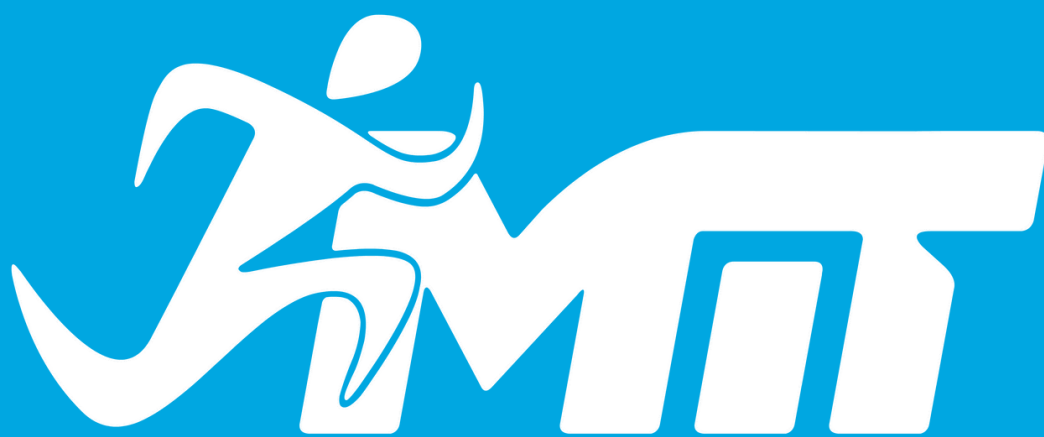


# PRE SEASON GUIDE



# FIND YOUR WHY

***Finding your “why” is the most important factor to make running a habit!***

## WHY DID YOU START?

- Friends/running community
- Setting an example for family
- Love of good food and drinks
- De-stressing
- Enjoying nature
- Improving your health/self
- Confidence
- Challenging yourself

## PSYCHOLOGICAL CHARACTERISTICS OF RUNNING

- Adversity: ability to stay positive, calm, and in control of your emotions
- Adaptability to pressure
- Goal setting: setting specific standards
- Concentration: task-relevant aspects
- Confidence: belief in yourself
- Coping ability: having skills to deal with
- Challenging or stressful situations
- Control stress and worry

## BUILD A STRONG MINDSET

- Be your own cheerleader: positive self-talk
- Find your mantra: short words or phrases that you repeat to yourself to remain focused
- Use mental imagery: to visualize performance on runs and races prior to their occurrence
- Incorporate all 5 senses to improve effectiveness
- Reframe your mindset: take negative talk and turn it into positive thoughts

## MANTRA BUILDING

A running mantra is a form of positive self-talk with incredible power. Studies have shown that self-talk heavily influences our thoughts, feelings, and behaviors and that positive self-talk can improve one’s confidence and reduce anxiety. With a running mantra, you are essentially functioning as your own coach—you’re giving yourself the validation and affirmation you need to get through your run.

Here’s how to build a mantra:

- First, try thinking back to moments when you pushed yourself or conquered a challenging feat. What thoughts were running through your head? If you wanted to quit at any point, what did you say to yourself?
- Second, you can try reflecting on past moments with your favorite coaches, mentors, etc. Was (or is) there someone who inspires or motivates you? What’s a phrase that they’ve said or a word that reminds you of them?
- Finally, think about what holds you back when you’re running: Do you get anxious that you won’t finish the run? Do you start to panic? What are the negative, self-defeating thoughts you have during your runs? The answers to these questions will provide you with powerful insight into the thoughts and beliefs that are holding you back. And once you identify them, you can generate running mantras that address them.

## MANTRA EXAMPLES

- You are strong, (your name). Be strong.
- I am stronger than I think.
- Run the mile you’re in.
- Strong. Focused. Relaxed.
- One foot in front of the other.
- I know I can do this.
- Don’t think, just move.
- I’m running for \_\_\_\_\_.
- I’ve trained for this.
- I can and I will.
- Be here now.
- You’ve got this.



# LET'S TALK GEAR



## SHOES

- Get fit for the right shoes at your local Fleet Feet
- Important to wear into shoes: wearing them throughout the day for walking or go on shorter runs to build up tolerance
- Shoes have a “lifespan” of 300-500 miles
- Extend longevity by rotating among a few pairs at a time

## SOCKS

- AVOID COTTON!
- “Best” fabrics: superior natural fibers (merino wool), polyester, nylon
- Seamless to avoid chafing
- Cushioning differs depending on distance
  - Long runs (half or full marathon): medium to heavy cushioning
  - Shorter runs (5k): light cushioning

## CLOTHES

- AVOID COTTON!
- Look for moisture wicking shirts
- Fabrics: Merino wool, polyester, or nylon
- For those prone to thigh chafing:
  - Wear compression shorts as main shorts or under looser shorts
  - Put anti-chafe creams such as Body Glide or Vaseline on “trouble spots”

## SUNNY

For any exposed skin surfaces, remember to apply sunscreen to protect from UV rays; may also wear a hat or visor to protect your face.



## RAINY

Invest in a good waterproof jacket and avoid loose-fitting clothes in the rain (if they get wet, they will stick to body and cause chafing).

# NUTRITION & HYDRATION

*A fueled runner is a smart runner!*

## HYDRATION

- Sweat test for checking hydration levels
- Sweat test: weigh yourself before and after your run - 1 gram of weight loss = 1 mL of fluid to replenish
- Urine color charts:

|   |            |   |                     |
|---|------------|---|---------------------|
| 1 | HYDRATED   | 5 | DEHYDRATED          |
| 2 | HYDRATED   | 6 | DEHYDRATED          |
| 3 | HYDRATED   | 7 | SEVERELY DEHYDRATED |
| 4 | DEHYDRATED | 8 | SEVERELY DEHYDRATED |

Image obtained from sportsincycling.com

## NUTRITION BEFORE RUNS

- General rule: 100-200 calories for every hour of the run before starting
- Avoid high fat foods before running
- Substance based on type of run you are doing:

| Type                             | Substance                      | Examples                                    |
|----------------------------------|--------------------------------|---|
| Easy Run                         | Fluid and electrolytes         | Water, electrolyte drink, banana            |
| Hard Run (Tempo or Interval Run) | Simple, clean burning carbs    | Sports drink, toast with banana, rice cakes |
| Long Run                         | Complex carbs 3-4 hours before | Overnight oats                              |

## NUTRITION DURING RUNS

- Any run >60-90 minutes, consume 30-60 grams of carbohydrates each hour
  - Drink mixes or gels are most popular
- Runs <60 min: no intake required during activity

*Some great mid-run nutrition options*



## POST RUN NUTRITION

- Aim to get most calories from carbs
- Pasta, oatmeal, potatoes
- Include healthy fats throughout the day
- Seeds/nuts, fatty fish, hummus, avocado
- Protein essential for muscle recovery
- Include in meals throughout day as well as within 30 min of your run
- Chicken, fish, eggs, tofu, beans, dairy
- MyPlate by USDA useful for optimal nutrition during mealtimes, even for athletes



# WARM UP & COOL DOWN

*Think about your run as going for a drive on the highway*

You need to gradually speed up on the on ramp, working up to your full speed by the time you get on the highway. You need to gradually slow down on the off ramp, returning to the speed limit of the normal streets or coming to a complete stop at a stop light.

Now think of yourself as the car...

You need to gradually prepare your body for the increased stress it will be enduring during your run by performing lower intensity activities to ease your body into the full workout. You need to slow your body down after a run by performing gentle activities to relax your body back to resting levels.

Warming up improves energy cost of the future run and decreases risk of injury. Cooling down helps to facilitate the onset of the recovery process.

Warm up is performed **PRIOR TO** all running activities

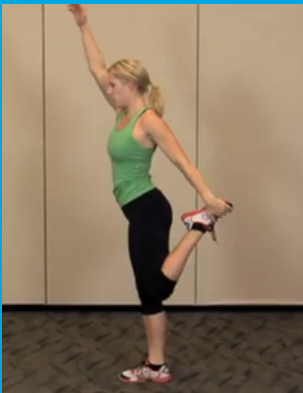
- Aerobic component: slow jog or fast paced walk for 3-5 minutes
- Dynamic stretching



# WARM UP

*Warm Up: Start with a slow jog or faster-paced walk for 3-5 minutes to slightly increase heart rate*

*For each drill, go a distance of about 20-40 feet, performing one drill on the way down and another on the way back*



**QUAD STRETCH WITH REACH**



**KNEE HUG TO CALF RAISE**



**OPEN THE GATE /CLOSE THE GATE**



**WALKING LUNGE WITH TORSO TWIST**



**WALKING LATERAL LUNGE**



**TOE SWEEP**



# WARM UP



LEG SWINGS



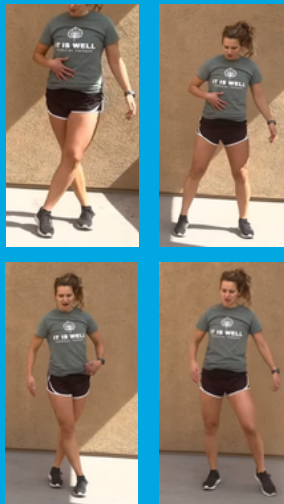
BUTT KICKS



HIGH KNEES



A SKIPS



GRAPEVINE



HIGH SKIPS

# COOL DOWN

*Cool Down: Stretch muscle as far as tolerable, feeling a gentle pull, and hold for 15-30 seconds, repeat 3x on each side*

*If performing after a workout, such as a tempo or interval run, perform about 1-2 min of light jogging then 3-5 min of walking before stretching*



**HAMSTRING  
STRETCH**



**QUAD  
STRETCH**



**ABDUCTOR  
STRETCH**



**PIRIFORMIS  
STRETCH**



**CALF  
STRETCH**



**HIP FLEXOR  
STRETCH**



# STRENGTH TRAINING

## WHAT IS STRENGTH TRAINING?

- “Resistance training”
- Specific type of exercise that improves muscle fitness through the use of external resistance
  - External resistance can be your own body weight or specific equipment
- You DO NOT need to go to the gym and lift heavy weights to increase strength – the same benefits can be achieved with at-home, body weight workouts

## WHY IS IT IMPORTANT FOR RUNNERS?

- Stronger legs = faster legs
- Improvements shown in both muscle strength as well as running economy/efficiency of running
  - Muscles are able to produce more force
  - Faster race times shown for all distance races, 5k to ultra marathon and longer
- Prevent common injuries caused by overuse of the muscles

## FACT OR FICTION...STRENGTH TRAINING WILL CAUSE YOU TO “BULK UP” AND RUN SLOWER

**Fiction!** Strength training can be performed for many different goals, including improvements in distance running. The effects of strength training depend on the intensity, meaning the sets and repetitions performed during this type of training.

## WHAT IS THE SUGGESTED INTENSITY?

National Strength and Conditioning Association guidelines:

- 2 sessions per week
- 20-30 minutes each
- Sets and repetitions based on goals:
  - Power: ability to move weights FAST
  - Strength: ability to move HEAVY weights
  - Endurance: ability to move weight MANY TIMES

| Goal | Power | Strength | Endurance |
|------|-------|----------|-----------|
| Reps | 3-5   | ≤ 6      | ≥ 12      |
| Sets | 1-5   | 2-6      | 2-3       |

ALL THREE ARE BENEFICIAL TO DISTANCE RUNNING

## WHEN TO STRENGTH TRAIN

- Best outcomes when performed on “off days” (days you are not running) or on “easy days” (days that you are not performing higher intensity running workouts)
  - Want 24-48 hours between strength training and running workouts, if possible

## RECOMMENDATIONS BASED ON TRAINING GROUP:

- 5k and 10k: Mon and Wed/ Thurs
- Half and Full marathon: Tues and Thurs
  - Beginner half: Tues and Thurs
  - Beginner full: Mon/Tues and Thurs
  - Int half: Mon/Tues and Thurs
  - Int full: Mon and Thurs

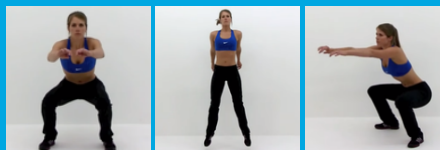
FOR ANY DATES SEPARATED BY A “/”, YOU MAY CHOOSE ONE DAY, NOT BOTH, DEPENDING ON FATIGUE LEVELS DURING WORKOUTS IN FOLLOWING DAYS

# STRENGTH TRAINING GUIDE

## LEVEL 1

### JUMP SQUAT

3 SETS OF 5 REPS



### BOX SQUAT

2-3 SETS OF 15 REPS



### LUNGE

2-3 SETS OF 8 REPS



### CALF RAISES

2-3 SETS OF 8 REPS



### HIP BRIDGE

2-3 SETS OF 15 REPS



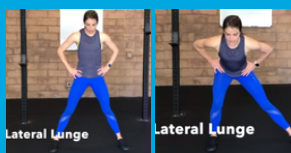
### RDL

2-3 SETS OF 8 REPS



### STATIC LATERAL LUNGE

2-3 SETS OF 8 REPS



### PLANK

2-3 SETS OF 30 SECONDS



# STRENGTH TRAINING GUIDE

## LEVEL 2

### SPLIT SQUAT JUMP

3 SETS OF 5 REPS



### BODYWEIGHT SQUAT

2-3 SETS OF 15 REPS



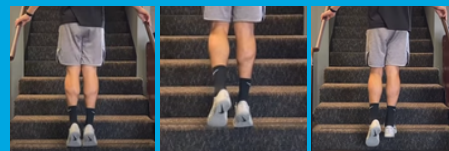
### FORWARD LUNGE

2-3 SETS OF 8 REPS



### CALF RAISES

2-3 SETS OF 8 REPS



### HIP BRIDGE WITH MARCH

2-3 SETS OF 15 REPS



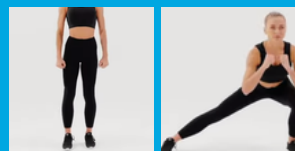
### B STANCE RDL

2-3 SETS OF 8 REPS



### LATERAL LUNGE

2-3 SETS OF 8 REPS



### PLANK

2-3 SETS OF 30 SECONDS



# STRENGTH TRAINING GUIDE

## LEVEL 3

### SPLIT SQUAT JUMP

3 SETS OF 5 REPS



### BODYWEIGHT SQUAT

WITH 3-5 SECOND HOLD  
2-3 SETS OF 15 REPS



### WALKING LUNGE

2-3 SETS OF 8 REPS



### CALF RAISES

SINGLE LEG  
2-3 SETS OF 8 REPS



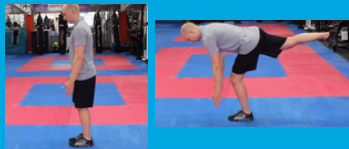
### HIP BRIDGE

SINGLE LEG  
2-3 SETS OF 15 REPS



### RDL

SINGLE LEG  
2-3 SETS OF 8 REPS



### WALKING LATERAL LUNGE

2-3 SETS OF 8 REPS



### PLANK WITH SHOULDER TAPS

2-3 SETS OF 30 SECONDS



# RECOVERY

## STRETCHING

| Type    | Performance  | Effect  |
|---------|--|---|
| Dynamic | Actively move joints and muscles through sport-specific motions                                | Acutely increase power, spring, jump, and performance                 |
| Static  | Moving as far as tolerable/until you feel a comfortable stretch and holding for period of time | Decrease muscle tension/ stiffness after exercise, reduce injury risk |

- Time of performance
  - Dynamic: performed BEFORE the run, serving as part of the warm up
  - Static: performed AFTER the run, serving as the cool down

## FOAM ROLLING

- Research supports use before and/or after running, depending on goal
- Before: reduce muscle stiffness and increase range of motion
- After: reduce muscle soreness and pain threshold to optimize training recovery
- 30-60 sec, 3-5x for each muscle
- Should be used in addition to dynamic warm up and cool down, NOT as a replacement

## NORMATEC

- Compression sleeve that goes around your legs, hips, or arms and attaches to a unit that intermittently inflates and deflates the sleeve at different locations on the limb, applying pressure and cool air to the area
- Mimic effects of muscle pumping to increase blood flow, removing toxins from the area
- SHORT TERM relief of muscle soreness/pain
- **NOT appropriate for Individuals with acute pulmonary edema, acute thrombophlebitis, DVT, acute CHF, acute infection, wounds, lesions, fractures infection, or tumors at or near the site of application**

## SPORTS MASSAGE

- Type of soft tissue massage that targets the muscles used in your specific sport
- Aims to enhance performance, prevent injury, and facilitate faster recovery
- Reduce muscle soreness following activity
- Improve flexibility
- Improve subjective reports of recovery

IF PLANNING TO SCHEDULE A SPORTS MASSAGE, CONFIRM THAT IT IS A SPORT MASSAGE, NOT JUST A REGULAR MASSAGE

## CRYOTHERAPY/COLD WATER IMMERSION

- Cryotherapy: Specialized chamber/ device that provides uniform body cooling using cold, dry air at temperatures below 0°F
- Cold Water Immersion/"Ice Bath": Tub filled with cold water, usually between 45-60 °F, that full body, or part of body rests in

## EFFECTS

- Both reduced perceived muscle soreness
- Cold Water Immersion also improved perceived recovery 24 hours after racing and reduced inflammatory process from exercise

## WHERE

- Cryotherapy: multiple cryotherapy spas in Columbus area
- Cold Water Immersion: can be performed in your home by filling bathtub or other large tub with cold water and ice
- Temp at about 50-60 °F,
- Duration of 11-15 minutes

# SLEEP



## US National Sleep Foundation recommendations by age for all individuals

| Age Group          | Number of Hours |
|--------------------|-----------------|
| Teenagers (14-17)  | 8-10            |
| Adults (18-64)     | 7-9             |
| Older Adults (65+) | 7-8             |

Athletes should aim to be at the higher end of the range, based on individual age

## Athletes should aim to be at the higher end of the range, based on individual age

- Allows for tissue recovery, prevents illness, and helps maintain good mental health
  - Poor sleep hygiene: quicker exhaustion and increased risk of injury and illness
- Key guidelines for better sleep
  - Environment should be dark and cool with little to no noise
  - Avoid alcohol and caffeine before bed
  - Stay away from electronics at least an hour before bed
  - Create your own “wind down” routine
- Napping guidelines
  - No longer than an hour – best if less than 30 minutes
  - None after 3 pm

# BASE MILEAGE

To prepare for kickoff next month, start building your base training with a few easy runs per week. Here is a suggested plan:

| FULL MARATHON                  |                                |  |   |                             |                        |                     |           |
|--------------------------------|--------------------------------|--|---|-----------------------------|------------------------|---------------------|-----------|
| AEROBIC BASE TRAINING SCHEDULE |                                |  |   |                             |                        |                     |           |
|                                | MONDAY                         | TUESDAY  | WEDNESDAY   | THURSDAY                    | FRIDAY                 | SATURDAY            | SUNDAY    |
| WEEK 1                         | 20-25 minutes easy run or walk | 25 minutes strength training or cross training | 10 minutes easy warmup, 5 minutes moderate effort run, 10 minutes easy cooldown   | Rest/Walk or Strength Train | 20 minutes easy run    | 30 minutes long run | Rest/Walk |
| WEEK 2                         | 30 minutes easy run or walk    | 25 minutes strength training or cross training | 25 minutes hilly run  | Rest/Walk or Strength Train | 25 minutes easy run    | 40 minutes long run | Rest/Walk |
| WEEK 3                         | 35 minutes easy run or walk    | 25 minutes strength training or cross training | 10 minutes easy warmup, 5 x 1 minute ON hard/1 minute OFF easy, 10 minutes easy cool down   | Rest/Walk or Strength Train | 30 minutes easy run    | 50 minutes long run | Rest/Walk |
| WEEK 4                         | 30 minutes easy run or walk    | 25 minutes strength training or cross training | 30 minutes hilly run  | Rest/Walk or Strength Train | 25 minutes easy run    | 40 minutes long run | Rest/Walk |
| WEEK 5                         | 35-40 minutes easy run or walk | 30 minutes strength training or cross training | 10 minutes easy warmup, 4 x 0.5 miles @ moderate-to-hard effort, with 0.25 mile recovery jog in between each, 10 minutes easy cool down | Rest/Walk or Strength Train | 30-40 minutes easy run | 50 minutes long run | Rest/Walk |
| WEEK 6                         | 45 minutes easy run or walk    | 30 minutes strength training or cross training | 40 minutes hilly run  | Rest/Walk or Strength Train | 45 minutes easy run    | 60 minutes long run | Rest/Walk |

| HALF MARATHON                  |                             |  |   |                             |                     |                     |           |
|--------------------------------|-----------------------------|--|---|-----------------------------|---------------------|---------------------|-----------|
| AEROBIC BASE TRAINING SCHEDULE |                             |  |   |                             |                     |                     |           |
|                                | MONDAY                      | TUESDAY  | WEDNESDAY   | THURSDAY                    | FRIDAY              | SATURDAY            | SUNDAY    |
| WEEK 1                         | 15 minutes easy run or walk | 25 minutes strength training or cross training | 5 minutes easy warmup, 5 minutes moderate effort run, 10 minutes easy cooldown  | Rest/Walk or Strength Train | 15 minutes easy run | 25 minutes long run | Rest/Walk |
| WEEK 2                         | 20 minutes easy run or walk | 25 minutes strength training or cross training | 20 minutes hilly run  | Rest/Walk or Strength Train | 20 minutes easy run | 30 minutes long run | Rest/Walk |
| WEEK 3                         | 25 minutes easy run or walk | 25 minutes strength training or cross training | 5 minutes easy warmup, 5 x 1 minute ON hard/1 minute OFF easy, 5 minutes easy cool down   | Rest/Walk or Strength Train | 25 minutes easy run | 35 minutes long run | Rest/Walk |
| WEEK 4                         | 25 minutes easy run or walk | 25 minutes strength training or cross training | 25 minutes hilly run  | Rest/Walk or Strength Train | 20 minutes easy run | 30 minutes long run | Rest/Walk |
| WEEK 5                         | 30 minutes easy run or walk | 30 minutes strength training or cross training | 5 minutes easy warmup, 4 x 0.25 miles @ moderate-to-hard effort with 0.25 recovery jog in between each, easy cool down until you hit 30 minutes total | Rest/Walk or Strength Train | 25 minutes easy run | 40 minutes long run | Rest/Walk |
| WEEK 6                         | 30 minutes easy run or walk | 30 minutes strength training or cross training | 30 minutes hilly run  | Rest/Walk or Strength Train | 30 minutes easy run | 45 minutes long run | Rest/Walk |