



Spring Training Run Program and Marathon Preparation Guide

brought to you by

The Capital Striders
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www.CapitalStriders.com

&

www.FitnessSports.com
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Where you have the right to B -FIT

Dear participant:

Welcome everyone to the 19th year of the Spring Marathon Training Program. The program has seen tremendous growth in the last few years. With the increase in runners, and especially marathoners in the Des Moines area, we will probably have an even greater number this year. Some of you are looking forward to the 1/2 marathon at the Drake Relays. We also know a large number of you have experienced it all. Hopefully this will mean you "first timers" will have an abundance of good help from the "old timers" in the crowd and we'll have an even larger participation than in years past. We will be basing our program around the Drake Relays weekend and that Half Marathon; however, we will continue the longer training program for those of you who have decided to run a spring marathon.

The list below includes a few Spring Marathons.

A list of marathons and their contacts can be found on the 'races' pages of FitnessSports.com.

In this training group we will try to prepare you both mentally and physically for what race day might bring. Our hope is that after completing our training program you will be able to handle whatever challenge may arise during the race. Over the past few years this seems to have worked well. But, remember you are an individual and you need to listen to your own body and follow its signals.

This program is divided into three basic phases. First, a gradual build up to allow your body to prepare itself for the new experiences. Second, the hard peak physical and mental stage where you learn to handle the high mileage plus what pace you can tolerate. The final stage is the recovery phase. This stage is also important and the hardest to wait through. Each phase is equally as important as the others.

For those of you training for Drake, we have just over 17 weeks to get to the finish line. This should be adequate time for all of you to get ready. Any delays in your training may cause you to consider making the Dam to Dam Race your ultimate goal. The 8K on Drake Relays weekend would then be a natural option.

This training guide, the Saturday morning runs, and any other meetings are offered as a part of a program to promote running in the Central Iowa area. If you would like more copies of this guide, visit www.CapitalStriders.com or write us at PO Box 25238, West Des Moines, IA. 50265. Please include \$2 for the postage. Since we may be sending out information as the program progresses, please fill out the application and sign the release on the back page. Mail them to Capital Striders, PO Box 25238, West Des Moines, IA. 50265.

Good luck and remember to train safely,

Larry Jablonski, Pres.
Capital Striders Running Club
(515) 457-5801

Steve Bobenhouse,
Fitness Sports Ltd.
(515) 277-4785

Training program prepared by Steve Bobenhouse in conjunction with Joe Henderson and Hal Higdon.

Capital Strider's Training Group

Points to Remember;

Training tips

1. The toughest part of the 1/2 marathon or marathon is the training.
2. Your total weekly mileage should be between 2.5 and 3 times your long run.
3. Long runs are what get you to the finish line. Don't miss out on them.
4. On the long runs use the first few miles to warm up. Talk to your running mates. Stay relaxed.
5. Try to maintain an even, relaxed pace on your long runs. They cause enough stress without pushing it.
6. Learn to judge your pace. If you want to run a 3 1/2 hour marathon, then you need to experience sub 8 minute per mile pace.
7. Drink plenty of water before, during, and after your runs. Practice running with fluid in your stomach. If you plan on using some special drink during the marathon, try it now.
8. Speed training is the best way to improve on your PR's, but it hurts.
9. Proper tapering over the last one to two weeks can increase your strength by 18% to 25%!
10. If possible, get to know the racecourse. We don't want you to be surprised by a hill or rough pavement.
11. Remember, a number of the people who you will be running with on Saturday morning have a great deal of experience with marathons. Take advantage of their knowledge

Helpful tips

1. The motivation comes from within you. Set your goals high.
2. You might want to keep a diary of your body's feelings and reactions. It can be useful for reference.
3. Don't push hard the day after a long training run. Once again, you're tired and don't need the strain.
4. Watch your diet but **DO NOT TRY TO LOSE WEIGHT IN THE LAST FEW WEEKS!**
5. No surprises on race day! Try out shoes, food, drinks, clothing, etc. beforehand.
6. Eat well all through training but especially the last few days. Drink lots of water!
7. First time marathoners should be out to have an enjoyable time. Remember, it's easier to improve on a slow performance.

Injury Prevention

1. Cross training is a good way to workout while you rest. Swimming and cycling are both excellent alternatives for the day after a hard run. Keep your efforts moderate
2. Be open to the possibility of an injury. You may not be ready on race day. There are other races.
3. Don't get caught up in the pre-race celebrations. Rest up and stay out of the sun.
4. Listen to your body. It's better to take three days off now than be forced to miss two months with an injury. Your body will try to talk to you if you'll only listen.

Post Race Recovery

1. Your family and living partners will be going through this with you. You may get irritable. Be considerate.
2. Post marathon, you will have undergone a very stressful period. Take a break.

2006 WINTER / SPRING TRAINING RUN SCHEDULES

Whether you're training for the Drake Relays' 1/2 Marathon, another race, or just want to share a long run, come and join the Capital Striders and others on Saturday mornings, *Sunday mornings, and Thursday evenings.

Saturday morning runs will begin at the Meredith Hall, 29th & carpenter, on the Drake Campus. Initially, runs will start at 8 A.M. Starting in March and continuing through April we will begin at 7:30 A.M.

** Possible CS sponsored races incorporated into training in 2006.

Date Sat	short	long	Helper
1/ 7	4	8	
1/14	5	10	Bob Parker
1/21	5	8	Mike Eilers
1/28	6	13	
2/ 4	5	14	
2/ 11	6	12	
2/18	6	16	
2/25	7	17	
3/ 4	7	12	
3/11	8	16	
3/18	7	20	
3/25	10	13	
4/ 1	11	20	
4/ 8 (**Loop the Lake)	12	14	
4/15	11	20	
4/22	9	15	
4/29 (**Drake)	5	13.1	
5/ 6	7	12	
5/13	10	16	Bob Parker
5/20	8	20	
5/27	10	12	
6/ 3 (**Dam to Dam)	5K	12.1	

*Sunday mornings: 10 mile run starting from 86th St entrance to Clive Greenbelt Park. Begins @ 8 AM.
 Thursday evening run: 6 miles starting at Zimm's Resteraunt at 32nd and Ingersoll. Begins @ 6 PM

The Capital Striders & Fitness Sports Ltd.

Spring Marathon Training Schedule

You should have a 20-25 miles a week base when beginning this program!

Weeks to go	Sun Easy	Mon. Hills/Tem	Tues. Easy	Wed Hard	Thurs. Rest	Fri. Race Pace	Sat Easy	Total Miles	Sat. Date
18	3	2-3	3	4	0	5	8	26	1/7
17	3	3	3	4	0	5	10	28	1/14
16	3	2-3	3	4	0	6	8	27	1/21
15	3	3-4	3	5	0	6	13	34	1/28
14	3	3-4	3	4	0	7	14	35	2/4
13	3	4	3	5	0	7	12	34	2/11
12	3	4	4	6	0	8	16	41	2/18
11	3	5	4	3	0	8	17	40	2/25
10	3	5	4	6	0	9	12	39	3/4
9	3	5	4	5	0	9	16	42	3/11
8	4	6	5	4	0	10	20	49	3/18
7	4	5	6	7	0	6	13	41	3/25
6	4	5	5	7	0	10	20	51	4/1
5	5	5	5	8	0	6	14	43	4/8
4	5	6	5	6	0	10	20	52	4/15
3	5	4	5	4	0	4	15	37	4/22
2	4	4	4	4	0	4	Drake1/2	33.1	4/29
Last	0-3	2	3	0	0	2	Race Day		

Remember; this is just a guide. Listen to your body!

Possible Schedule for training for the Drake Relay's 1/2 Marathon 2006

Weeks To go	Sun Rest	Mon. Easy	Tues. Moder	Wed Hard	Thurs Rest	Fri. Race Pace	Sat* Very Easy	Total Mile	Sat. Date
17	0	2	0	2	0	2	4	10	1/7
16	0	2	0	3	2	2	5	14	1/14
15	0	2	0	4	2	2	5	15	1/21
13	0	2	0	4	2	2	5	15	2/4
12	0	3	0	3	0	3	6	15	2/11
11	0	3	2	3	0	2	6	16	2/18
10	0	2	2	3	0	3	7	17	2/25
9	0	3	3	4	0	2	7	19	3/4
8	0	2	3	5	0	3	8	21	3/11
7	0	3	2	5	0	4	7	21	3/18
6	0	2	3	6	0	3	10	24	3/25
5	0	3	4	5	0	4	11	27	4/1
4	0	3	2	7	0	5	12	29	4/8
3	0	4	3	6	0	5	11	29	4/15
2	0	5	4	8	0	4	9	30	4/22
1	0	3	3	2	0	0	Race Day		

USE ONE OF THE "EASY" DAYS AS A REST DAY WHENEVER YOU FEEL THE NEED!!

Remember; this is just a guide. Listen to your body!

Late Spring Marathons in the Midwest

April

2 - * GLASS CITY, Pat Wagner, 130 Yale, Toledo, OH 43614; (419) 385-7025 or <http://www.toledoroadrunners.org/>

22 - *PINE LINE TRAIL, Pine Line Trail Marathon, c/o Chamber of Commerce, 104 E. Perkins, Medford, WI 54451; (715) 748-4729 or (888) 682-9567 or <http://www.medfordwis.com/>

30 - * OKLAHOMA CITY MEMORIAL, Oklahoma City Marathon, 53 N.W. 42nd, Oklahoma City, OK 73118; (405) 525-4242. or www.okcmarathon.com

23 - *FRENCH LICK - WEST BADEN, French Lick, Indiana, P.O. Box 347, French Lick, IN 47462; (812) 936-2405. <http://www.flwbcc.com>

29 - * TRESTLE VALLEY, Minot, North Dakota, 3515 16th St SW., P.O. Box 69, Minot, ND 58702; (701) 838-3596. ymcaminot.org

29 - * COUNTRY MUSIC. Country Music Marathon, 240 Great Circle Rd., Ste. 340, Nashville, TN 37228; (800) 311-1255. or www.cmmarathon.com

29 - * KENTUCKY DERBY, Kentucky Derby Festival, 1001 South Third St, Louisville, KY 40203, (800) 928-3378 or <http://www.derbyfestivalmarathon.com/>

May

7 - * LINCOLN, Lincoln Marathon, 7941 Eric Dr., Lincoln, NE 6850; (402) 435-3504. (402) 435-3504. or www.lincolnrun.org

7 - *Cincinnati, Ohio, Flying Pig. Flying Pig Marathon, 644 Linn St., Ste. 626, Cincinnati, OH 45203; (513) 721-7447, www.flyingpigmarathon.com

13 - Eagle River, Wis *JOURNEYS Chamber of Commerce, P.O. Box 1917-JM, Eagle River, WI, 54521; (715) 479-6400 or (800) 359-6315 or www.journeysmarathon.org

13 - * BROOKINGS MARATHON, Andy Stockholm, P.O. Box 8012, Brookings, SD 57006; (605) 696-1358 or <http://www.brookingsmarathon.com/>

14 - Fargo Marathon, Fargo, N.D. Mark Knutson, c/o The Fargo Marathon P.O. Box 2623, Fargo, ND 58108-2623; (701) 277-1627 or <http://www.fargomarathon.com>

20 - Olathe, KS OLATHE Stephen Koranda, 142 North Cherry, Olathe, KS 66061. (800) 921-5678.or www.olathemarathon.com

21 - Green Bay, Wis *GREEN BAY Cellcom Green Bay Marathon, 320 N. Adams St., Ste. C-2311, Green Bay, WI. 54301; (800) 889-1859

21 - * CLEVELAND, Rite Aid Cleveland Marathon, 29525 Chagrin Blvd., Ste. 215, Pepper Pike, OH 44122; (800) 467-3826

28 - * MED-CITY, Rochester, Minn.. Med-City Marathon, 1417 14th Ave. NE, Rochester, MN. 55906; (507) 282-1411. or www.medcitymarathon.com

28 - *FARGO, Fargo, North Dakota, P.O. Box 2623, Fargo, ND 58108-2623; (888) 786-3274. fargomarathon.com

28 - * MAD CITY, Madison, Wisconsin, 3000 Cahill Main Ste. 216, Madison, WI 53711; 608-276-9797 x10. madisonfestivals.com

**2006 Capital Striders / Fitness Sports
Winter / Spring Training Run
Information and Liability Release
January 7 – June 3, 2006**

Name _____ Age _____ Gender M/ F
Address _____ City _____ Zip _____
Phone (home) _____ (work) _____
E-mail address _____

Please add me to the weekly update emails which include maps, tips and other information

Are you currently a Capital Striders member?

- Yes
 No
 No, but send me information on becoming a member!

Would you be willing to volunteer?

- For a training run water stop
 Any other Capital Striders events

Have you ran a half-marathon or farther before? (13 miles) _____ Which race(s)? _____

What long race are you training for? _____

Average miles per week you've run during the past month? _____ Past year? _____

Have you participated in this program before? _____ When? _____

Have you participated in other marathon training programs? _____ Where? _____

We're currently exploring ideas - How would you like to be notified of changes or cancellations due to weather?

- Post it on www.CapitalStriders.org or www.FitnessSports.com
 Send an email update to the "weekly emails" list
 I'd like a phone number to call to hear a recording

In the consideration of the acceptance of this form, I, for myself, my executors, administrators, and assignees do hereby release and discharge the Capital Striders, Drake University, Fitness Sports Ltd., The Drake Relays, the Cities of Des Moines, West Des Moines, Clive, Urbandale and Windsor Heights, Polk County, The Road Runners Club of America and any and all other sponsors from all claims or damages, demands, actions whatsoever in any manner arising or growing out of my participation in the training program. I attest and verify that I have full knowledge of the risks involved in these events and I am physically fit and trained to participate in these sessions. **Remember, your safety is ultimately your own responsibility!!**

Signature _____ Date _____

Please fill out this form and turn in at one of the Sat. morning runs. We will be sending out weekly e mails with the map for the week and training tips. You may also mail to; fitness Sports, 7230 university Ave. Dees Moines, IA. 50311

