

## **Pre- Training Introduction**

Running season is just around the corner, so it's time to start preparing for our training! We know that many of you expressed interest in understanding what you need to do in order to be prepared for our marathon and half marathon training season that starts in June. Attached you will find novice and intermediate training schedules for both the half and full marathons. Our plans are designed to give you a good base of mileage in order to be prepared for our longer runs that start in June. It is important to start building your base now (especially if you not accustomed to running) in order to minimize your risk of injury and build confidence as you approach the longer runs in June and July. The "pre" training miles will help you build bone mass and strengthen your legs as well as build up your heart and lungs. It is less important how fast you run rather than being diligent about logging each mile leading up to our first community run in June. Remember, we want to help everyone achieve their personal goals whether it is to finish or set a personal record!

Another important element of training is good nutrition. Now that you will be asking more of your body physically in the coming months, you need to give it the fuel that it needs to succeed. You will need to load up on fruits, vegetables, and nuts, increase your calcium/vitamin D intake (focus on skim or 1% milk, Greek yogurt, and low fat cheese), reduce the amount of refined carbohydrates that you consume, and eat 8-12 ounces of lean protein *per day* (fish, chicken, eggs, sirloin, etc). When training for a long race over a 5-6 six month period, your body requires more vitamins and minerals than at other times. The best way to give it what it needs is to eat lots of green leafy vegetables (fresh spinach, romaine lettuce, kale, mixed greens), tomatoes, carrots, peas, red and orange bell peppers, and broccoli. All of these vegetables are veritable "super" foods that pack a super nutritious value for a very small amount of calories. From a fruit perspective, try to focus on berries, apples, bananas, and oranges. While fruits have more calories than vegetables on average, they also contain high amounts of vitamins and minerals that are critical to recovery in between runs. Calcium and vitamin D are important because running is considered a weight bearing exercise. Just like lifting weights, you will be breaking down and rebuilding muscle cells as well as increasing your bone mass. Both are good things, but they need proper nutrition to support them. Eating small amounts of lean protein supports muscle growth and development. To help you stay away from energy crashes, replace any refined carbohydrates (white bread, white rice, sugary anything) with whole grain versions. Finally, avoid drinking carbonated beverages (even diet versions) as they contain lots of sugar and will dehydrate you during long runs, which is exactly what you don't want! The good news is that all you have to do is visit your local grocery store to buy these things. You don't need to buy any expensive supplements or do anything crazy.

For any questions regarding training, feel free to reach out to Jeremy Boiles at [j\\_boiles@yahoo.com](mailto:j_boiles@yahoo.com). We are looking forward to seeing everyone for our first group run on the 2nd Saturday in June!