



**Welcome as we KICK OFF and GEAR UP for the
2019 Holyoke St. Patrick's Day 10k Road Race Training Program!**

First of all, we're **SO glad you're here!** Taking the first steps: signing up and showing up, are the hardest. We have designed this program to offer you a **safe, welcoming, all-inclusive** environment where you can get fit, make friends, and have fun.

In this packet you will find the materials needed to guide you through the next 11 weeks. Weekly emails and coaching sessions will supplement this information to give you everything you need to complete this program safely and successfully. Overall, remember that we are here to **motivate you, support you, challenge you, and help you reach your fitness goals**, no matter what they may be.

Our Fleet Feet Sports coaches and staff are here to lead you and to help you along your fitness journey. If at any time, you have questions or concerns about the program, **please ask!** We can answer almost anything from nagging pain questions, to what to eat before a workout, to what to wear when it's cold out (which it will be...haha). Your fellow participants are here to support you, too. If you don't already, soon you will know each other's names and be cheering one another across the finish line.

Once again, welcome to the 2019 Holyoke St. Patrick's Day 10k Road Race Training Program!

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2019 Holyoke St. Patrick's Day Road Race 10k Training Program

Weekly Coaching Topics

Before every Thursday evening workout, we will have a brief (5-10 minute) coaching session, covering topics such as hill techniques (which you'll need for this program!), energy efficiency, injury prevention, mental strategies, fueling, and more!

Saturday morning workouts will not include a coaching talk due to the fact that we'll be outside in the parking lot and most likely bouncing around to stay warm! On these days, we'll do our dynamic warmup together and then get going right away to keep you from getting too cold!

In General:

1. **Listen** to each lesson and pick out the bits and pieces that resonate with you.
2. If something doesn't fit your goals, don't worry about that piece.
3. If you want more information or feedback regarding a specific lesson, **Speak up!** ☺
4. ***Practice these techniques during EVERY workout of the week for best and fastest results.***

Week	Thursday Coaching Topic
1	Safety 101/Hill Posture
2	"11:00 & 1:00"
3	Knee Lift: Uphill vs. Downhill
4	Arm Swing: Uphill vs. Downhill
5	Footstrike
6	Fueling for Longer Runs
7	Breathing/Cadence
8	Arm Swing/Shoulder Relaxation
9	Mental Strategies
10	Pacing on Race Day
11	Race Day Reminders



2019 Holyoke St. Patrick's 10k Road Race Training Program

Week	Mon.	Tues.	Wed.	Thurs.*	Fri.	Sat.**	Sun.
1 12/31/18	-	3 mi	XT	3 mi	REST	3.5 mi	XT or REST
2 1/7/19	2 mi	3 mi	XT	3 mi	REST	4 mi	XT or REST
3 1/14/19	2.5 mi	3 mi	XT	3.5 mi	REST	4.5 mi	XT or REST
4 1/21/19	2.5 mi	3.5 mi	XT	3.5 mi	REST	4.5 mi	XT or REST
5 1/28/19	2.5 mi	3.5 mi	XT	3.5 mi	REST	5 mi	XT or REST
6 2/4/19	3 mi	3.5 mi	XT	4 mi	REST	5.5 mi	XT or REST
7 2/11/19	3 mi	4 mi	XT	4 mi	REST	5.5 mi	XT or REST
8 2/18/19	3 mi	4 mi	XT	4.5 mi	REST	6 mi	XT or REST
9 2/25/19	3 mi	4 mi	XT	4.5 mi	REST	6.5 mi	XT or REST
10 3/4/19	2 mi	3 mi	XT	4 mi	REST	5 mi	XT or REST
11 3/11/19	REST	2 mi	REST	3 mi	REST	6.2 RACE DAY!	30 min walk

*Thursday group workouts leave at 6 PM from the store (or location TBA if snow makes it necessary)

** Saturday group workouts leave at 9 AM from the Picknelly Park parking lot (Forest Park entrance)

How to use the schedule:

Workout Days - By following the schedule you will be running and/or walking 4 days a week. Regardless of whether you are a runner, run/walker, or a walker you should do the distance indicated. Important considerations:

- **Never skip the dynamic warmup!** The dynamic warmup not only helps you reduce the risk of injury, but will warm up your muscles, making the first mile a whole lot more pleasant!
- **It is important to do all 4 runs/walks per week.** Doing so will prepare your body for the increase in miles the following week and will help you reduce the risk of injury. Consistency also makes your workouts easier. *However, should you have concerns about the amount of running/walking, or should you experience any physical complications, please speak with your coach or physician.*
- **Optional:** if desired, you can make the Tuesday workout a brisk walk.
- Each week your workouts will increase in length to a maximum distance of 6.5 miles. This will give you the endurance and mental advantage of doing more than your 10K race distance.

XT- “Cross Training” Days – For best results, we recommend doing 30 minutes of cross training at least twice a week. A cross training exercise is any **non-running/walking** activity that improves overall fitness. For example, swimming, cycling, rowing, strength training or yoga are all cross training activities. Doing an activity other than running/walking is a great way to keep your fitness regimen fun and your body injury free.

Rest - The all-important rest day. Each week you need to take a minimum of 1 full rest day (maximum of 2). Rest is just as important to a running/walking program as the running/walking itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to go a little farther the next week. *Without recovery days, you will not be able to improve your fitness.*

****Special note to run/walkers!***

The structure of your intervals will depend on your goals as a run/walker. The most popular interval structure is run 3 minutes, walk 1 minute, but we can modify that for you as needed. Please see us for specific guidance.

Questions? Email Kim and Jill at longmeadowcoach@fleetfeet.com



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Routes

Group workouts will range anywhere from 3 miles in distance to 6.5 miles.

PDF versions of the routes will be included in weekly eNewsletters. Printed maps will also be available before each session.

Additional routes can also be found on our website by following the directions below:

1. Go to www.fleetfeetlongmeadow.com
2. On the top menu bar, click on "RESOURCES"
3. On the right menu bar, click on "LONGMEADOW RUNNING ROUTES"
4. This will bring you to a page with links to the individual routes. Simply click on the desired route to download the file.

****Planned routes are subject to change. Any changes will be announced ahead of time.***

Important Note! In the event that the sidewalks around the store are too icy to be run on for our Thursday sessions, we will do our best to find another place to meet nearby. This will be announced at least 2 hours before the session, when necessary.



2019 Holyoke St. Patrick's Day Road Race

10k Training Program

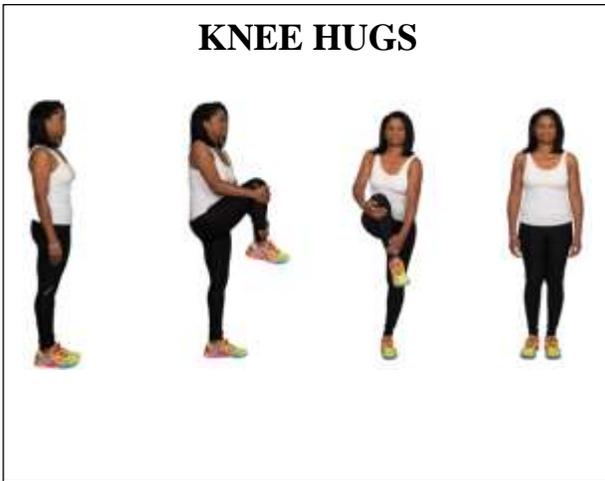
Dynamic Stretching for Pre-Run Warm-up

There are two types of stretching: static, where you hold a stretch without moving, and dynamic, where you move through a range of motion. The key for runners is to target the muscle groups used for running. You want to warm up with flexion and extension of the legs, and lateral movements, especially before harder effort runs or races. Warming up the hips, for instance is key because that's where the hip flexors, psoas, and quads and hamstrings come in together.

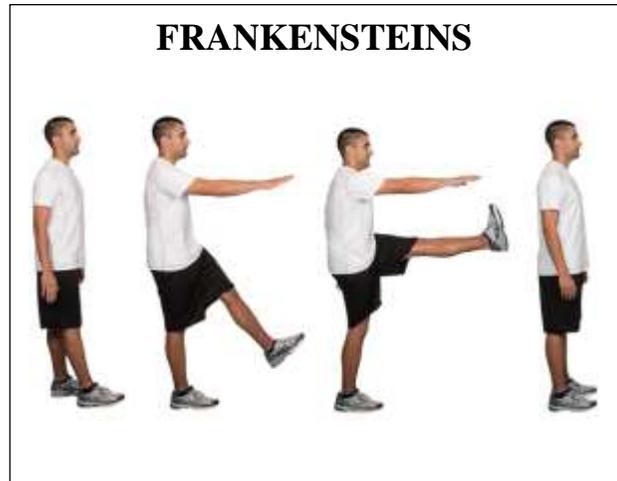
Avoid static stretching (i.e. holding stretches for a period of time) before running or walking (we'll do those AFTER!). Although it may seem counterintuitive, the goal of a running warm up is to warm the muscle, increase circulation and prepare the muscles to be on point to fire. Static stretching targets the muscle to relax, and impairs their ability to store energy. That's not to say static stretching is bad, it's not. But it doesn't belong in a runner's warmup routine.

We will do the following dynamic warmup before each workout and we highly recommend that you also do it before your workouts outside of the group.

KNEE HUGS



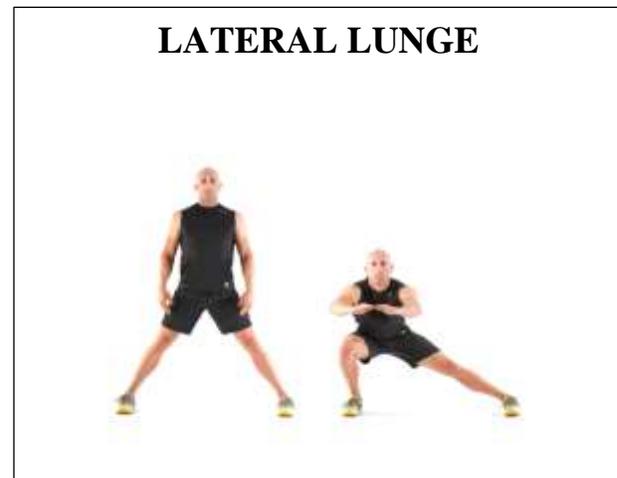
FRANKENSTEINS



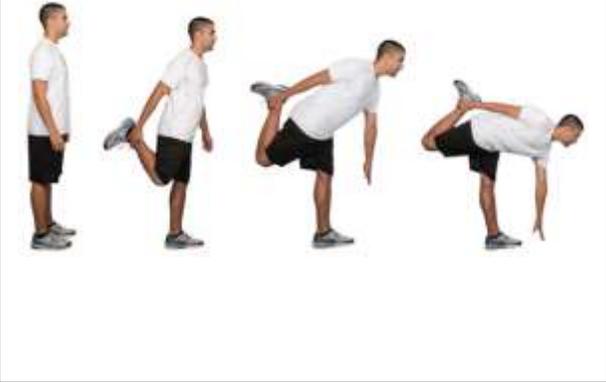
OPEN THE GATE



LATERAL LUNGE



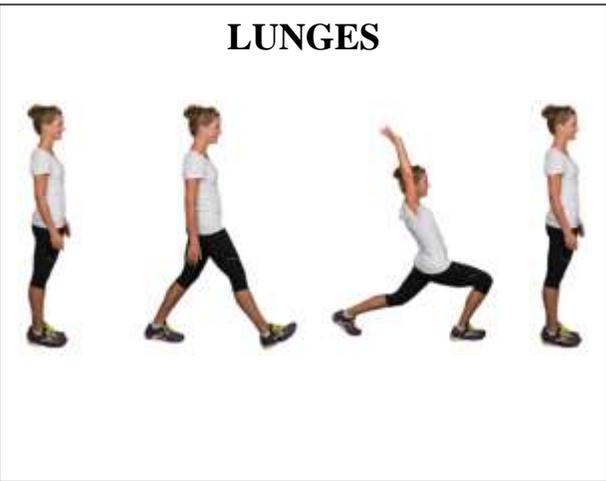
QUAD STRETCH



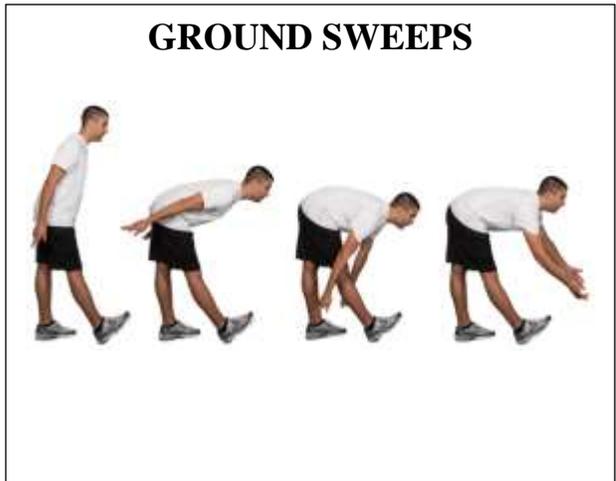
TOE TOUCHES



LUNGES



GROUND SWEEPS



RECOMMENDED POSTRUN STRETCHES

INDIVIDUAL STRETCHES:

Standing Forward Lunge



Standing as upright as possible with your legs in line, lunge forward. Stretches upper, inner leg muscles, hip flexors, achilles tendon, Soleus, etc.

Standing Lateral Lunge



Standing with toes pointing parallel and feet a little wider than shoulder width. Stretches same muscles as forward lunge, but laterally

Quad Stretch “Flamingo”



On one foot, hold foot behind back and pull foot up and knee backwards toward opposite side of body. Stretches all quad muscles, hip, and ankle.

Achilles Tendon Stretch #1 “Push the Wall”



Keep back straight and push against wall, putting stress on the calves and Achilles tendon. Bent leg stretches achilles more, and straight leg stretches calf more.

Achilles Tendon Stretch #2



Facing a curb, hold toes against the edge of the curb and pull body forward, applying stretch to back of leg. Maintain balance with other leg. Stretches achilles tendon, plantar fascia, and calf.

Standing Toe Reach #1



With Legs Together, keeping knees from bending, reach for your toes. Stretches hamstring and lower back muscles.

Standing Toe Reach #2



With legs spread a little past shoulder width, first reach for left foot, then right foot, then middle. Stretches hamstrings, flexors, and lower back.



2019 St. Patrick's Day 10K Training Program

Foam Rolling 101

WHAT IS FOAM ROLLING?

Foam rolling is a form of self-myofascial release, or self-massage, that can help to release tight muscles or trigger points.

HOW DOES FOAM ROLLING HELP RUNNERS AND WALKERS?

Rolling out sore areas helps break up fascia, a fibrous layer of connective tissue that surrounds the muscles in our body.

Fascia can stiffen with repetitive motions, such as running and walking. Without proper mobility, the fascia can bind to muscles and nerves, inhibiting normal motion and causing pain.

Foam rolling can bring increased blood flow to the area, which helps to speed up the recovery process and decrease soreness following a workout. It can also aid in improving your flexibility and range of motion, which can decrease injury.

HOW CAN I USE FOAM ROLLING?

Warm-up

Use foam rolling as a dynamic warm-up. It will help increase blood flow to the area and decrease muscle tension.

Recovery

Foam rolling helps to flush out blood pooled in working muscles. It allows fresh oxygen to begin the healing process.

HOW DO I PROPERLY FOAM ROLL?

Technique

Roll back and forth over the sore area for 30 seconds. Work up to 60-90 seconds. Hold pressure on the sore area as needed and try to keep breathing.

Notes

- Never roll over a bone or joint.
- Foam rolling should be uncomfortable, but not unbearable.
- When you are done, the area should feel better, not worse.
- Be careful rolling over severely painful areas, as foam rolling can worsen already inflamed tissues.

TYPES OF MASSAGE TOOLS

Textured Surface Foam Roller

Although the “bumps” can be intimidating, they are designed to add even more direct pressure to release trigger points. The different patterns are designed to mimic finger or palm pressure, as if you were getting a massage. Higher density foam rollers will apply more pressure, while lower density foam rollers will apply less. Use the one that you feel the most comfortable with.

Stick Roller

Stick rollers are good for targeting muscles a bit more precisely than foam rollers. And while foam rolling can sometimes put you into some awkward positions, stick rolling does not require holding up your own bodyweight. Finally, although a stick roller allows you to alter the pressure you apply to a particular area, it may not be as effective as a foam roller because you do not have your bodyweight to use for pressure. Stick rollers and foam rollers are most effective when used together in a rolling routine.

Vibrating Roller

This rechargeable roller uses vibrations with different speeds that help to loosen up muscles. This type of roller may best mimic a massage and is a bit more effective at reducing soreness.

Massage Ball

This tool can work your muscles more deeply, since you can sit on one and let your muscles “sink” around it and release. It is also quite good at targeting hard to reach areas or areas or areas that are hard to get to with other massage tools.

Calves

The calf muscles simultaneously work as the gas and brake pedal while running, so they never get a break. To help:

1. Sitting on the floor, place the roller underneath and perpendicular to your right leg, about 3 inches above your heel.
2. Place your hands flat on the floor behind you for support.
3. Lift your bottom up and roll back and forth, moving your leg in and outwards to target all areas of the calf.
4. Cross your left leg over your right for added pressure.
5. Switch legs and repeat.



Quads

Tight and weak quads can cause knee pain due to the repetitive motions of exercises like running. Quads can affect hip function, which can put additional stress on your lower back. Quads get adaptively tight from prolonged sitting.

1. Lie face down with the foam roller up near your hips.
2. Work the roller down to just above the knees.
3. To target different areas of the quad, turn your foot both in and out while rolling.



IT Band/Glutes

Tight glutes can be the cause of a lot of pain elsewhere in the body, specifically in the knees and lower back. IT Band pain is a common overuse injury in runners, but the tightness actually occurs at the TFL (Tensor Fasciae Latae) and glutes.

1. Sit with one leg crossed over other while sitting on top of the foam roller.
2. Lean slightly towards the leg you're working. Gently roll back and forth.
3. Lay on your side with the roller just below the hip bone.
4. Roll down to just above the knee, keeping your forward foot flat on the ground to stabilize your body.





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GEAR CHECKLIST:

Need to have for a SAFE and productive experience:

- Headlamp (*for you to see where you're going*)
- Reflective clothing and/or "blinkers" (*so others can see you*)
- Running Shoes (and inserts, if needed)
- Moisture-wicking socks
- Sports bra for the ladies

Nice to have for COMFORT and enjoyment:

- Moisture-wicking hat and/or ear covering
- Moisture-wicking mittens and/or gloves
- Moisture-wicking pants and/or shorts
- Weather-resistant outer layer
- Moisture-wicking base-layer(s) (*just say "NO!" to cotton!*)
- Flipbelt (**keep your hands free to help maintain good form**)
- GPS watch
- Running Luv towel
- Rollers for post-run massage (*you'll thank yourself...*)