



LONGMEADOW



NO BOUNDARIES II

## Welcome as we **KICK OFF** and **GEAR UP** for the Fall 2018 No Boundaries II 5k Training Program!

Welcome to our program - we're SO glad you're here! Taking the first steps: signing up and showing up, are the hardest. Over the course of this program, if you stick with us, you **WILL** improve your fitness, your form, and your pace!

This No Boundaries II training program picks up where No Boundaries leaves off. While No Boundaries keeps its focus on beginning/developing runners in an all-inclusive, less intimidating environment, No Boundaries II offers a more advanced training and educational experience to help those committed to the sport continue on their running journey. Our 8 week coached program includes a weekly group speed workout to help participants cross the finish line faster, while still providing the same support, motivation and encouragement that No Boundaries is famous for.

Many before you have completed this life-changing No Boundaries II program. For you, it begins tonight! Your personal commitment and dedication to this program will result in a healthier and happier you.

### **Tonight's Agenda:**

- Meet our Team!
- Overview of eNewsletter content
- Summary of coaching topics
- Overview of training plans
- A word on routes
- Graduation Race information – **SIGN UP EARLY**
- How to "Gear Up"!

Our Fleet Feet Longmeadow 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 rains. Your fellow participants are here to support you, too. If you don't already, soon you'll know each other's names and be cheering one another across the finish line.

Once again, welcome to the Fall 2018 No Boundaries II 5k Training Program!

*Jill Murphy*

**Coach**

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## Fall 2018 No Boundaries 5k II Training Program

### Weekly Coaching Topics

(Subject to change...)

Before every workout, we will have a brief (5-10 minute) coaching session. Lessons are meant to benefit all participants, regardless of their level of ability and/or fitness goals.

- **Tuesdays:** Form coaching, focusing on efficiency and injury prevention.
- **Saturdays:** Speed coaching, focusing on improving pace while maintaining good form.

### 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 form techniques during EVERY workout of the week if you want your form to improve.

Week	Scheduled Topic	
	Tuesday	Saturday
1	Posture/Arm Swing	Track workout
2	Footstrike	Fartleks
3	Breathing/Posture	Intervals
4	Knee Drive	Hill Repeats
5	Cadence	Fartleks
6	Relaxation	Intervals
7	Mental Strategies	Tempo Intervals
8	RACE DAY ADVICE!	No Run Today (Race Tomorrow!)



## Fall 2018 No Boundaries II 5k Training Program

### 8 Week **RUN** Plan

Week / Week of	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b> 10/8/18	Run 2 miles <i>Easy</i> (or rest)	Run 3 miles	XT or Rest	Run 3 miles	XT or Rest	Run 3.5 miles <b>TRACK:</b> 1 lap easy wu; 12 laps faster on straight-away; slow jog curve; 1 lap easy cd	REST
<b>Week 2</b> 10/15/18	Run 2 miles <i>Easy</i> (or rest)	Run 3.5 miles	XT or Rest	Run 3 miles	XT or Rest	Run 4 miles <b>FARTLEKS (RPE 8-9)</b>	REST
<b>Week 3</b> 10/22/18	Run 2 miles <i>Easy</i> (or rest)	Run 4 miles	XT or Rest	Run 3 miles	XT or Rest	Run 4 miles <b>INTERVALS:</b> 3 min @ 4 RPE 1 min @ 7-8 RPE	REST
<b>Week 4</b> 10/29/18	Run 2 miles <i>Easy</i> (or rest)	Run 4.5 miles	XT or Rest	Run 3 miles	XT or Rest	Run 4 miles <b>HILL REPEATS:</b> follow route on map, including SIX times up Pinewood hill.	REST
<b>Week 5</b> 11/5/18	Run 2 miles <i>Easy</i> (or rest)	Run 5 miles	XT or Rest	Run 3 miles	XT or Rest	Run 4.5 miles <b>FARTLEKS (RPE 8-9)</b>	REST
<b>Week 6</b> 11/12/18	Run 2 miles <i>Easy</i> (or rest)	Run 5.5 miles	XT or Rest	Run 3 miles	XT or Rest	Run 4.5 miles <b>INTERVALS:</b> 3 min @ 4 RPE 1 min @ 7-8 RPE	REST
<b>Week 7</b> 11/19/18	Run 2 miles <i>Easy</i> (or rest)	Run 6 miles	XT or Rest	Run 3 miles	XT or Rest	Run 5 miles <b>TEMPO INTERVALS:</b> Mile 1: RPE 4; Mile 2: RPE 6; Mile 3: RPE 4; Mile 4: RPE 6; Mile 5: RPE 4; Mile 6: RPE 6	REST
<b>Week 8</b> 11/26/18	REST	Run 3 miles <i>easy</i>	XT or Rest	Run 2 miles <i>easy</i>	XT or Rest	REST	<b>RACE DAY!</b>

## How to use the schedule:

By following the schedule you will be running 3-4 days a week (group workouts shaded in grey). Always do a brisk walk warm up walk **and** cool down walk of at least 2 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. ***It is important to do AT LEAST 3 of the 4 "Run" day workouts.*** Running at least 3 times a week will prepare your body for the increase in miles in the subsequent weeks. However, should you have concerns about the amount of running, or should you experience any physical complications, please speak with your coach or physician.

**Mondays:** On Mondays, you should run the designated mileage on your own at an EASY pace, that is, at an RPE of 4\* (*alternatively, this could be a rest day*).

**Tuesdays:** On our Tuesday group runs, we will run the designated mileage together at an RPE of 5-6. During these runs, we'll practice maintaining good form while keeping a moderate pace.

**Wednesdays and Fridays:** - On these days, you should either do cross training or rest. A cross training exercise is any ***non-running activity*** that improves overall fitness. For example, pilates, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury free.

**Thursdays:** On Thursdays, you should run the designated mileage on your own at a comfortable pace, that is, at an RPE of 4-5\*. This is a great time to slow it down a little and practice the form lessons you've learned!

**Saturdays:** On our Saturday morning group runs, we will do "*speed work*", as described in the schedule (activities will be explained in detail before each workout).

**Sundays:** The all-important rest day. Each week you need to take a ***minimum of 1 full rest day a week*** (maximum of 4). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.



\*RPE = Rate of Perceived Exertion

**Questions? Email Jill Murphy at [longmeadowcoach@fleetfeet.com](mailto:longmeadowcoach@fleetfeet.com)**



## Fall 2018 No Boundaries II 5k Training Program

### 8 Week **RUN/WALK** Plan

Week / Week of	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b> 10/8/18	2 miles <i>Easy</i> Run 2 min Walk 1 min (or rest)	3 miles Run 2 min Walk 1 min	XT or Rest	3 miles Run 2 min Walk 1 min	XT or Rest	Run 3.5 miles <b>TRACK:</b> 1 lap easy run/walk wu; 12 laps fast run on straight-away & walk curve; 1 lap easy run/walk cd	REST
<b>Week 2</b> 10/15/18	2 miles <i>Easy</i> Run 2.5 min Walk 1 min (or rest)	3.5 miles Run 2.5 min Walk 1 min	XT or Rest	3 miles Run 2.5 min Walk 1 min	XT or Rest	Run 4 miles Run 2.5 min / Walk 1 min <b>FARTLEKS:</b> Add 1-2 speed bursts during every run interval	REST
<b>Week 3</b> 10/22/18	2 miles <i>Easy</i> Run 3 min Walk 1 min (or rest)	4 miles Run 3 min Walk 1 min	XT or Rest	3 miles Run 3 min Walk 1 min	XT or Rest	Run 4 miles Run 3 min / Walk 1 min <b>INTERVALS: RUN 3:</b> 1 min @ 4 RPE; 1 min @ 7-8 RPE; 1 min @ 4 RPE <b>WALK 1</b>	REST
<b>Week 4</b> 10/29/18	2 miles <i>Easy</i> Run 3 min Walk 1 min (or rest)	4.5 miles Run 3 min Walk 1 min	XT or Rest	3 miles Run 3 min Walk 1 min	XT or Rest	Run 4 miles Run 3 min / Walk 1 min <b>HILL REPEATS:</b> follow route on map, including SIX times up Pinewood hill.	REST
<b>Week 5</b> 11/5/18	2 miles <i>Easy</i> Run 3.5 min Walk 1 min (or rest)	5 miles Run 3.5 min Walk 1 min	XT or Rest	3 miles Run 3.5 min Walk 1 min	XT or Rest	Run 4.5 miles Run 3.5 min / Walk 1 min <b>FARTLEKS:</b> Add 1-2 speed bursts during every run interval	REST
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<b>Week 7</b> 11/19/18	2 miles <i>Easy</i> Run 4 min Walk 1 min (or rest)	6 miles Run 4 min Walk 1 min	XT or Rest	3 miles Run 4 min Walk 1 min	XT or Rest	Run 5 miles Run 4 min / Walk 1 min <b>RPEs below are for run intervals</b> <b>TEMPO INTERVALS: Mile 1:</b> RPE 4; <b>Mile 2:</b> RPE 6; <b>Mile 3:</b> RPE 4; <b>Mile 4:</b> RPE 6; <b>Mile 5:</b> RPE 4; <b>Mile 6:</b> RPE 6	REST
<b>Week 8</b> 11/26/18	REST	3 miles Run 4 min Walk 1 min <i>EASY</i>	XT or Rest	2 miles Run 4 min Walk 1 min <i>EASY</i>	XT or Rest	REST	<b>RACE DAY!</b>

## How to use the schedule:

By following the schedule you will be running 3-4 days a week (group workouts shaded in grey). Always do a brisk walk warm up walk **and** cool down walk of at least 2 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. ***It is important to do AT LEAST 3 of the 4 "Run" day workouts.*** Running at least 3 times a week will prepare your body for the increase in miles in the subsequent weeks. However, should you have concerns about the amount of running, or should you experience any physical complications, please speak with your coach or physician.

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**Saturdays:** On our Saturday morning group run/walks, we will do "*speed work*", as described in the schedule (activities will be explained in detail before each workout).

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## Fall 2018 No Boundaries II 5k Training Program

### 8 Week **WALK** Plan

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<b>Week 8</b> 11/26/18	REST	Walk 3 miles easy	XT or Rest	Walk 2 miles easy	XT or Rest	REST	<b>RACE DAY!</b>

## How to use the schedule:

By following the schedule you will be walking 3-4 days a week (group workouts shaded in grey). Always do a brisk walk warm up walk **and** cool down walk of at least 2 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. ***It is important to do AT LEAST 3 of the 4 "Walk" day workouts.*** Walking at least 3 times a week will prepare your body for the increase in miles in the subsequent weeks. However, should you have concerns about the amount of walking, or should you experience any physical complications, please speak with your coach or physician.

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## **Fall 2018 No Boundaries II 5k Training Program**

### ***Routes***

Group workouts will range anywhere from 3 miles in distance to 6 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](http://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.***



## Fall 2018 No Boundaries II 5k Training Program

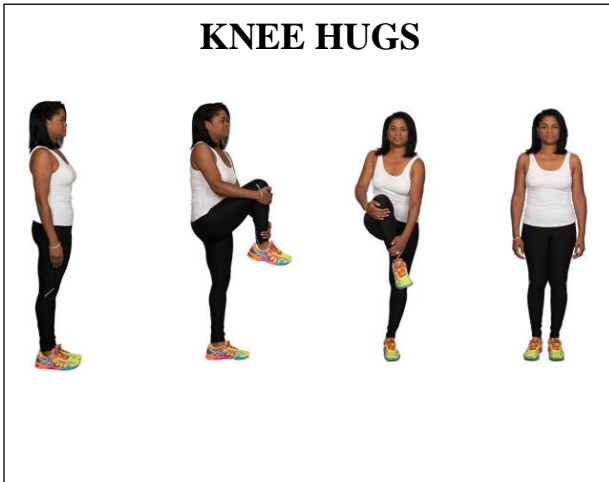
### Dynamic Stretching for Pre-Run Warm-up

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.

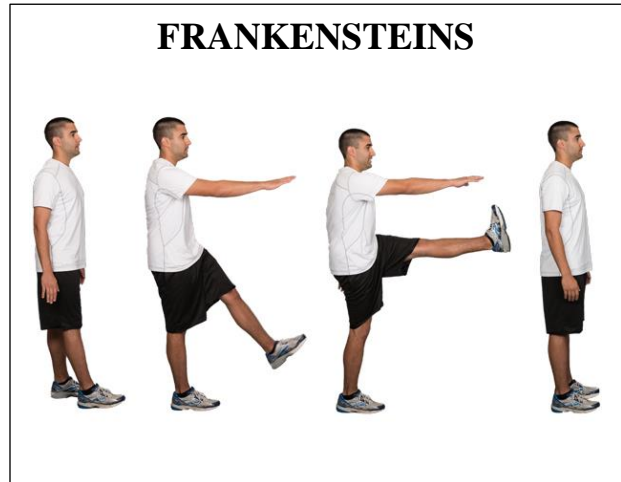
Avoid static stretching (i.e. holding stretches for a period of time) before running or walking (we'll do those AFTER!). Although it may seem counterintuitive, the goal of a running warm up is to warm the muscle, increase circulation and prepare the muscles to be on point to fire. Static stretching targets 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



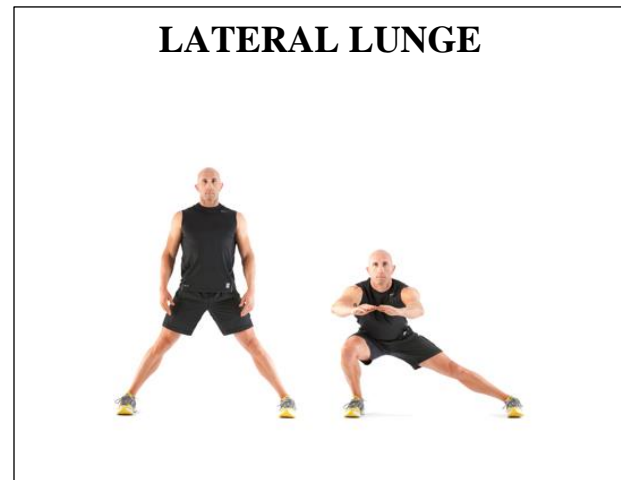
#### FRANKENSTEINS



#### OPEN THE GATE



#### LATERAL LUNGE



## QUAD STRETCH



## TOE TOUCHES



## LUNGES



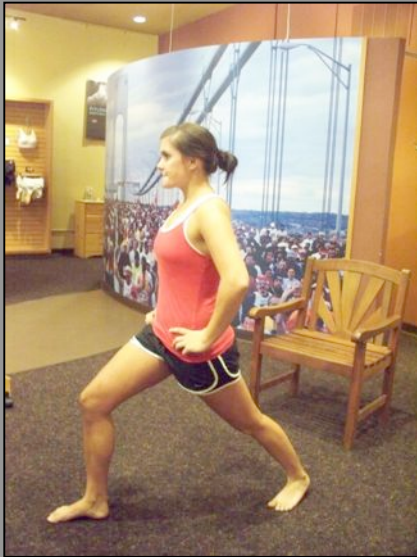
## GROUND SWEEPS



# Recommended Post-Run 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.



## Fall 2018 No Boundaries II 5k 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:

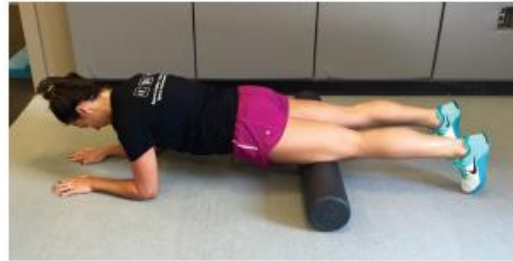
1. Sitting on the floor, place the roller underneath and perpendicular to your right leg, about 3 inches above your heel.
2. Place your hands flat on the floor behind you for support.
3. Lift your bottom up and roll back and forth, moving your leg in and outwards to target all areas of the calf.
4. Cross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





**FLEET FEET**™

LONGMEADOW



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## Fall 2018 No Boundaries 5k II Training Program

### 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
- Water bottle (winter is dehydration season!)

Nice to have for COMFORT and enjoyment:

- Moisture-wicking clothing (*just say "NO!" to cotton!*)
- Moisture-wicking winter accessories (for when the inevitable cold sets in)
- Flipbelt (keep your hands free to help maintain good form)
- GPS watch (great holiday gift...)
- Running Luv towel ("It's a towel, it's a tissue, it solves the issue")
- Anti-chafing products (for any warm days we have left)
- Rollers for post-run massage (*you'll thank yourself...*)
- Compression socks (especially for recovery once the runs get longer!)