

SUMMER MARATHON TRAINING: WEEK 2

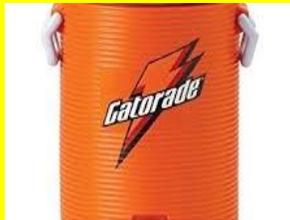
"Just give me the "deets"

Route: South/Mileage: 7m (Novice) 9m (Intermediate) 11m (Advanced)

Hydration:

Parking Lot

Prairie Crossing: 3.3 miles



Please consider helping us with hydration this year. Go to our website @nsdrc.net and click on the hydration link to sign up.

Make sure that you bring a hydration belt or collapsible cup as we will not have disposable cups at the site or on the course.

Group Leaders for the Summer:

Martin	8
Marc/Corey	8:30
George/Ajay	9:00
Joan/Chris	9:30
Kevin/Chris	10:00
Tim/Ken	10:30
Misty/Samantha	11:00~11:30
Kim/Efren	Run/Walk

Consider running 1 to 2 minutes slower than your race pace for your long runs.

How was your run last week? Were you able to chat with your fellow runners? Did you crash on the couch all afternoon? If so, you may consider moving to a slower pace group. In the end, running at a slower pace during your long runs, will make you a stronger runner!

Benefits to going on a long slow distance run:

- promotes an efficient running form
- helps to strengthen your muscles – especially in your legs, arms and torso
- trains your respiratory, cardio and muscular systems to be more efficient
- improves your ability to handle physical discomfort, while making you a more patient and disciplined runner
- effectively adapts your ligaments, tendons, bones and joints to the stress of running
- increases the quantity and size of mitochondria, which help you to improve your use of oxygen, and glycogen storage levels

Food for Thought

- The marathon is a long way and your training needs to reflect that. Variety of training is important, as is making sure you have a training plan that prepares you specifically for the marathon, but for most runners, getting out the door and running at an easy and steady effort, with a good frequency and consistency, is what will get you ready. The most effective training plan is one you can stick to and enjoy. It is far better to get in four to five runs, week in, week out, than six runs one week and nothing the next.
- Runners who can hold their posture and technique will find it far easier to maintain their pace in the final stages of a marathon. Strength training is all too often neglected by runners, even though it can boost performance. Use one or two sessions a week to focus on strength, with exercises such as split squats, single-leg squats and bridges, as well as core work such as planks and side planks.
- Good nutrition will see you hitting your runs feeling more motivated and energized, but will also help you to adapt to the training more effectively. A balanced diet, with plenty of fresh fruit and vegetables, and including whole-food groups, should be a starting point to fuel your training and your recovery. Aim for 4g of carbohydrate per kilogram of body weight on days before your key hard sessions or long runs. After your sessions, take on food or a shake with a 3:1 ratio of carbs to protein within a 20-40-minute window of finishing.
- Don't fear the marathon. This can lead you to make poor decisions and to try to progress too far, too fast, too soon. Your goal is to arrive at race day healthy and energized, so respect the distance, but recognize it is achievable. Build your training in gradual increments and set small training goals, lifestyle goals and strength goals for each three-week block. The more goals you hit, the more the marathon will start to feel possible.

"If it doesn't challenge you, it won't change you."- Fred DeVito