINNERS EATEN COLD. 365 LEAKY ICE PACKS.
857 DOLLARS IN RUNNING SHOES. BLISTERS.
90 DEGREES AND HUMID. 24 DEGREES AND SLEETING.
FIGHTING THE URGENT SNOOZE.
BATTLING THE UPHILL. HEADWINDS.
PLANTAR FASCIITIS. MORNING KNEE PAIN.
FORGETTING WATER. WHICH FEELS LIKE.
EIGHT DAYS OF DECLINED.
5 MISSED PARTIES. RUNNERS' CHAFE.
GETTING CHAINED TO LOGS. PUDDLES.
RUTTED ROADS. RUNNING SIDWAYS RAIN.
RUNNING. WAKING LATE.
37 UNREPLIED SHIN SPLINTS.
SLIPPERY STREETS. CAUSING HIP PAIN.
PLANTAR FASCIITIS. SEVEN HEALS A DAY.
PUSHING THROUGH FEAR. MEDICINE PROBLEMS.
THREE STRAIGHT MONTHS OF UP BEFORE DAWN.
16 MISSED LITTLE LEAGUE GAMES.

THE HARDEST RACE IS THE ONE TO THE STARTING LINE.

Good luck to this year's runners and all the sacrifices you'll make.