



Training Plans

Welcome to the DASH Around Kapeska ½ Marathon-2 Person Relay ½ Marathon site! We hope you have a great experience participating in our event. Our race organizers have been working diligently to help prepare this event in the hopes that all participants will have a great experience--and come back each year!

My name is Dr. Dan Reiffenberger. I am a Family Medicine/Sports Medicine Physician. But, even more, I am a runner! I have done many marathons, and countless half marathons, 5k's, and 10k's. These plans were created by many years of running and medical experience. But, remember, nothing is written in stone. These are meant to be a guideline. Some days just may not be there for you when it comes to what is written in the plan. OK! Go on to the next day. Do not attempt to make up for it later. That day is gone, so move on.

Also, you are participating in this event with the hope that you are healthy enough to participate in this event. It is assumed you are under good health, and have prepared for this event. I discuss every day with patients their health, and what they are physically capable of. Know your limitations. Be realistic and honest about your goals, and your abilities. Advancing too quickly is a good way to get injured. With that being said, it is always a good idea to consult your physician before beginning any new exercise plan.

By using this plan, you acknowledge that DASH around Kapeska race organizers, and sponsors, are not responsible for any health problems that may result from this training program, or this event. You agree that you are using this voluntarily, and at your own risk, and release DASH Around Kapeska from any and all claims, or cause of action, both known and unknown. Now get ready to train, and run, and have a great, and safe, experience.

Basic Concepts and Terminology Involving the Training Plans

Half Marathons are truly for more experienced runners. That is also why we have a Relay for a 2 team event, and a 5K the evening before, so many more people can experience the great city of Watertown, and Lake Kampeska! For those doing the Half Marathon individually, you should already be comfortable running most days of the week. I have created a Beginning Plan for those who will be doing their first Half Marathon, and an Intermediate/Advanced Plan for those who are trying to improve on past race times. The Beginning Plan has no speed work involved with it. The goal of this is for you to finish the race, regardless of the time. Speedwork will be incorporated in the Intermediate/Advance Plan. I am a firm believer in incorporating other exercise modalities, and cross fit activities, to help strengthen other muscles that may help you with running, but may not necessarily be incorporated by running alone. These techniques help over the lengthy process of training for the Half Marathon by reducing the potential to get injured. There is nothing more frustrating then to do all of this training, only to get hurt a week or two prior to the event, and then not being able to participate. Above all else, listen to your body! It will tell you if it needs more recovery time or not. We are a highly complex system, and if we take care of it the right way, it will not fail us!

Easy Runs: They are designed to be just that—relatively easy. You will find most of these being during the week, especially in the beginner plan. You should be able to cover that distance comfortably, and not feel exhausted when you are done. You should be able to hold a conversation with someone when you are running easy.

Stretch and Strength: As runners, we tend to be very poor at stretching. “I don’t have time for that!”. You have to make time, or be forced to do it later when you are injured. Warming up is important, and then do some other light stretching as well, and even after your workout, spending another 5-10 minutes doing this I cannot emphasize the strength aspect enough, especially upper body. Our legs are getting a lot of training with the running, but if we are weak in the upper body, we cannot generate enough momentum to help maintain our stride, and our form, and we will quickly get tired. If your arms get tired holding them up running, everything goes from there! The goal is not to lift large amount of weights, but lighter weights with higher repetitions. This will also help with our endurance, and reduce our risk of injury.

Distance: The plans are made utilizing mileage, not time. Our paces are all different, so for me I think it is more important focusing on the distance, and not necessarily the time it takes you to do it. Afterall, a Half Marathon is still 13.1 miles, and that distance has to be covered regardless.

Rest: I have built in a rest day, and it is on Mondays following the long runs on Sunday. This is important to help recover. For those of you doing the intermediate/advance plans, this can also be active rest, meaning you are walking the distance, not running. It is still rest compared to your

usual run days, but this can also help clear your muscles of the soreness following these longer runs.

Hills: These are incorporated into the Intermediate/Advanced Plans. It amounts to one hill workout every 4 weeks. Start off with a mile warmup, and a mile warm down, and the rest of the mileage listed for that workout will be running up the hill, and then coming down. Pick a hill that is challenging, and anywhere from 200-400 meters in length. You want to pick up your speed on a flat portion first, then up the hill, and extend over the top of the hill, then jog back down, and repeat. How many repetitions it takes, including the mile warm up and warm down, will be your total mileage for that day.

Tempo Runs: Again, begin with a mile warm up, and then pick up your pace equivalent to what you would do a 10k in. Cover the distance listed on the plan, and then plan at least a half mile warm down, up to a mile warm down, as part of your total distance for that day. This too will be once every 2 weeks.

Strides: These can be very enjoyable, but they are also challenging. Start with a mile warmup, and then stride, or pick up the pace, such as your 5k race pace, and go the length of either 2 blocks, or the distance of 2 telephone poles, and then slow jog recovery for either one block, or length of one telephone pole, and then keep repeating. The total distance should include our mile warm up, and at least a half mile, up to a mile, warm down. Just ask my wife if these are tough! She is also a Family Physician, and a runner, and there have been many a time when I have been yelled at, or sworn at, while we do this work out! Challenging, but incredibly helpful. Again, this too shall be once every 2 weeks.

Fartlek/Interval: These workouts involve increasing your pace, such as to your 10k pace, for specific time intervals, followed by 1 min jog/rest periods. One mile warm up, and then start with 1 minute at increased pace, followed by one min jog, then 2 min increased pace, 1-minute jog, then 4 min, etc. Depending on the total distance it takes you to cover, it could be an interval 1-2-4-8-8-4-2-1 minutes, all then with a 1 min rest/jog in between. Incorporate at least a half mile warm down at the end. This too will be one every 2 weeks.

Repeat Intervals: This workout involves doing a specific distance, and repeating. These workouts involve repeat 800 meters (1/2 mile), $\frac{3}{4}$ mile, $\frac{1}{4}$ mile, and mile repeats. You should do a 2-minute jog recovery in between, and the repeats should be done at your 5k race pace. Incorporate again a mile warm up, and at least a half mile warm down included in your total mileage. This too will be once every 4 weeks.

Long Runs: All levels, beginners, intermediate, and advanced, should all incorporate a long run, have them on the schedule on Sundays. The point of this is to get your legs used to the pounding of the distance. Whatever your goal time is to be for the half, your pace here should be 90-120 seconds per mile slower than your projected race pace. The point of these runs is to cover distance. For the intermediate/advanced plans, your speed is being built with the tempo, fartlek, strides, repeat workouts. Enjoy the slow, long runs. If by yourself, they are great time to think. Better yet, run with friends, training partners. The conversations are great, and the time flies

while you are doing them. I have had many training partners over the years, and all of those long runs are treasured memories! The race is what the end point goal maybe, but the training runs are truly where all of the enjoyment of running comes from!

Cross Fit: This is where the improved strength comes, and how much it truly can benefit your running. One of my training partners when we started doing this could not even do 2 pushups! If you don't have the strength in your arms to help maintain your form, you tire much faster, and your finish times are also much slower. It does not have to even be with weights. You can incorporate body weight exercises, such as lunges, squats, pushups. You can incorporate weights later, using kettle bells, or exercise balls, doing the same maneuvers. The plan on the intermediate/advanced calls for this 3 day a week. If fatigued, the Saturday one can drop, but maintain at least twice a week. These can be done in 15-20 minutes of time. The cross fit exercises that are especially good for runners are: Squats, lunges, push-ups, deadlift, planks, triceps dips, and pull ups, if you have access for this. If you are not familiar with doing these, then check with a trainer to learn proper form, or at least google how to do them. If you don't have proper form, you will be at increased risk for getting hurt. Start with 3 different exercises, and do 5 of each, then 1-minute break, and repeat for 5 sets. Work your way up to 10 each, and 5 sets. I try to do one core, one upper body, and one lower body for each day. I found that if it was all one body set each time, I tended to be sorer, and had a tougher time recovering for the other workouts. You can see how this goes for each of you individually as well. For those of you who are already familiar with cross fit exercises, the choices and variety of activities you can do are really vast, so do what you like, and are able to do.

Good Luck! Have Fun! Hope to see at the DASH Around Kampeska Event!

Dr. Dan Reiffenberger