



2011 MCM and 10K Runner Info Packet

When do we start? Do I have to train with the group? What IS neuroblastoma anyway? More than likely these questions, concerns or thoughts will not be covered within this document, but the purpose contained here is to get you on your way to a successful season through a structured training program whether this be your first experience or your tenth. Rest assured throughout the season you will be receiving tips and nuggets about running, nutrition, and other related topics that will help you along the way. All of those additional questions will be answered and more in your updates, but for now let's just start with some simple training information and dates.

INJURY PREVENTION

There is a great article in Runners World (online edition) talking about the 10 laws of injury prevention. Please take time to read the article and get into the habit of stretching properly so that come race day it will be second nature and all you have to focus on is that finish line! Go to the link below to read the article:

<http://www.runnersworld.com/article/0,7120,s6-241-285--13413-1-1X2X3X4X5-6,00.html>

10 laws of Injury Prevention for your quick reference:

1. Know your limits
2. Listen to your body
3. Consider your stride
4. Use strength training to balance your body
5. RICE works (Not the food!! Rest/Ice/Compression/Elevation)
6. Run on a level surface
7. Do not race or do speedwork too often!
8. Stretch the back of your legs
9. Cross-training provides active rest/recover
10. Get shoes that fit!

STRETCHING

Why is stretching important? Because flexibility is crucial to injury prevention. Tight muscles cannot go through their full range of motion. Lack of flexibility is one of the biggest causes of most training injuries including Achilles Tendinitis, Plantar Fasciitis and Shin Splints.

Know when to stretch and how. There is a lot of good reference material available that can help you make the most of your stretching. A major component to good form is proper stretching. It helps with your recovery time and overall health more than you can even imagine.

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NUTRITION

During the course of training, we will learn about proper hydration, intake of the right amounts of carbs, protein, fats, and calories. We will talk about the importance of eating before you run and how quickly you must replace those stores after running. You will learn about fueling yourself during longer runs and staying hydrated during hot, summer training. The most fun will be trying things like energy cubes, gels, beans, bars and other 'foody' items designed to keep you fueled along the way.

CLOTHING & SHOES

Not all running shoes are created equal and cotton is NOT your friend. These are the two most important tips in running apparel and foot gear. Get acquainted with wicking material not just in your shorts and tops but your socks as well. Learn about what shoes you like to run in versus the ones that cause problems. Get to know your true shoe size taking into account the pounding a foot takes during the course of a race.

General rule of thumb for shoes. They need to be at least a size larger than you normally wear because your feet take a beating over 26.2 miles and in the heat of summer they tend to swell.

Wicking material in your clothing and socks is an **absolute must** and cotton is an **absolute no-no!**

Pick out a type of hydration gear early on. You will need it as the temps increase! Most common are the fuel belts that have little holders for your bottles and pouches for fueling or the camelbacks that you sling on your back just like a camel and away you go.

"OTHER" STUFF

Body Glide, 'the stick', kinesio tape and sunblock just to name a few, but don't worry we will talk about them as these items become more pertinent.

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TERMS, DEFINITIONS AND FREQUENTLY ASKED QUESTIONS

The following terms and definitions will be found on your training schedule:

Recovery Run

Means you run at a conversation pace, less than your target pace; intended to get your blood flowing to recover your legs after a distance run.

Cross Train (X-train)

Any physical workout involving swimming, biking, elliptical. NO running!

Intervals

Interval training helps the oxygen delivery to your muscles and boosts your speed/running economy. It builds your fatigue resistance and helps with pain tolerance. This is a fun but "feel it" kind of workout. By doing repeated shorter segments broken up with a jog you will increase your overall running capability. Here's an example: running all out for 15 seconds followed by a minute of jog in between. Repeat.

Tempo

This type of running increases your sustained speed and pace; we train this way to help us ultimately run faster and have the race we want. If you can sustain that pace for an hour that is considered a 'tempo' run so it's running slightly faster than normal.

Pace

Running at a 'conversational' pace that allows you to talk without being winded.

Hill workouts

This activity increases your anaerobic power and gives you run-specific strength. It is book ended with an easy job to actively rest as you work through your repeats.

Rest

Your body needs time to recuperate especially if you're new to running. Treat your body right and it will be there for you on race day.

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RUNNERS RESOURCES

There will inevitably be questions you have at some point during this journey pertaining to your training. Maybe you will want to expand your stretching routine or your interval training. No matter what your need, you can find answers at any of these helpful websites below:

www.marinemarathon.com
www.runningtools.com
www.runnersworld.com
www.coolrunning.com
www.runnersrescue.com
www.sportsinjuryclinic.net
www.completerunning.com

RUNNING STORES

Northern Virginia Area:

Potomac River Running
Pacers
The Running Store

Charlottesville Area:

To be updated soon

Other locations:

Look up your local running store online for directions and hours.

IMPORTANT DATES TO REMEMBER

June 11, 2011 – Marathon Training Kick-Off Celebration

August 6, 2011 – 10K Training Kick-Off Celebration

August 8, 2011 - Recommitment Packages Deadline (Firm Date. No Extensions Allowed)

October 15, 2011 – Final Fundraising Deadline

October 29, 2011 – Packet Pickup and Team Pasta Dinner/Ceremony

October 30, 2011 – RACE DAY!