

*2014 Spring Training Program  
and  
Marathon Preparation Guide*

*brought to you by*



*The Capital Striders  
Central Iowa Running & Racewalking Club  
PO Box 31069 Des Moines IA 50310*

*&*



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

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

Dear participant:

Welcome everyone to the 27th year of the Spring Marathon Training Program. The program has seen tremendous growth in the last few years. With the increase in runners, especially half marathoners in the Des Moines area, we will probably have around 100 participants this year.

Some of you may be looking forward to your first marathon or possibly the Hy-Vee Road Races 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.

We will be basing the mileage in our program around races scheduled for the first weekend in May; however, we will continue the longer training program through the end of the month for those of you who have decided to run Dam to Dam. A list of spring events around the Midwest is included in this guide.

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 find out what pace you can tolerate. The final stage is the recovery phase. This stage is very important & the hardest to wait through. Each phase is equally as important.

For those of you training for the Drake Half Marathon, we have just over 15 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. Switching to the 10K 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 Fitness Sports or write us at 7230 University, Windsor Heights, IA. 50324. 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, Windsor Heights, IA. 50324.

Good luck and remember to train safely,

Bobbi Snodgrass, Pres.  
Capital Striders Running Club

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

May

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

4 - LINCOLN, Lincoln Marathon, 7941 Eric Dr., Lincoln, NE 6850; (402) 435-3504. (402) 435-3504. or [www.lincolnrun.org/marathon.htm](http://www.lincolnrun.org/marathon.htm)

4 - Cincinnati, Ohio, Flying Pig. Flying Pig Marathon, 644 Linn St., Ste. 626, Cincinnati, OH. 45203; (513) 721-7447, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

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

10 - Eagle River, Wis \*JOURNEYS Chamber of Commerce, P.O. Box 1917-JM, Eagle River, WI, 54521; (800) 359-6315 or [www.journeysmarathon.org](http://www.journeysmarathon.org)

10 - Fargo Marathon, Fargo, N.D. The Fargo Marathon P.O. Box 2623, Fargo, ND 58108-2623; (701) 277-1627 or [www.fargomarathon.com](http://www.fargomarathon.com)

18 - Chicagoland Marathon & Half Marathon, Schaumburg, IL USA, 2355 Robert, 60073; 224-757-5425; [www.allcommunityevents.com/chicagoland\\_spring\\_marathon/chicagoland\\_marathon\\_home.html](http://www.allcommunityevents.com/chicagoland_spring_marathon/chicagoland_marathon_home.html)

18 - Cellcom Green Bay Marathon & Marathon, Relay, Half Marathon, 5K, WPS Kids' Run Green Bay, WI. Cellcom Green Bay Marathon, 808 Potts Avenue Suite A Green Bay, WI 54304. [www.cellcomgreenbaymarathon.com/](http://www.cellcomgreenbaymarathon.com/)

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 Rest	Mon. Hills/Tem	Tues. Easy	Wed Hard	Thurs. Easy	Fri. Race Pace	Sat Easy	Total Miles
17	?	?	?	?	?	?	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	0	5	4	5	3	9	16	42
8	0	6	5	4	4	10	20	49
7	0	5	6	7	4	6	13	41
6	0	5	5	7	4	10	20	51
5	0	5	5	8	5	6	12	41
4	0	6	5	6	5	10	20	52
3	0	4	5	4	5	4	12	34
2	0	4	4	4	4	4	10	30
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 a 1/2 Marathon 2011

Sunday Date	Sun Rest	Mon. Easy	Tues. Moder	Wed Hard	Thurs Rest	Fri. Race Pace	Sat* Very Easy	Total Mile
1/5	?	?	?	?	?	?	4	?
1/12	0	2	0	3	2	2	5	14
1/19	0	2	0	4	2	2	5	15
1/26	0	2	2	2	0	2	6	14
2/2	0	2	0	4	2	2	5	15
2/9	0	3	0	3	0	3	6	15
2/16	0	3	2	3	0	2	6	16
2/23	0	2	2	3	0	3	7	17
3/2	0	3	3	4	0	2	7	19
3/9	0	2	3	5	0	3	8	21
3/16	0	3	2	5	0	4	7	21
3/23	0	2	3	6	0	3	10	24
3/30	0	3	4	5	0	4	11	27
4/6	0	3	2	7	0	5	12	29
4/13	0	4	3	6	0	5	11	29
4/20	0	5	4	8	0	4	9	30
4/27	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!

2014

WINTER / SPRING TRAINING RUN SCHEDULES

Whether you're training for the a 1/2 Marathon, Dam to Dam, another race, or just want to have company on 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 Meredith Hall, 29th & Carpenter, on the Drake Campus. Initially, runs will start at 7:30 AM. Starting in March and continuing through May we will begin at 7 A.M.

Date Sat	short	long	
1/11	4	10	I need helpers.
1/18	5	8	
1/25	5	13	Volunteer to help with water, your friends will thank you
2/1	6	14	
2/8	5	12	
2/15	6	16	If you are available call
2/22	6	17	
3/1	7	12	Ph. 515-277-4785
3/8	7	16	
3/15	8	20	
3/22	7	13	
3/29	10	20	We will put you down on whatever date you want.
4/5	11	12	
4/12	12	20	
4/19	11	12	
4/26	9	10	
5/3	7	20	
5/10	10	16	
5/17	8	20	
5/24	10	12	
5/31	5K	12.1	(**Dam to Dam 20K)

Summer / Fall Group starts in two weeks

\*Sunday mornings: Up to 10 mile run starting from 86th St entrance to Clive Greenbelt Park. Begins @ 8 AM. Thursday evening run: 6 miles starts at Zimm's at 32nd and Ingersoll. Begins @ 6 PM.  
YOU ARE INVITED TO DO ANY PORTION OF THESE..

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

*April*

*26 - Olathe Chamber of Commerce, 18001 W. 106th St., Ste. 160, P. O. Box 98, Olathe, KS 66051; 800-921-5678 or [www.olathemarathon.com](http://www.olathemarathon.com)*

*27- PINE LINE TRAIL, Pine Line Trail Marathon, Chamber of Commerce, 104 E. Perkins, Medford, WI 54451; 715-448-4729 or [www.medfordwis.com](http://www.medfordwis.com)*

*19 - Free State Trail Marathon & 40-Mile & 100-Kilometer Trail Runs, Clinton Lake State Park, Lawrence, KS. 816-810-0440, [www.psychowyc.com/id1.html](http://www.psychowyc.com/id1.html)*

*26 - Gambler 1/2 Marathon & 5K, 8 am. Starts at Harrah's Casino, Council Bluffs, IA. Chrissey 800-228-6878 x130.*

*14 - Marion Rotary Marathon for Shoes, Marion, IA. Mara, Relay, Half Marathon, 5k and Mile Fun Run.*

*20 - HyVee Half Marathon & 5k for JDRF, Fort Dodge, IA. Amber Kastler, 115 S 29th Street Fort Dodge IA 50501, 515-576-1330.*

*20 - Kansas Marathon & Half-Marathon, 5k, Kids Fun Run, Lawrence, KS. USA. Kansas Mara., 12608 Howe Drive, Leawood, KS 66209. 785-331-7869*

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

*19 - KENTUCKY DERBY, Kentucky Derby Fest, 1001 South Third St, Louisville, KY. 40203, (800) 928-3378 or [www.derbyfestivalmarathon.com/](http://www.derbyfestivalmarathon.com/)*

*27- Drake Relays on the Roads, Half Marathon, 10K & 6K, 1631 38th St., Des Moines, IA. 50311. 515-274-5379, [www.fitnesssports.com/Apr.races/](http://www.fitnesssports.com/Apr.races/)*

*26 - Frisco Marathon & Races & Half, 50M, 50K, 10M, 50K Relay, Willard, MO, Richard Johnson, 724 S. Weller Ave., Springfield, MO 65802, 417-343-1868, Chris Revoir. [www.omrr.org](http://www.omrr.org)*

*26 - Christie Clinic Illinois Marathon & Half, Relay, 5K, Champaign/Urbana, IL. PO Box 262, Champaign IL 61824; 217-369-8553 [www.illinoismarathon.com](http://www.illinoismarathon.com)*

*26 - River Rat Marathon, Box 325, Yankton, SD 57078; [www.riverratmarathon.com/](http://www.riverratmarathon.com/)*

## *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 many of them.*
- 4. On the long runs use the first few miles to warm up. Talk. Stay relaxed.*
- 5. Try to maintain an even, relaxed pace on your long runs. "Run easy".*
- 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. 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 few weeks can increase your strength by 25%!*
- 10. If possible, get to know the racecourse. Don't be surprised by a hill.*
- 11. Remember, a number of the people who you will be running with on Saturday morning have a great deal of experience. Take advantage!*

### *Helpful tips*

- 1. The motivation comes from within you. Set your goals.*
- 2. You might want to keep a diary of your body's feelings and reactions.*
- 3. Don't push hard the day after a long training run.*
- 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, beforehand.*
- 6. Eat well all through training but especially the last few days. Drink 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*



