

2014 CAP CITY

5K, Quarter &
Half Marathon

May 3rd, 2014

Training Tips



Week 1: Getting Started

Are you a beginning walker or runner? Already a walker or runner? Haven't walked or run in a long time? Either way, you can finish your goal of a 5K, quarter or half marathon. Learning some of the basics will help you get started. Many of these topics will be discussed in further detail as the training season continues but, here's a sneak peek to wet your whistle:

Motivation:

Building mental stamina is essential. It's one thing to be motivated to begin training. It's another to stay motivated every day. Staying motivated and developing the proper mindset is key to enjoying training and crossing the finish line with a smile on your face.

Goals:

Finish time goals, weight loss goals, "just finish" goals...we all have a reason(s) for wanting to participate in an organized event. Whatever your goal, make sure it is attainable to increase your chances of success!

Wear the right gear:

Treat your feet to a good pair of running/walking shoes. Running/walking shoes will be the most important piece of gear and usually last for about 500 miles. Shoes are designed to fit feet with different arches, pronation, and more. Visit a local specialty running store to find the best shoes for your feet.

Recovery:

It is important to train consistently and according to a schedule, but recovery is equally important. You should not walk or run every day. Your body needs to rest between training so it can recover from one walk or run to the next, getting stronger between each walk or run. Nutrition and eating the right foods at the right time also play a vital role in recovery. Take recovery days equally as serious as your walking/running days- consider being active in other ways such as swimming, biking, lifting weights or using an elliptical trainer.

Continued on page 2

Hydration

When you feel thirsty, your body is telling you that you are already dehydrated. Avoid this by drinking few ounces of water frequently during your training. On walks or runs of an hour or more, carry fluids with you and consume 6-8 oz. every 20 minutes.

Avoiding Injury:

Use your non-walking or running days to rest and recover. Ice down any soreness, particularly in knees or shins (most common) four times per day for 15-20 minutes. Injuries often sneak up without warning. Doing all the right things right will minimize your chances of injury.

Pre-Training:

Combinations of run/walks are great to use during pre-training because they ease your body into the exercise and minimizes the chance of experiencing a running injury.

Training:

Your mileage should gradually increase each week. As a general rule, total weekly mileage should not increase by more than 10% from week-to-week. If you are participating in a half marathon, completing a walk or run of 10-12 miles before the race will be enough to prepare you for the finish.

The schedule you follow to train will depend mostly on personal preference and convenience. If you don't already have a tried and true training plan, try the following websites to find one you like for the distance you are walking or running:

<http://www.marathonrookie.com>

<http://www.runnersworld.com>

<http://www.columbusdistanceclassic.com/train.shtml>

<http://www.jeffgalloway.com>

<http://www.halhighdon.com>

If you are training for the quarter marathon, you can also use a 10K training schedule.

Learn more about programs to help City employees and immediate family members get and stay active, eat better, quit tobacco, prevent and manage diabetes, get important health screenings and more at www.hr.columbus.gov/healthycolumbus.