

# 2010 Winter/Spring Training Program and Marathon Preparation Guide

brought to you by



**Capital Striders**  
**PO Box 31069, Des Moines, IA. 50310**  
**[www.CapitalStriders.org](http://www.CapitalStriders.org)**

**&**

Where You Have the Right to B - FIT  
**Fitness Sports**  
7230 University Ave, Des Moines, IA. 50311  
515-277-4785, Fax 515-277-3854 or 800-529-7684  
Iowa's Running and Swimming Specialists

**7230 University, Windsor Heights, IA. 50324 (new)**  
**(515) 277-4785**  
**Where you have the right to B -FIT**

## Dear participant:

Welcome everyone to the 24th year of the Spring Marathon Training Program. The program has seen tremendous growth in the last few years. As a result of the going number of runners, and especially marathoners, we expect this years group to be the largest ever.

Many of you are looking forward to a marathon, some the Drake 1/2 and others of you will be training for you first real event. Hopefully this will mean you "first timers" will have an abundance of good help from the "old timers" in the crowd. Every level of runner is welcome in this group.

Our program will be based around the Drake Relays weekend and the Half Marathon: however, we will also have the longer training program for those of you who have decided to run a Spring Marathon.

The list below includes a few Spring Marathons.

Apr. - PINE LINE TRAIL, Medford, WI

Apr. - KENT. DERBY, Louisville, KY

May - LINCOLN, Lincoln NE

May - LAKE GENEVA. Lake Geneva, WI.

May - FARGO, Fargo, N.D.

Apr. - OKLAHOMA CITY, Oklahoma City, OK

Apr. - COUNTRY MUSIC. Nashville, TN

May - Flying Pig, Cincinnati, OH

May - BROOKINGS, Brookings, S.D..

May - GREEN BAY, Green Bay, WI.

A list of marathons and their contacts can be found on the 'races' pages of [FitnessSports.com](http://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. 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 very 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 [CapitalStriders.com](http://CapitalStriders.com), [FitnessSports.com](http://FitnessSports.com) or write us at 7230 University, Des Moines, IA. 50311.

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 Fitness Sports, 7230 University, Des Moines, IA. 50311.

Good luck and remember to train safely,

John Lins, Pres.  
Capital Striders Running Club

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 a 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.

## The Capital Striders & Fitness Sports Ltd.

### Spring Marathon Training Schedule

You should have a 20-25 miles / 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
17	0	3	3	4	3	5	10	28
16	0	2-3	3	4	3	6	8	27
15	0	3-4	3	5	3	6	13	34
14	0	3-4	3	4	3	7	14	35
13	0	4	3	5	3	7	12	34
12	0	4	4	6	3	8	16	41
11	0	5	4	3	3	8	17	40
10	0	5	4	6	3	9	12	39
9	3	5	4	5	3	9	16	45
8	0	6	5	4	4	10	20	49
7	0	5	6	7	4	6	13	41
6	3	5	5	7	4	10	22	56
5	0	5	5	8	5	6	12	41
4	3	6	5	6	5	10	20	55
3	0	4	5	8	5	4	12	38
2	3	4	4	4	4	4	Drake 1/2	36
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 2010

Sunday Date	Sun Rest	Mon. Easy	Tues. Moder	Wed Hard	Thurs Rest	Fri. Race Pace	Sat* Very Easy	Total Mile
1/3	0	2	0	3	2	2	4	13
1/10	0	2	0	4	2	2	5	15
1/17	0	2	2	2	0	2	6	14
1/24	0	2	0	4	2	2	5	15
1/31	0	3	0	3	0	3	6	15
2/ 7	0	3	2	3	0	2	6	16
2/14	0	2	2	3	0	3	7	17
2/21	0	3	3	4	0	2	7	19
2/28	0	2	3	5	0	3	8	21
3/ 7	0	3	2	5	0	4	7	21
3/14	0	2	3	6	0	3	10	24
3/21	0	3	4	5	0	4	11	27
3/28	0	3	2	7	0	5	12	29
4/ 4	0	4	3	6	0	5	11	29
4/11	0	5	4	8	0	4	9	30
4/18	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!

## 2010 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 AM. Starting in March and continuing through April we will begin at 7:30 A.M.

\*\* Possible CS sponsored races incorporated into training in 2010.

Date Sat	short	long	Helper
1/ 9	4	10	
1/16	5	8	
1/23	6	13	
1/30	5	14	
2/ 6	6	12	
2/13	6	16	
2/20	7	17	
2/27	7	12	
3/ 6	8	16	
3/13	7	20	
3/20	10	13	
3/27	11	20	
4/ 3	12	12	
4/10	11	20	
4/17	9	15	
4/24	5	13.1	(**Drake)
5/ 1	7	12	
5/ 8	10	16	
5/15	8	20	
5/22	10	12	
5/29	9	17	

\*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

## Late Spring Marathons & 1/2 Marathons in the Midwest

### April

24 – Drake Relays on the Roads, Half Marathon & 8K, 1631 38<sup>th</sup> St., Des Moines, IA. 50311. 515-274-5379, <http://www.fitnesssports.com/Apr.races/Drakefolder/DrakeInformat.html>

?? – 33<sup>rd</sup> 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/>

?? - TRESTLE VALLEY, Minot, North Dakota, 3515 16th St SW., P.O. Box 69, Minot, ND 58702; (701) 838-3596. <http://www.trestlevalley-marathon.com/>

24 - COUNTRY MUSIC. Country Music Marathon, 240 Great Circle Rd., Ste. 340, Nashville, TN 37228; (800) 311-1255. or <http://www.cmmarathon.com>

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

25 – 10<sup>th</sup> OKLAHOMA CITY MEMORIAL, Oklahoma City Marathon, 53 N.W. 42nd, Oklahoma City, OK 73118; (405) 525-4242. or <http://www.okcmarathon.com/>

24 - Free State Trail Marathon & 40-Mile & 100-Kilometer Trail Runs, Clinton Lake State Park, Lawrence, KS. 816-810-0440, <http://www.psychowyc.com/id1.html>

### May

2 – 31<sup>st</sup> LINCOLN, Lincoln Marathon, 7941 Eric Dr., Lincoln, NE 6850; (402) 435-3504. (402) 435-3504. or <http://www.lincolnrun.org/marathon.htm>

2 – 12<sup>th</sup> Cincinnati, Ohio, Flying Pig. Flying Pig Marathon, 644 Linn St., Ste. 626, Cincinnati, OH. 45203; (513) 721-7447, <http://www.flyingpigmarathon.com>

8 – Lake Geneva Marathon & Adventure Races, Lake Geneva Extreme Sports, LLC. P.O. Box 1134, Lake Geneva, WI 53147, (262) 275-3577, <http://www.lakegenevasports.com/>

8 - Eagle River, Wis \*JOURNEYS Chamber of Commerce, P.O. Box 1917-JM, Eagle River, WI, 54521; (715) 479-6400 or (800) 359-6315 or <http://www.journeysmarathon.org>

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

16 - Green Bay, Wis \*GREEN BAY Cellcom Green Bay Marathon, 320 N. Adams St., Ste. C- 2311, Green Bay, WI. 54301; (800) 889-1859, <http://www.cellcomgreenbaymarathon.com/>

16 - CLEVELAND, Rite Aid Cleveland Marathon, 29525 Chagrin Blvd., Ste. 215, Pepper Pike, OH 44122; (800) 467-3826, <http://www.clevelandmarathon.com/>

22 - 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>

30 - MED-CITY, Rochester, Minn., Med-City Marathon, 1417 14th Ave. NE, Rochester, MN. 55906; (507) 282-1411. or <http://www.medcitymarathon.com>

30 - MAD CITY, Madison, Wisconsin, 3000 Cahill Main Ste. 216, Madison, WI 53711; 608-276-9797 x10. <http://madisonfestivals.com>

**2010 Capital Striders / Fitness Sports  
Winter / Spring Training Run  
Information and Liability Release  
January 16 – May 30, 2010**

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](http://www.CapitalStriders.org) or [www.FitnessSports.com](http://www.FitnessSports.com)

Send an email update to the "weekly emails" list

---

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 \_\_\_\_\_