



Anthem 5K Rodes 10K Papa John's 10 Miler

YMCA of Greater Louisville
 The Official Training Program of the Triple Crown of Running

First Steps for Beginning Walkers and Runners

- The official training calendar starts the last week of January. It is important to prepare your body for the 16-week training season. The first week of the training season the team will be running/walking a total of 13 miles for the week. Use the month of December and the first three weeks of January to build up to a weekly total of 12 miles.

<u>WEEK</u>	<u>TOTAL MILES FOR THE WEEK</u>
Dec. 12-18	7 Miles (2 mile, 2 mile, 3 mile)
Dec. 19-25	7 Miles (2 mile, 2 mile, 3 mile)
Dec. 26-Jan 1	8 Miles (2 mile, 2 mile, 2 mile, 2 mile)
Jan. 2-8	9 Miles (2 mile, 2 mile, 2 mile, 3 mile)
Jan. 9-15	10 Miles (2 mile, 3 mile, 2 mile, 3 mile)
Jan. 16-22	12 Miles (2 mile, 3 mile, 3 mile, 4 mile)

- Proper running shoes are essential to avoid injury. Running shoes typically breakdown after 400-500 miles or even faster if they are used for everyday activity or worn in inclement weather. The YMCA recommends the following shoe stores to match you with the best per of shoes (Fleet Feet – Bardstown Road, FootWorks – St. Matthew’s).
- Body hydration is critical both during the training and during the races. Make sure you drink plenty of water before, during and after your runs. You should drink at least eight, eight ounce glasses of water per day. Try keeping a water bottle with you at all times. If it is handy, chances are you will take in necessary daily amount of water.
- Never stretch a cold muscle! Always do a light warm up followed by some light stretching before running or walking. Flexibility is a key to avoiding injury so at the end of your run is a great time for long, slow and controlled stretches. Try and hold each stretch for 20 to 60 seconds.
- Rest is as important as the training runs. The team will be running 4 days a week with the long run on Saturday morning. The other 3 days are left for rest and/or cross training. If you are cross training and doing other activities it is recommended to give your body at least one day of complete rest from exercise.
- Strength conditioning is very important because as we run we can lose muscle mass as well as stored fat. A basic strength conditioning program can maintain our muscle mass and also provide more supportive connective tissue to handle the increased impact on the body.

- Cross training is a valuable alternative to running if you desire to exercise on the off days. The first priority is to get the running distances each week, but if you want to do more cardiovascular conditioning then swimming, elipiticals, cycling are all great options with low impact.
- Do not worry about your pace. The most important part of the training is completing the scheduled distance. If you are running, take a walk recovery break at each mile for one minute. If you are walking vary the pace as needed to position yourself to finish the scheduled distance.
- Listen to your body. If you feel a nagging injury or are having some pain – STOP RUNNING. A minor problem could quickly become something that can knock you out for the entire season if you do not allow it to heal. The YMCA has a relationship with KORT rehab clinics and you can pick up a card at the YMCA that will explain how to get a free injury screening. We now have a KORT clinic at our Middletown Extension.
- Be flexible with the training schedule. If you miss a run/walk try and make it up on a rest day if possible.
- Proper diet and sleep are also important when increasing your cardiovascular conditioning.
- Dress is also something to consider before each run. The best option is to wear layers and it is recommended to run in material that will allow the sweat to breath. Cotton shirts tend to hold the moisture and become heavy which can also lead to chaffing. In colder temperatures it is best to keep the ears, head, fingers covered as you can lose a lot of body heat if they are not covered. You will warm up quickly when you start to run so you want to be a little cold prior to starting you run.
- Always be aware of traffic even in parks and closed areas, as motorist do not always take into consideration runners and walkers. Always run/walk facing traffic so you can if necessary get off the road if someone driving by is not paying attention. Wear bright and or reflective clothing and generally it is best to always run with a partner.

Northeast Family YMCA Team Specifics

- We typically have 60-100 participants on the team. It is primarily structured as a social support group to help each other accomplish the ultimate goal of completing the triple crown of running.
- We do provide bus transportation to and from the races, which is worth the registration fee. This allows you to not worry about parking or having two cars if someone else is meeting you at the finish line.
- We will schedule a time to meet with our nutritionist and also a meeting with a KORT physical therapist to talk about injury prevention and common issues runners face.
- Each team member will receive a dry fit running shirt. This is included in the registration fee.
- Saturday runs will be led by a couple of staff and several volunteers. Maps of the course will be given out and the team will have a few minutes to talk before starting each run. The team meets at 8:00am on Saturday and most of the training runs are held at Seneca.
- Register now through January 11th at the Northeast Family YMCA.