



LONGMEADOW



Welcome as we **KICK OFF** and **GEAR UP** for the 2019 New Jersey Marathon 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 17 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.

Today's Agenda:

- Overview of program
- Using the recommended training plan
- Optional Speed Training
- Importance of Cross Training
- eNewsletters
- "Water Angel" support stops ☺
- Race Logistics
- "Gearing Up"!

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 snows. 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 New Jersey Marathon Training Program!

Jill Murphy

Coach

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Questions? Email me at jill.murphy@fleetfeet.com any time!



2019 New Jersey Marathon Training Program

Weekly Runner Support

In order to help you prepare to run 26.2 miles with confidence, mental toughness, and as little unhappiness as possible, we will be offering the following runner support on a weekly basis:

Special Guest Tuesdays: On most Tuesdays during the program, we will have “special guests” in attendance. Some will be shoe vendors (who may come with fun swag and/or demo shoes for you to try), some will be accessories vendors who can give you information on how their gear can help support you in your training, and others will be providers and experts from the community who offer a service that may help you in your quest!

Get Strong Saturdays: Before each Saturday 5K, we will do about 15 minutes of body weight work, including exercises to strengthen your core and activate those glutes!

Form Focus Sundays: Each Sunday I will provide you with an optional form focus, that is, a form technique to work on during that day's run. Some require more mental effort than others, but all are meant to make you more efficient and to help prevent injury. Regardless of whether you're new to marathoning or a 26.2 veteran, we can all benefit from paying attention to our form from time to time, this coach included! 😊

Sunday Long Run Support Stops: Thanks to the amazing Erin Craft, (who is, if you don't already know, one of our most important team members), we will again be providing support stops to you during our Sunday long runs. I purposely didn't call them “water” stops because they are really so much better than that. Erin and her team volunteer their time and energy to bring you, not just water and Gatorade, but also dry/cold towels, sweet treats, fruit, and other fun. I promise they will bring you happiness on those long runs and will give you something to look forward to!

Individual form coaching available upon request. See Jill or email at longmeadowcoach@fleetfeet.com



2019 New Jersey Marathon Training Program

| Week | Mon | Tues (opt. speed day) | Wed | Thurs (opt. speed day) | Fri | Sat | Sun | |
|---------------|---------|-----------------------------|-----------------|---------------------------------|---------|------------------------|-------------------|----------------|
| | | | | | | | Track 1 | Track 2 |
| #1 - 12/31/18 | REST/XT | 6 mi | 3-5 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 7 mi | 10 mi |
| #2 - 1/7/19 | REST/XT | 6 mi | 3-5 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 8 mi | 11 mi |
| #3 - 1/14/19 | REST/XT | 6 mi | 3-5 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 9 mi | 12 mi |
| #4 - 1/21/19 | REST/XT | 7 mi | 3-5 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 10 mi | 14 mi |
| #5 - 1/28/19 | REST/XT | 7 mi | 3-5 mi or XT | 4-6 mi | REST/XT | 3.1 mi | 11 mi | 12 mi |
| #6 - 2/4/19 | REST/XT | 7 mi | 3-5 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 12 mi | 16 mi |
| #7 - 2/11/19 | REST/XT | 8 mi | 4-6 mi or XT | 4-6 mi | REST/XT | 3.1 mi | 12 mi | 12 mi |
| #8 - 2/18/19 | REST/XT | 8 mi | 4-6 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 14 mi | 18 mi |
| #9 - 2/25/19 | REST/XT | 8 mi | 4-6 mi or XT | 4-6 mi | REST/XT | 3.1 mi | 12 mi | 12 mi |
| #10 - 3/4/19 | REST/XT | 6 mi | 4-6 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 16 mi | 20 mi |
| #11 - 3/11/19 | REST/XT | 8 mi | 4-6 mi or XT | 5-7 mi | REST/XT | No Group Run* | 8 or 12 mi* | 8 or 12 mi* |
| #12 - 3/18/19 | REST/XT | 6 mi | 3-5 mi or XT | 4-6 mi | REST/XT | 3.1 mi | 18 mi | 20 mi |
| #13 - 3/25/19 | REST/XT | 7 mi | 3-5 mi or XT | 5-7 mi | REST/XT | 3.1 mi | 12 mi | 12 mi |
| #14 - 4/1/19 | REST/XT | 6 mi | 3-5 mi or XT | 4-6 mi | REST/XT | 3.1 mi | 20 mi | 22 mi |
| #15 - 4/8/19 | REST/XT | 5 mi | 2-4 mi or XT | 3-5 mi | REST/XT | 3.1 mi | 12 mi | 12 mi |
| #16 - 4/15/19 | REST/XT | 4 mi | 2-4 mi or XT | 3 mi | REST/XT | 3.1 mi | 8 mi | 8 mi |
| #17 - 4/22/19 | REST | 3 mi | REST | 3 mi | REST | 3.1 mi RACE DAY! | 26.2 RACE DAY! | |

* Modifications in schedule are due to the Holyoke St. Patrick's Day 10k

Questions? Email Jill Murphy at longmeadowcoach@fleetfeet.com

How to use the schedule:

By following the schedule you will be running 4-5 days a week. Here are some important considerations:

- **WARM UP / COOL DOWN:** *Never skip the DYNAMIC WARMUP.* Cold muscles are more prone to injury so skipping the warm up is NOT a good idea. On the other end, a cool down is just as important. ***When your run ends, continue walking/moving for 3-5 minutes.*** The purpose of the cool down is to bring your heart rate down from an elevated level to a resting level GRADUALLY (otherwise, fainting and dizziness can occur). Cooling down too quickly can also lengthen your recovery and increase soreness.
- **WEEKLY MILEAGE:** It is important to do 4-5 runs per week and to stick as closely as possible to the mileages prescribed (the Wednesday runs are optional). Doing so will prepare your body for the increase in miles the following week and will insure that your weekly mileage is increasing at a safe rate. *However, should you have concerns about the amount of running, or should you experience any physical complications, please speak with your coach and/or physician.*
- **CROSS TRAINING:** (denoted as “XT” in schedule) As marathoners in training, cross training is one of the most important things you can do each week to reduce the risk of injury. You should be cross training at least twice a week. Cross training will also bring some variety to your training, which helps avoid training burn out. Additionally, for those of you following the speed training program, cross training makes you faster! Please see us if you need help finding a cross training activity that works for you!
- **DAILY BREAKDOWN:**
 - **MONDAYS:** Everyone should be resting or doing light cross training on this day, regardless of your track. This does not mean sitting around on the couch all day, however, as movement will do you good the day after a long run. 😊 It’s a good day to do light cross-training like yoga, stretching, or other body weight only exercises. 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 go a little farther the next week. *Without recovery days, you will not be able to improve your fitness.*
 - **TUESDAYS:** Group Run Day! This is one of your optional speed days. You can either run this at a pace of your choosing or use our speed training schedule.
 - **WEDNESDAYS:** This day can either be a running day or a cross training day, depending on your goals. ***We offer free group runs from the store on Wednesdays – always at 6:00 PM.*** Choose a distance that works for you on this day, within the recommended range. If you are following our speed training program and choose to run on Wednesdays, these runs should be done at an easy pace.
 - **THURSDAYS:** Choose a distance that works for you on this day, within the recommended range. If you are following our speed training program, this is another optional speed work day (see schedule).
 - **FRIDAYS:** Rest or cross train!
 - **SATURDAYS:** Group 5k Day! As part of our “marathon challenge”, we will all run 3.1 miles today. We suggest this be an ***“easy run day”***, especially for those of you following our speed training program. And because you have a long run tomorrow!
 - **SUNDAYS:** Group Long Run Day! These runs are essential and should never be skipped, as they train your body to burn fuel for longer periods of time and teach your muscles to work through exhaustion. For those of you following our speed training program, see the schedule for pacing recommendations.

Questions? Email Jill Murphy at longmeadowcoach@fleetfeet.com



LONGMEADOW



NEW JERSEY
MARATHON & HALF MARATHON

Marathon Training Speed Work Pacing Chart

| Marathon Goal Time | Race Pace | 5K Pace | 10K Pace | Race Pace - 30 seconds | Race Pace + 30 seconds | Race Pace +60 seconds |
|--------------------|-----------|---------|----------|------------------------|------------------------|-----------------------|
| 3:00 | 6:52 | 6:02 | 6:18 | 6:22 | 7:22 | 7:52 |
| 3:05 | 7:03 | 6:13 | 6:28 | 6:33 | 7:33 | 8:03 |
| 3:10 | 7:15 | 6:23 | 6:39 | 6:45 | 7:45 | 8:15 |
| 3:15 | 7:26 | 6:33 | 6:49 | 6:56 | 7:56 | 8:26 |
| 3:20 | 7:38 | 6:43 | 7:00 | 7:08 | 8:08 | 8:38 |
| 3:25 | 7:49 | 6:53 | 7:10 | 7:19 | 8:19 | 8:49 |
| 3:30 | 8:01 | 7:03 | 7:21 | 7:31 | 8:31 | 9:01 |
| 3:35 | 8:12 | 7:13 | 7:31 | 7:42 | 8:42 | 9:12 |
| 3:40 | 8:23 | 7:23 | 7:42 | 7:53 | 8:53 | 9:23 |
| 3:45 | 8:35 | 7:33 | 7:52 | 8:05 | 9:05 | 9:35 |
| 3:50 | 8:46 | 7:43 | 8:03 | 8:16 | 9:16 | 9:46 |
| 3:55 | 8:58 | 7:53 | 8:13 | 8:28 | 9:28 | 9:58 |
| 4:00 | 9:09 | 8:03 | 8:24 | 8:39 | 9:39 | 10:09 |
| 4:05 | 9:21 | 8:13 | 8:34 | 8:51 | 9:51 | 10:21 |
| 4:10 | 9:32 | 8:23 | 8:45 | 9:02 | 10:02 | 10:32 |
| 4:15 | 9:44 | 8:33 | 8:55 | 9:14 | 10:14 | 10:44 |
| 4:20 | 9:55 | 8:44 | 9:06 | 9:25 | 10:25 | 10:55 |
| 4:25 | 10:06 | 8:54 | 9:16 | 9:36 | 10:36 | 11:06 |
| 4:30 | 10:18 | 9:04 | 9:27 | 9:48 | 10:48 | 11:18 |
| 4:35 | 10:29 | 9:14 | 9:37 | 9:59 | 10:59 | 11:29 |
| 4:40 | 10:41 | 9:24 | 9:48 | 10:11 | 11:11 | 11:41 |
| 4:45 | 10:52 | 9:34 | 9:58 | 10:22 | 11:22 | 11:52 |
| 4:50 | 11:04 | 9:44 | 10:09 | 10:34 | 11:34 | 12:04 |
| 4:55 | 11:15 | 9:54 | 10:19 | 10:45 | 11:45 | 12:15 |
| 5:00 | 11:27 | 10:04 | 10:30 | 10:57 | 11:57 | 12:27 |
| 5:05 | 11:38 | 10:14 | 10:40 | 11:08 | 12:08 | 12:38 |
| 5:10 | 11:49 | 10:24 | 10:51 | 11:19 | 12:19 | 12:49 |
| 5:15 | 12:01 | 10:34 | 11:01 | 11:31 | 12:31 | 13:01 |
| 5:20 | 12:12 | 10:44 | 11:12 | 11:42 | 12:42 | 13:12 |
| 5:25 | 12:24 | 10:54 | 11:22 | 11:54 | 12:54 | 13:24 |
| 5:30 | 12:35 | 11:04 | 11:33 | 12:05 | 13:05 | 13:35 |
| 5:35 | 12:47 | 11:15 | 11:43 | 12:17 | 13:17 | 13:47 |
| 5:40 | 12:58 | 11:25 | 11:54 | 12:28 | 13:28 | 13:58 |
| 5:45 | 13:10 | 11:35 | 12:04 | 12:40 | 13:40 | 14:10 |
| 5:50 | 13:21 | 11:45 | 12:15 | 12:51 | 13:51 | 14:21 |
| 5:55 | 13:32 | 11:55 | 12:25 | 13:02 | 14:02 | 14:32 |
| 6:00 | 13:44 | 12:05 | 12:36 | 13:14 | 14:14 | 14:44 |
| 6:05 | 13:55 | 12:15 | 12:46 | 13:25 | 14:25 | 14:55 |
| 6:10 | 14:07 | 12:25 | 12:57 | 13:37 | 14:37 | 15:07 |
| 6:15 | 14:18 | 12:35 | 13:07 | 13:48 | 14:48 | 15:18 |
| 6:20 | 14:30 | 12:45 | 13:18 | 14:00 | 15:00 | 15:30 |
| 6:25 | 14:41 | 12:55 | 13:28 | 14:11 | 15:11 | 15:41 |
| 6:30 | 14:52 | 13:05 | 13:39 | 14:22 | 15:22 | 15:52 |



Optional Speed Training Program

When deciding whether or not to incorporate speed training into your program, please keep in mind the following:

- If this is your first marathon, I suggest you NOT add speed work to your first marathon training. Your first marathon should be about finishing, not about time.
- Remember that “fast” is relative. This speed training program can be adapted to any marathon goal time (within race time limits). DO NOT compare your “fast” to the “fast” of others. When you reach a pace that you’ve never hit before or set a PR (personal record), remember to be proud of yourself and to not compare your PR to that of another.
- It is risky to increase speed and distance at the same time, so be honest with yourself when deciding to what extent you will follow this program (see below).
- It is important to choose a time goal that is realistic. Avoid choosing a goal that is too fast and will therefore put you at risk of injury. How will you know? If the speed work you do the first week feels too hard and you’re struggling to meet the times/paces, you will know you were a little too ambitious. On the flip side, if you’re one of the lucky ones that finds your speed work easy, you may have the luxury of bumping your goal time up a little. 😊
- Speed work should be hard and should bring you out of your comfort zone, but if you are having trouble breathing rhythmically and/or are on the verge of vomiting, you’re going too fast. That kind of speed work may be okay for some sorts of shorter distance training, but NOT when combined with marathon training. We want you to be challenged, but not to the point where you hurt yourself.

How to use this program:

- Start by choosing a time goal from the Marathon Goal Time Chart (see note regarding realistic expectations above).
- Choose whether you want to start with one, two, or three days of speed work. If you are new to speed work, start with one. If you’ve been doing speed work once a week for at least the last month or so, you should be safe to start with two days. Three days is reserved **only** for those that have been doing speed work at least twice a week for the last 1-2 months. ***You can always add more days if you’re feeling good, but you can’t subtract an injury.*** Start with less and only add more if your body is okay with it.
- Perhaps the most difficult speed workout in this program is the Tempo Run. Be especially aware of how you feel on these. If the workout is too hard, you may have chosen a time goal that is too fast.
- Use the following schedule, in conjunction with the Marathon Goal Time Chart, to determine your goal pace for each run.
- If you choose to do the Thursday speed workouts, you can either do these on a local track or use Garmin Connect to program workouts on your Garmin watch (we will be offering a tutorial on this the first Tuesday of the program).
- Keep an eye on your heart rate over time (using Garmin Connect, if possible). If your resting HR increases or your average HR for your runs starts increasing over time, you are overdoing it and your body is trying to tell you something.

| Week | Tues | Thurs | Sun |
|----------|---|---|--|
| 12/31/18 | | | 7 or 10 Miles First Half Easy* Second Half @ Race Pace |
| 1/7/19 | 6 mi <i>Alternating Miles Run</i> Race Pace / Race Pace - 30" | 5 mi 1 mi warm up [4 times: 800m @ 10k pace / 400m @ jog] ≈ 1 mi cool down | 8 or 11 Miles Easy* |
| 1/14/19 | 6 mi <i>Tempo Run</i> w/middle 4 mi @ Race Pace - 30" | 5 mi 1 mi warm up [12 times: 200m @ 5k pace / 200m @ jog] ≈ 1 mi cool down | 9 or 12 Miles Easy* |
| 1/21/19 | 7 mi <i>Progression Run</i> • First mi @ Race Pace +60" • Increase by 15" each mile | 5 mi 1 mi warm up [3 times: 1600m @ 10k pace / 400m @ jog] ≈ 0.25 mi cool down | 10 or 14 Miles First Half Easy* Second Half @ Race Pace |
| 1/28/19 | 7 mi <i>Alternating Miles Run</i> Race Pace / Race Pace - 30" | 6 mi 1 mi warm up [5 times: 1000m @ 10k pace / 200m @ jog] ≈ 1.25 mi cool down | 11 or 12 Miles Easy* |
| 2/4/19 | 7 mi <i>Tempo Run</i> w/middle 5 mi @ Race Pace - 30" | 5 mi 1.00 mi warm up [9 times: 400m @ 5k pace / 200m @ jog] ≈ 0.5 mi cool down | 12 or 16 Miles Easy* |
| 2/11/19 | 8 mi <i>Progression Run</i> • First mi @ Race Pace +60" • Increase by 15" each mile | 6 mi 1 mi warm up [3 times: 2000m @ 10k pace / 400m @ jog] ≈ 0.5 mi cool down | CHOOSE ONE: 12 Miles First Half Easy* Second Half @ Race Pace OR 13.1 Miles @ Race Pace -30" |

* "Easy" = Race Pace + 30 to 60 seconds

| Week | Tue | Thur | Sun |
|---------|---|---|--|
| 2/18/19 | <p>8 mi <i>Alternating Miles Run</i> Race Pace / Race Pace - 30"</p> | <p>5 mi 1 mi warm up [12 times: 200m @ 5k pace / 200m @ jog] ≈ 1 mi cool down</p> | <p>14 or 18 Miles @ Race Pace +30"</p> |
| 2/25/19 | <p>8 mi <i>Tempo Run</i> w/middle 6 mi @ Race Pace - 30"</p> | <p>6 mi 1 mi warm up [3 times: 1600m @ 10k pace / 400m @ jog] ≈ 1.25 mi cool down</p> | <p>12 Miles Easy*</p> |
| 3/4/19 | <p>6 mi <i>Alternating Miles Run</i> Race Pace / Race Pace - 30"</p> | <p>5 mi 1 mi warm up [4 times: 1000m @ 10k pace / 200m @ jog] ≈ 1 mi cool down</p> | <p>16 or 20 Miles Easy*</p> |
| 3/11/19 | <p>8 mi <i>Tempo Run</i> w/middle 6 mi @ Race Pace - 30"</p> | <p>7 mi 1 mi warm up [8 times: 800m @ 10k pace / 200m @ jog] ≈ 1 mi cool down</p> | <p>8 or 12 Miles <i>(depending on whether or not you did Holyoke 10k)</i> @ Race Pace +30"</p> |
| 3/18/19 | <p>6 mi <i>Progression Run</i> <ul style="list-style-type: none"> • First mi @ Race Pace +60" • Increase by 15" each mile </p> | <p>8 mi <i>Relaxed Fartleks</i> Pick random things to sprint to on your run. Recover adequately in between sprints.</p> | <p>18 or 20 Miles First Half Easy* Second Half @ Race Pace</p> |
| 3/25/19 | <p>7 mi <i>Alternating Miles Run</i> Race Pace / Race Pace - 30"</p> | <p>7 mi 1 mi warm up [14 times: 400m @ 5k pace / 200m @ jog] ≈ 0.75 mi cool down</p> | <p>12 Miles @ Race Pace +30"</p> |
| 4/1/19 | <p>6 mi <i>Tempo Run</i> w/middle 4 mi @ Race Pace - 30"</p> | <p>6 mi 1 mi warm up [5 times: 800m @ 10k pace / 400m @ jog] ≈ 1.25 mi cool down</p> | <p>20 or 22 Miles Easy*</p> |

* "Easy" = Race Pace + 30 to 60 seconds

| Week | Tue | Thur | Sun |
|---------|---|---|-------------------------------------|
| 4/8/19 | 5 mi Tempo Run w/middle 3 mi @ Race Pace - 30" | 5 mi 1 mi warm up [8times: 400m @10k pace / 200m @ jog] ≈ 1 mi cool down | 12 Miles @ Race Pace +30" |
| 4/15/19 | 4 mi Tempo Run w/middle 2 mi @ Race Pace - 30" | 4 mi Steady run @Race Pace plus a few sprints | 8 Miles @ Race Pace +30" |
| 4/22/19 | 3 mi Easy* | 3 mi Easy* | 26.2 Day! |

* "Easy" = Race Pace + 30 to 60 seconds



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2019 New Jersey Marathon Training Program

Runner-Specific Strength Training

Of all the things that influence your running, strength training is one of the biggest factors that will impact your health, fitness, and performance. Unfortunately, a lot of runners avoid strength training because they've been taught they just need to run or that getting stronger will "bulk them up" and slow them down.

Runner-specific strength training is actually one of the best things you can spend your valuable training time doing. And fortunately, you don't need to train like a bodybuilder or strongman to get the benefits. Applying a few key strategies can help you get stronger, stay healthy, and race faster.

The Benefits of Strength Training for Runners

Strength work is the perfect complement to a runner's training plan and what I consider to be ideal cross training. **One of the primary benefits is that it's a superb tool for injury prevention.** Given that runners tend to experience alarmingly high injury rates, it is perhaps the most useful cross training method for them.

"Strengthening the hips and glutes is one of the best injury prevention measures a runner can take."

The stronger you get, the more resilient your body will become to the demands of running. The repetitive impact of running won't wear you down as much. **Plus, when you've got a strong body, any preexisting conditions will be less likely to worsen.** This is because strength training helps to improve structural weaknesses in your body, whether in the muscles, joints, or connective tissues. Often, this will eliminate the source of many common running injuries.

For example, patellofemoral pain syndrome (also known as runner's knee) can be caused by hip dysfunction - tight or weak hips cause compensations elsewhere that result in knee injuries. **Strengthening the hips and glutes is one of the best injury prevention measures a runner can take.**

But there are even more benefits to be had from a small, targeted dose of strength training. **Strength training also builds core strength, which is particularly important for distance runners.** A strong core will not only look great, it'll also help contribute to better posture throughout the day and while running. This means you'll be a more efficient runner.

"Whether you simply want to run pain-free or you want to shave some time off your favorite distance, strength training will help."

Finally, strength training will help you run faster. By improving your efficiency, allowing you to impart more force into the ground, and train healthy for longer periods of time, you'll finish races faster than ever before.

Whether you simply want to run pain-free or you want to shave some time off your favorite distance, strength training will help. Plus, you'll enjoy many of the other benefits that come with strength training, such as higher energy levels, increased bone density, a stronger metabolism, and less body fat.



Route Access

Group runs will range anywhere from 3 miles in distance to 22 miles (depending on the track you're in). **Links to 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.***



2019 New Jersey Marathon 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.

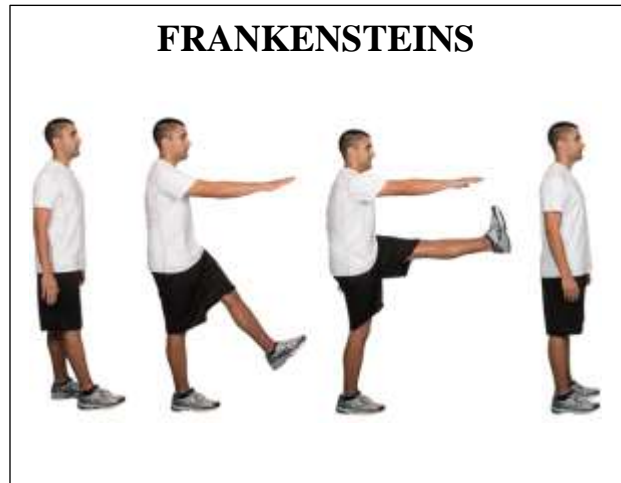
Avoid static stretching (i.e. holding stretches for a period of time) before running or walking (we'll do those AFTER!). Although it may seem counterintuitive, the goal of a running warm up is to warm the muscle, increase circulation and prepare the muscles to be on point to fire. Static stretching targets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

Do the following routine before your runs. At our group sessions we'll include these exercises (and we'll throw in others!) to get you warmed up.

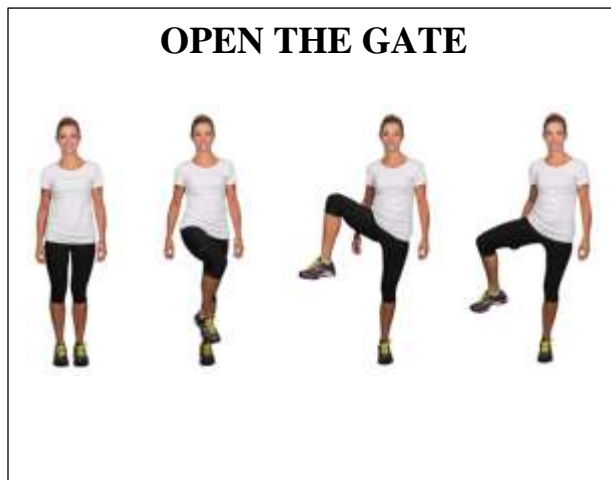
KNEE HUGS



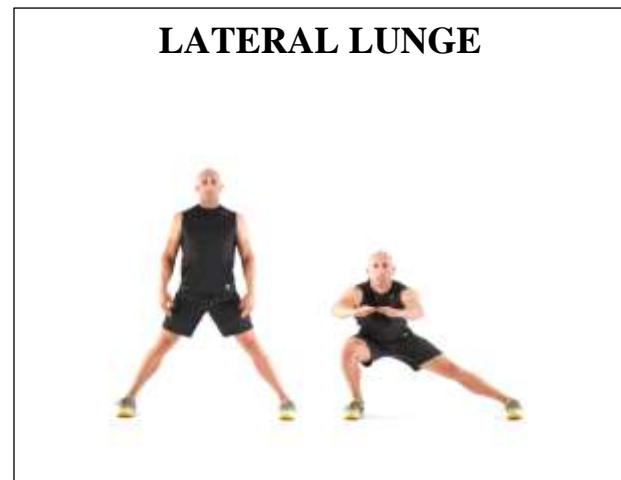
FRANKENSTEINS



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.



2019 New Jersey Marathon 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.





2019 New Jersey Marathon 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
- Nutrition Products
- Rollers for post-run massage (*you'll thank yourself...*)
- Hydration Belt or Vest

Nice to have for COMFORT and enjoyment:

- Moisture-wicking winter accessories
- Moisture-wicking clothing
- Weather-resistant outer layer
- Yak Trax
- Flipbelt (**keep your hands free to help maintain good form**)
- GPS watch
- Compression Socks/Sleeves
- Running Luv Towel