***St. Albans Recreation Department***

***SAP Run Training Program***



“INTRODUCTION TO RUNNING – 101”

Every Saturday at 8:00AM at St. Albans City Hall

*Suggested Reading – “Galloway’s Book on Running – 2nd Edition” by Jeff Galloway*

Bill O’Connor, Running Enthusiast - Telephone # 881-4672

1. 5 Stages of a Runner
2. Getting Started
3. Planning
4. Stretching, strengthening, and cross training
5. Injuries
6. Food/Fueling
7. Personal Information
8. Target Races
9. Your personal training plan

*“5 Stages of a Runner”*

1. The Beginner – Making the Break

Every beginning is precarious. There you are, perched on the edge of starting something entirely new, yet there are distractions, even criticisms, that cause detours and dead ends. You want to be more healthy and fit, but you may not realize how secure you’ve become in an inactive world. Each time you go out for a run you encounter a new side of yourself — one that must somehow be integrated into your daily life.

There is usually a struggle within and without. The old lifestyle is there and offers security. When the energy of “beginning” wears off, it’s harder to motivate yourself to go out for that daily run. You’ll face a lot of obstacles at first. It’s all too easy to stop when the weather turns cold, when it rains or snows, or when you feel the aches and pains of starting. You haven’t had to deal with these things before and the temptation to quit is strong.

Your running may also be threatening to your less active friends. Eventually you — the beginner — and your non-running friends work it out. The transition period, however, can be unstable and uncomfortable for both. If you falter, the old world — comfortable in many ways — is waiting for you to slip back in. If you’re lucky enough to make new friends who share similar fitness goals, you’ll probably find refuge in the “fit” world while you gain your “running security.”

Social reinforcement makes it easier to establish the fitness habit. One good approach is to find a group that meets regularly. Or you can make a pact with a friend who drags you out on bad days and vice versa. Races and fun runs are great opportunities to meet people.

At times, you may not progress as fast as you expected. We Americans are traditionally hyperactive and impatient. When we plant a seed, we not only want it to grow, we want it to become a tree by next week. We want results. When you start, you want to see physical and psychological benefits. But if you push too hard, you can tire yourself out and end up quitting in frustration.

The seed of exercise — if you don’t crush it — will survive periods of moisture and drought. Just when it seems to be drying up, it will spring to life, rejuvenated, and propel you further down the road. Don’t be discouraged, even if you’ve stopped. Tomorrow is another day. Many beginners stop and start again 10 or 15 times before they get the habit established.

Beginners who don’t put pressure on themselves seem to have an easier time staying with it. If you simply walk/jog 30-40 minutes every other day, you’ll find yourself gently swept along in a pattern of relaxation and good feeling. Your workout starts to become a special time for you.

As you make progress you find within yourself the strength and security to keep going. At first you’re “just visiting” that special world when you go out for a run. But gradually you begin to change. You get used to the positive relaxed feeling. Your body starts cleaning itself up, establishing muscle tone, circulating blood and oxygen more vigorously. One day you find you’re addicted, and the beginner becomes a jogger.

2. The Jogger – Entering the New World

The jogger feels secure with running. It may be hard to start each day’s run but, unlike the beginner, you can identify with those who are addicted. You may be intimidated by the “high achievers” — competitors and marathoners — but you have begun to understand the benefits of fitness and made a significant break with the old, non-fit world. The jogger’s runs are satisfying in themselves. There is almost always a “glow” at the end of the run, a reward for the effort. If you miss a run you may feel guilty — a rare experience for the beginner. Beginners often complain that they’re bored while running, but joggers find this problem decreases and then disappears as their distances increase.

Rarely does a jogger have a plan or goal. Most run as a healthy diversion and don’t feel the need to get anything more out of it. They just get out there when they can and do what they can. Those who do feel they need a plan often think they don’t know enough to prepare one. They may pick up a few tips from a more experienced running friend or — ideas from a running magazine. Unfortunately this often ends in frustration or injury because such plans are not based upon the jogger’s own individual abilities and goals, but upon someone else’s.

At first you probably needed a group or at least another person for motivation and direction. As a jogger you are a bit more independent. You’ll prefer company to running alone, but you’ll pick and choose your group with care. Most beginners seek anonymity within a group while joggers often enjoy identification with a group.

As a beginner you may have attended a few fun runs or an occasional race. Joggers, however, mark the local 10Ks on their calendars. These are motivational stepping stones to keep the daily runs on track. There will often be one major race in the jogger’s schedule, like the Bay to Breakers, Peachtree Road Race or the Corporate Challenge. Although you’re not running competitively or for time improvement, a sense of competition may begin to develop. By piecing together a growing series of successful and non-threatening running experiences, you begin the transition into a more fit lifestyle.

There are always conditions — injury, a long stretch of bad weather, a partner dropping out — that may stop your running and force you to start over again as a beginner. When the year’s big race is over, you may lose the motivation to keep going. A jogger will sometimes give up running completely, but usually will start again after an extended layoff.

3. The Competitor – When Competition Is the Main Driving Force

There is a competitive streak, sometimes hidden, in all of us. As we continue to run, it will most likely surface. If kept under control, the competitive urge can be a great motivator, stimulating you to train well and to push yourself further than you might have otherwise. But with many runners, competition, rather than the many other benefits of running, becomes the goal.

You become a competitor when you start to plan your running around racing goals. It all starts innocently enough. After a few races you begin to wonder how fast you might run if you really trained. Before you know it you’re caught in a compulsive drive to run faster at the expense of running enjoyment.

Not all joggers enter this stage. Many simply remain joggers while a very few pass directly to the stage of “runner.” If you do find yourself becoming obsessed with competition, however, here are some things you might expect:

Initially the competitive spirit is exciting and rewarding. You’re running faster because of increased training. You read everything you can on training, stretching, nutrition, etc., and become somewhat of an expert on each. There are always new training techniques to try out and you give them all a whirl. (Only later do you realize that many of them are contradictory.)

But as the competitive drive grows, you start feeling insecure. You no longer value your daily runs for their own worth, but think only of how well they prepare you for races and better times. Missing a run seems to spell racing doom. You can almost feel the fat being deposited on your body and see the seconds you fought hard to erase ticking back on the clock. When you hear of a workout a friend has performed before achieving a personal record, you have to match it or die trying.

Occasionally you’ll run alone, but often you’ll seek out small groups of better runners to train with and find you’re making every workout a race; you’ll push the pace to “victory” or make others earn theirs. In the same way, every race becomes a challenge to a new personal record. You may begin to choose races for the ease of terrain and lack of quality competition.

Once the competitive spirit has taken over you tend to lose sight of your limitations. If a small mileage increase brought about a small improvement, you’ll try large mileage increases to gain a large improvement. Although you’ve read many times about the need for rest, you feel that yours is a special case — you don’t need as much recovery time as other mortals. For weeks you may feel tired most of the time, yet have trouble sleeping at night. You become irritable and make life difficult for your family and friends. Finally you push too far and break down with injury, sickness or fatigue, and you either can’t or don’t want to run.

At this point you may feel betrayed by your body. Here you are trying to mold it into greatness and it won’t respond. You fail to realize the improvements you’ve made during the past months or year and only visualize your fitness slipping away, your goals going down the drain. Thinking that your body is tricking you (or that an injury layoff is a sign of weakness) you get back into training too soon. Trying to run through the problems only makes them worse and leads to new injuries, and you miss the very races you’ve pushed yourself so hard for.

Still, when the frustration has passed (and the pounds have settled back on) you’ll probably start running again. Hopefully you’ll have learned a lesson. You’ll “recycle” and work your way up the ladder again. When you’ve put competition into perspective you’ll pass into the stage of “athlete,” or even “runner.”

There are some very positive lessons to be learned from competition and fortunately not all competitors have to go to such extremes to learn them. Pushing through tiredness and discomfort in a race to a new personal record is not only rewarding in itself, but gives you an idea of what you can do in other areas of your life. Strengths we have never used lie buried in each of us. Being challenged to our limits through competition helps these surface. Competition can be the path-finding mission which allows us to map our inner resources. At the same time, experiencing some frustration and pain can help us realize our limitations. By struggling we discover a bit more about the person inside us; we can learn from our mistakes and move on to new heights.

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4. The Athlete – Being the Best You Can Be

As an athlete, you find more meaning in the drive to fulfill your potential than in compulsively collecting times and trophies. You’ve finally got a handle on competition, and it’s not the only motivation. Being an athlete is a state of mind which is not bound by age, performance or place in the running pack.

For a competitor, victory and defeat are tied to performance. Times, flat courses, ideal conditions are all important. For the athlete, victory lies in the quality of effort. When you run close to your potential on a given day, it’s a victory. You internalize competition and transcend it, knowing your limits and capabilities. You understand what’s important and what you must do to accomplish it. As you compete, you breathe in the race, vaporize it, absorb what you need and exhale the rest. Running becomes your own work of art.

Competitors search for races they can win. Athletes look for competition, but are not intent on a higher ranking or better performance (from a flat, fast course, etc.). They thrive on a challenging competition that is run in the best way possible — from the inside out — and they are, not incidentally, rewarded in the long run by faster times. Nevertheless, athletes are also found in the back of the pack, or they may choose smaller races over the big media events because they don’t want to feel lost in the sea of humanity.

Gradual progress is more important to the athlete than a fast time in a given race. You now have an internal concept of what you can do. When progress slows or is blocked, you revise. With every run, your internal training computer is fed with good data that gives you a new readout of possibilities. You know when to disregard a bad run and not get depressed.

Though you once may have been a competitor who read everything and tried most of it, as an athlete you now read only what has practical value. When problems arise you look for literature on the subject by authors you trust. Your reading ties into an overall plan. You’re no longer sampling everyone’s tips and tricks like treats out of the cookie jar.

Planning is important. Although you’re flexible, you plot goals and races 6-9 months in advance. The athlete is capable of continuous re-evaluation, and may change goals from week to week. Plans are not always written; some athletes are so in tune with their bodies they can work from a mental notebook. Whether your plan is written or “programmed” you know where you’re going. You may not know the exact vehicle you’ll take, but you know you will arrive.

Like other humans, athletes are not perfectly consistent. Sometimes you’ll slip back and become a competitor. After a series of successes, you may become dissatisfied with performances that fall short of your goals. Rather than evaluating, analyzing and readjusting, you may dwell upon the bad day, the slump, or the poor showing, and feel a sense of failure.

Great athletes at any level realize that “success” is in the eye of the performer. There can be success in every experience. If you can seize upon the positive aspect of each experience you can string together a series of successes that form a pattern of progress.

Some athletes reach a level of achievement or satisfaction and retire from competition; a few even quit running entirely. Many choose a reduced level of activity, others maintain a fairly high yet sensible level. Many continue to grow and move into the final and most rewarding stage, the runner.

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5. The Runner – The Best of All Stages

The final stage of the running journey blends the best elements of all the previous stages. The runner balances the elements of fitness, competition, training and social life and blends running with the rest of his or her life. There may be times when the runner reverts to earlier stages — mature people in any field have this problem — but these are only passing bouts that are assimilated into the overall harmony. The runner is a happy person.

As a runner, the primary focus of your life is not running. It may be family, friends, work, and is often a blend of many things. Running is now a natural part of your daily program — as is eating, sleeping or talking. You know you’ll get in that daily run although you may not know when. When you do miss a run you aren’t in agony. In fact, you don’t miss many days over the span of a year.

If scientists announced tomorrow that running was harmful, you’d read the news with interest and go out on your daily run. You know about the positive effects of exercise, but that alone doesn’t get you out on the roads. You get so much satisfaction from the experience itself that running has become a necessary and stable part of your active lifestyle.

As a runner, you’ll enjoy the companionship of running with others, but most of your running will be done alone. You appreciate the peace and inner reflection provided by the solitary run more than you did in the earlier stages.

Great satisfaction comes from being able to mold your body into form, and there is an art in combining just the right amounts of strength, endurance, form and performance training. A race can be the opportunity to pull out deep hidden strengths. Once you’ve learned these things, the joy lies not in the race, but in the running.

Even though you may plan for occasional competition with the same care as a competitor, there is none of that fixated intensity. The race isn’t sacred. If stresses or problems arise there are always other races.

Occasionally the runner is injured. This is usually due to reverting to one of the earlier stages in a workout or race. Now — through experience — you’ll know the difference between a common ache and a problem and you’ll back off at the first sign of the latter. You’ll sacrifice workouts, races and time goals to heal an injury early and get back to 100% as soon as possible.

As a runner you experience the enjoyment of each stage and retain the best of each of them. You can relive the beginner’s excitement in discovery, appreciate the jogger’s balance of fitness and enthusiasm, share the competitor’s ambition, and internalize the athlete’s quest. Having consolidated and balanced all these stages, you appreciate the creative and positive aspects of each and let them enrich your running life.

*“Getting Started”*

If you've done a lot of walking, but you've never run before, you might feel a bit intimidated to get out there and start running. This 8-week plan will help you ease into the sport.

**Here's How:**

* Get medical clearance your doctor before you get started.
* Getting the right running shoes for your foot type<http://running.about.com/od/shoesapparelandgear/a/foottypes.htm> is crucial for comfort and injury prevention. Visit a running store (Ski Rack) to get expert advice on buying the right running shoe. .
* Before you start your workouts, make sure you warm up properly by walking for 5-10 minutes. You should always end your workout with a cool down.

**Week one:** Walk for 6 minutes, then jog at an easy pace for 1 minute. Repeat 3 times. Aim for three sessions with that same sequence for week one.

**Week two:** Walk for 5 minutes, then jog for 2 minutes. Repeat 3 times. Aim to do three sessions in week two.

**Week three:** Walk for 3 minutes, then jog for 4 minutes. Repeat 4 times. Aim for four sessions in week three.

**Week four:** Walk for 2 minutes, then jog for 5 minutes. Repeat 4 times. Shoot for four of those sessions in week four.

**Week five:** Walk for 2 minutes, then jog for 8 minutes. Repeat 3 times. Do four of those sessions in week five.

**Week six:** Walk for 2 minutes, then jog for 9 minutes. Repeat 3 times. Try to do four sessions for week six.

**Week seven:** Walk for 1 minute, then jog for 11 minutes. Repeat 3 times. Do four sessions this week.

**Week eight:** Congratulations on making it to week eight! For your first run this week, try walking for 5 minutes to begin and end the workout, and run for 20 minutes in between. By the end of the week, try to run for 30 minutes without stopping.

Aim to run for 30 minutes four times a week, and you'll notice that your stamina and fitness will continue to improve. Soon you'll be ready to run your first target race!

**Tips:**

1. Use your breathing as your guide when running. You should be able to carry on a conversation while running and your breathing shouldn't be heavy.
2. Look Ahead - Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet. Not only is this proper running form, but it's also a safer way to run because you can see what's coming.
3. Land Midfoot - Don't be a toe runner or a heel-striker. If you land on your toes, your calves will get tight or fatigue quickly and you may develop shin pain. Landing on your heels means you have overstrided and you're braking, which wastes energy and may cause injury. Try to land on the middle (ball) of your foot, and then roll through to the front of your toes.
4. Keep Hands at Your Waist - Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle. Some beginners have a tendency to hold their hands way up by their chest, especially as they get tired. Ironically, you may actually get more tired by holding your arms that way and you'll start to feel tightness and tension in your shoulders and neck.
5. Relax Your Hands - As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands, as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.
6. Check Your Posture - Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level. Check your posture once in a while. When you're tired at the end of your run, it's common to slump over a little, which can lead to neck, shoulder, and lower-back pain. When you feel yourself slouching, poke your chest out.
7. Relax Your Shoulders Too - Your shoulders should be relaxed and square or facing forward, not hunched over. Rounding the shoulders too far forward tends to tighten the chest and restrict breathing.
8. Rotate Arms from the Shoulder - Your arms should swing back and forth from your shoulder joint, not your elbow joint.
9. Don’t Bounce - Try to keep your stride low to the ground and focus on quick turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body. The higher you lift yourself off the ground, the greater the shock you have to absorb when landing and the faster your legs will fatigue.
10. Keep Arms at Your Side - Avoid side-to-side arm swinging. If your arms cross over your chest, you're more likely to slouch, which means you're not breathing efficiently. Imagine a vertical line splitting your body in half -- your hands should not cross it.
11. Drink water at the end of your workouts to rehydrate. If it's hot and humid, you should also drink some water (about 4-6 ounces) halfway through your workout.

**What You Need:**

* Running shoes
* Running clothes
* Water

*“Planning”*

**Planning a training regime**

One of the key things to remember is “Failure to Plan is Planning to Fail”.

Before you can decide on what you are going to do, you first need to decide on what you want to get out of your running and what resources you have to try to achieve that. This is crucial and forms quite a long list.

**Questions to ask when Planning**

What distance am I primarily going to concentrate on?

How fast can I run that at the moment?

Are there any specific races that I want to take part in and will these be the ones where I plan to achieve my best times?

How many races would I like to take part in? How many of these are important ones?

Am I aiming to run well for a number of years or is next year the peak of a long-term plan?

What times can I run at the moment (for a variety of distances) and what have I run in the past?

How old am I?

What is my training age (the number of years I have been training)?

How much time can I afford to put into my training?

Do I have any health related problems that may restrict my training?

Why didn’t I run faster last year?

What time can I realistically hope to run? Is a one-off performance enough or do I want to run near peak performance 4 or 8 or 10 times etc in a season? Will I need to be fit enough to do more than one event in a day / weekend?

Once you have got answers to these (and probably other questions as well), you will need to start to assimilate a plan for getting there.

**Running Pyramid**

**Speed 35%**

Continue Long runs

Cut Total mileage 10%

Replace hills with speedwork, once a week

Gradually build number of reps

Rest between long runs, speedwork, and races

Do maximum eight weeks of speedwork

**Hill Training 15%**

Same as Base Period except for hill repeats

Once a week run hills (3-7% grade). 50-200 yards

Run up hill at 80-85% effort

Walk downhill to recover

Start with 4 hills, build up to 8-12

**Base Training 50%**

Daily runs, which are relaxed, easy, and comfortable

*“Stretching, Strengthening, and Cross Training”*

There are an endless number of runners who seem perfectly able to squeeze in many hours of running every week but who just don't seem to have the time to stretch for five or ten minutes before and after. Find the time.

Sure, it's not as fun as hitting the road, and the benefits may not be as immediately obvious. But a good and consistent stretching program can save you a lot of trouble and keep you running when you might otherwise become injured. Along with training gently and choosing the right shoes, stretching is the most important thing you can do to protect your body from the rigors of the road. You'll also find that the benefits of stretching include reduced muscle soreness after running and even better athletic performance.

That said, you should be careful about how you stretch. If not done properly, stretching can actually cause injury rather than prevent it. Rule number one in stretching: do not bounce. It's a common mistake, but bouncing risks pulling or tearing the muscle you're trying to stretch and relax. Muscles must be stretched gradually. If a stretch is applied too quickly, the muscle responds with a strong contraction, increasing tension. If the stretch is applied slowly, however, this contraction reflex is avoided, muscle tension falls, and you may stretch the muscle further. The lesson here: stretch slowly and hold the stretch for 30 to 40 seconds.

Do not stretch beyond the point where you begin to feel tightness in the muscle. Do not push through muscle resistance, and never stretch to the point of discomfort or pain.

Build stretching into your regular schedule both before and after your daily run -- it's best to do your pre-run stretching after a gentle warm up run of five or ten minutes, since "warm" muscles stretch more easily.

For a model stretching program, try out the 12 stretches recommended below. Repeat each stretch two or three times:

1. Wall Pushup #1

Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves.

2. Wall Pushup #2

From the previous position, bend forward to lower your body to waist height. Bring one foot forward with your knee slightly bent. Lift the toes of the front foot to stretch the muscle under the calf. Stretch both legs.

3. Wall Pushup #3

Put your feet together, rocking back on your heels with your hands on the wall and your arms straight to form a jackknife with your body. This stretches your hips, shoulders, and lower back.

4. Back Scratch

Grab your elbow with the opposite hand and gently push the elbow up and across your body until your hand reaches down to "scratch" your back. Gently push on your elbow to guide your hand down your back as far as it will comfortably go, stretching your triceps and shoulders. Stretch both arms.

5. Hamstring Stretch

Lie down with one leg straight up in the air, the other bent with foot flat on the ground. Loop a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot. Push only to the point where your muscles contract. Stretch both legs.

6. Quadriceps Stretch

Kneel on your knees (without resting back on your heels). Lean back with your body erect and your arms to the side. Hold for 15 seconds.

7. Heel To Buttock

Stand on one foot, with one hand on a wall for balance. Hold the other foot with the opposite hand and raise the heel of the lifted foot to the buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Change legs and repeat.

8. Hip & Lower Back Stretch

Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat (i.e. looking over your left shoulder).

9. Iliotibial Band Stretch

Lie on your side with both legs bent in running position. Bring the bottom leg toward your chest and then bring the top one back toward your buttocks, so that the running position of your legs is exaggerated as possible. Hold for 30 seconds then flip sides and repeat.

10. Hamstring & Back Stretch

Lie on your back with your knees bent. Hug your shins to your chest to stretch your hamstrings and lower back.

11. Bridge

Lie on your back and, with your feet flat on the ground, lift your hips up until your body forms a flat plane. Repeat this one ten times for 30 seconds each to stretch your quads and lower back.

12. Groin Stretch

Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees toward the ground.

*“Injuries”*

Running is a sport of passion; why else would we torture our bodies with miles of punishment every day? Running injuries are an unfortunate, but all too common, occurrence. Understanding a running injury is the key to effective treatment. Below is a list of some of the more common injuries that runner’s tend to get..

**Hip & Thigh Injuries**

* [**Iliotibial Band Syndrome**](http://orthopedics.about.com/cs/sportsmedicine/a/itbs.htm)
The iliotibial band is a thick, fibrous band that spans from the hip to the shin; it lends stability to the knee joint, and is attached to muscles of the thigh. ITBS is caused when the band becomes inflamed and tender.
* [**Pulled Hamstring**](http://orthopedics.about.com/cs/sprainsstrains/a/hamstring.htm)
A pulled hamstring is a common sports injury, seen most commonly in sprinters. A pulled hamstring is a injury to the muscle called a hamstring strain. Treatment of a pulled hamstring is important for a speedy recovery.
* [**Hip Stress Fractures**](http://orthopedics.about.com/od/hipinjuries/a/stress.htm)
Stress fractures of the hip are most common in athletes who participate in high-impact sports, such as long distance runners. Treatment usually is successful by avoiding the impact activities.

**Leg Injuries**

* [**Shin Splints**](http://orthopedics.about.com/cs/sportsmedicine/a/shinsplint.htm)
Shin splints, like runner's knee, is a term that describes a set of symptoms, not an actual diagnosis. Shin splint pain can be due to problems with the muscles, bone, or the attachment of the muscle to the bone.
* [**Stress Fractures**](http://orthopedics.about.com/cs/otherfractures/a/stressfracture.htm)
Stress fractures of the hip are usually seen in long distance runners, and much more commonly in women than in men. These injuries are usually seen in endurance athletes with deficient nutrition or eating disorders.

**Ankle Injuries**

* [**Ankle Sprain**](http://orthopedics.about.com/cs/sprainsstrains/a/anklesprain.htm)
Ankle sprains are common injuries that runners experience. Early recognition and treatment of this problem will help speed your recovery from ankle ligament injuries.
* [**Achilles Tendonitis**](http://orthopedics.about.com/cs/ankleproblems/a/achilles.htm)
Achilles tendonitis is a painful condition of the tendon in the back of the ankle. Left untreated, Achilles tendonitis can lead to an increased risk of Achilles tendon rupture.

**Foot Injuries**

* [**Plantar Fasciitis**](http://orthopedics.about.com/od/footankle/a/fasciitis.htm)
Plantar fasciitis is a syndrome of heel pain due to inflammation of the thick ligament of the base of the foot. A tight, inflamed plantar fascia can cause pain when walking or running, and lead to the formation of a heel spur.
* [**Overpronation**](http://orthopedics.about.com/cs/sportsmedicine/g/pronation.htm)
Pronation is a normal movement of the foot through the gait cycle. When this motion becomes excessive, overpronation can cause a variety by altering the normal mechanics of the gait cycle. [Shoes to control excess foot motion](http://orthopedics.about.com/od/sportsinjuries/tp/motioncontrol.htm) can be helpful for overpronators.
* [**Arch Pain**](http://orthopedics.about.com/od/footankle/a/archpain.htm)
Arch pain is a common foot complaint. Arch pain, also sometimes called a strain, often causes inflammation and a burning sensation under the arch of the foot. Treatment of arch pain often consists of adaptive footwear and inserts.

**6 Commons ways to Avoid Injuries**

While this information should probably be first, many athletes, runners included, fail to take proper steps to avoid injury. Even with the most attentive preventative athlete, however, a running injury may still occur--such is the nature of the sport. Taking a few steps will decrease your chances of developing a serious problem:

**1.** [**Wear Proper Footwear**](http://orthopedics.about.com/cs/beforeyoubuy/ht/buyshoes.htm)

* You can go a long way toward discovering what you need in a running shoe by looking at your feet. There are three basic foot types, each based on the height of your arches. The quickest and easiest way to determine your foot type is by taking the "wet test," below.
* 1) Pour a thin layer of water into a shallow pan


2) Wet the sole of your foot.


3) Step onto a shopping bag or a blank piece of heavy paper.


4) Step off and look down


* Observe the shape of your foot and match it with one of the foot types at the bottom of the page. Although other variables (such as your weight, biomechanics, weekly mileage, and fit preferences) come into play, knowing your foot type is the first step toward finding the right shoe for you.

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| **Normal (medium) Arch**Wet TestIf you see about half of your arch, you have the most common foot type and are considered a normal pronator. Contrary to popular belief, pronation is a good thing. When the arch collapses inward, this "pronation" absorbs shock. As a normal pronator, you can wear just about any shoe, but may be best suited to a stability shoe that provides moderate arch support (or medial stability). Lightweight runners with normal arches may prefer neutral-cushioned shoes without any added support, or even a performance-training shoe that offers some support but less heft, for a faster feel. |
| **Flat (low) Arch**Wet TestIf you see almost your entire footprint, you have a flat foot, which means you're probably an overpronator. That is, a micro-second after footstrike, your arch collapses inward too much, resulting in excessive foot motion and increasing your risk of injuries. You need either stability shoes, which employ devices such as dual-density midsoles and supportive "posts" to reduce pronation and are best for mild to moderate overpronators, or motion-control shoes, which have firmer support devices and are best for severe overpronators, as well as tall, heavy (over 165 pounds), or bow-legged runners.  |
| **High Arch**Wet TestIf you see just your heel, the ball of your foot, and a thin line on the outside of your foot, you have a high arch, the least common foot type. This means you're likely an underpronator, or supinator, which can result in too much shock traveling up your legs, since your arch doesn't collapse enough to absorb it. Underpronators are best suited to neutral-cushioned shoes because they need a softer midsole to encourage pronation. It's vital that an underpronator's shoes have no added stability devices to reduce or control pronation, the way a stability or motion-control shoe would.  |

**2. Do not increase your weekly mileage too quickly**

**(DON’T DO TOO MUCH, TOO FAST!)**

– Follow the 10% rule - never increase your weekly mileage by greater than 10% with one week of not increasing mileage

**3. You didn’t rest enough between hard days**

**4. You didn’t warm up enough for a speed workout**

**5. You let adrenalin rush of a race push you too far**

**6. You didn’t properly stretch**

“Food/Fueling of a Runner”

**From 15-45 minutes, your muscles start burning fat.**

Your body doesn’t seem to believe that you’re really going out on a distance run until you keep moving forward for more than a quarter-hour. At this point, you begin to break down body fat for fuel (dietary fat is converted directly into body fat and is not burned for energy). It takes some work to break down the “excess baggage” on your body into free fatty acids and triglycerides that can keep you running mile after mile. If you continue exercising longer than about 15 minutes at a pace that is within your capacity, you start shifting into fat burning. As your exercise continues past the quarter-hour mark, you start a transition into fat burning as long as you continue to exercise at a lever of exertion that is within your capacity.

**After running 45 minutes, you’ll be burning mostly fat.**

By starting at a slow pace and taking walk breaks as needed, you can lower your exertion level enough to stay in the fat-burning zone for an extended time. This conserves glycogen for later use as you burn off the extra blanket around your stomach or thighs.

**Run-Walk:** 8 miles (85 calories per mile = 680 calories per run)

**Continuous Run:** 5 miles (100 calories per mile = 500 calories per run)

When Lance Armstrong ran his first marathon in New York City in 2006, he shocked the running world for a few reasons: He clocked a respectable 2:59:36 with little training, and he reportedly ate quite a few chocolate-flavored PowerBar Gels on his run from Staten Island to Tavern on the Green-15 in fact. Stomach churning? Yes. Unheard of? Not necessarily. Many runners are confused about how much fuel they need for a long run, whether in training or racing. Some eat too much, others too little. There are potential perils either way. Having the right long-run nutrition plan can make the difference between finishing strong and not finishing at all.

"What you need are carbohydrates Deborah Shulman, Ph.D., a sports nutritionist in Bellvue, Colorado. Carbs are a good source of glucose, a form of sugar that our brain, nerves, and muscles need to function. A small amount of glucose circulates in our blood, but the majority of it is stored in our muscles and liver as glycogen.

The body can store only a limited amount of glycogen. When you deplete your stores, your muscles and brain run out of fuel and you feel physically fatigued and mentally drained. "Hitting the wall" is essentially your brain and muscles running out of carbs. Consuming carbs can help "minimize glycogen depletion and keep blood sugar level," says Shulman. In other words, you'll avoid crashing and burning. On the other hand, if you eat too much midrun, your stomach won't be able to digest all the carbohydrates and you'll probably experience sloshing, bloating, or cramping feelings that signal carb overload.

**The 75-Minute Rule**

On a run that's about 75 minutes or less, you can rely on your body's glycogen stores and the food you eat prerun to power you through. Run longer, though, and you need carbs.

Jackie Dikos, R.D., a consultant dietitian who heads Nutrition Success in Indianapolis, suggests that runners start "fueling before the onset of fatigue." That means you should start taking in carbs between 30 and 60 minutes into your workout or race, depending on the intensity of your run. Dikos, who ran in this year's Women's Olympic Marathon Trials, starts drinking a carb-rich sports drink about 40 minutes into a marathon. You should then continue fueling in frequent, small doses. The ideal is 100 to 250 calories (or 25 to 60 grams of carbs) per hour, after the first hour of running, says Nancy Clark, M.S., R.D., author of Nancy Clark's Food Guide for Marathoners. That's the equivalent of one to 2 1/2 sports gels or 16 to 40 ounces of sports drink per hour.

That said, a runner's exact calorie needs vary from person to person. As Clark puts it: "A Hummer needs more gas than a Mini Cooper." Smaller runners might only need 100 calories every hour, while larger runners might need around 250 calories. The less fit you are, the faster you burn through stored carbs, meaning you'll need more calories midrun to keep your tank full. Running at a quick pace or high intensity also uses glycogen at a faster rate-a car going 75 miles an hour uses more gas than one going 60.

Many runners rely on sports drinks (Gatorade, Powerade) and gels (PowerBar Gel, GU) for their carbs. "Both are sugar by another name," says Clark. "Sugar is what your body wants." But feel free to eat it in whatever form works for you, whether that's Gummi Bears, dried fruit, or Twizzlers. Clark, a veteran of nine marathons, eats mini Milky Ways on her long runs; Shulman, a runner and triathlete who routinely wins her age group, likes Fig Newtons.

The key to long-run nutrition, says Shulman, is for runners "to experiment with what works for them." Training runs offer the best opportunities to try new carb sources and practice timing your intake. By doing so, you'll learn how much your brain and body need to function at peak levels. And that means no more time lost to pitstops or run-ins with the wall at mile 21.

“Your Personal Training Plan”

To be completed based on your personal goals

“Some Local Races of Interest”

Sunday, April 17, 2011 – Vermont Maple Festival Sap Run – 8.5 miles – St. Albans

Sunday, May 15, 2011 – Run for Jim – 5 kilometers (3.1 miles) – St. Albans

Sunday, July 17, 2011 – Stowe 8 miler – Stowe

July, 2011 – MVU 5 kilometer run (3.1 miles) - Swanton

Saturday, August 14, 2011 - Brandon Stephenson Scholarship Fund 4 mile run – St. Albans City Pool

Early August 2011 – Egg Run, 5 kilometers (3.1 miles)/10 kilometers (6.2 miles) – Fairfax

Sunday, October 2, 2011 – Leaf Peepers ½ marathon (13.1 miles) – Waterbury

Mid October – Green Mountain marathon (26.2 miles) – North Hero

“Personal Information”

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Town/State/Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many miles are you currently running or walking each week?
2. Please describe any short and long-term running/fitness goals you wish to achieve.
3. Please describe your current running or walking routine. Include the days of the week you usually run or walk with respective mileage, approximate weekly mileage, current long run distance, and days you set aside for complete rest (don’t train).
4. Please describe any cross-training (weight training etc.) you do on a regular basis. Include the days of the week you cross-train with the respective sport/activity.
5. Please list your personal best performances for the distances you enjoy racing. Indicate the race distances and their respective finish times, approximate dates, locations, etc.
6. Please describe any past or current medical conditions, concerns, injuries, etc. that have had an effect on your personal health, fitness level, ability to train, etc.
7. Please indicate your age, sex, height, and weight (optional).
8. Please feel free to share any other information that you believe will be helpful to me in assisting you.

***Waiver and Indemnity***

Your use of information contained within this Personal Training Service certifies that you have read and accept these *Terms of Use*. You are stating that you fully understand that you are solely responsible for the way that you use and perceive the information and/or within all forms of communication received (email correspondence, telephone contact, etc.) related to this Personal Training Programs) and do so at your own risk. By accepting these *Terms of Use*, you are acknowledging that all types of exercise are potentially hazardous activities and may cause injury and even death. You are stating that you are voluntarily participating in these activities. You acknowledge and agree that no warranties or representations have been made to you regarding the results you will achieve from this program. You understand that results vary from one individual to another. You acknowledge and agree that this training program, St. Albans Recreation Department, Bill O’Connor, and their respective employees, heirs, directors, officers, agents, representatives, successors and assigns, administrators, executors, and others involved in the creation, production or delivery of this training will not be held liable for any damages suffered or incurred by you or any third person arising out of any fault, interruptions, or delays in the provision of this training or any inaccuracies, errors or omission in this training or any product or services referenced, however such faults, interruptions, delays, inaccuracies, errors or omissions arise. By accepting these *Terms of Use* on behalf of yourself, any third party, and/or anyone acting on your behalf (your heirs, assigns, insurance companies, executors, administrators, etc.), you are acknowledging that you do hereby waive, release and forever discharge this training program, St. Albans Recreation Department, Bill O’Connor, and their respective employees, heirs, directors, officers, agents, representatives, successors and assigns, administrators, executors, and all others from any and all responsibilities, losses, claims, expenses (including legal and accounting fees), demands, liabilities, causes of known or unknown action, etc., from any injuries or direct, indirect, incidental, consequential, special, exemplary, and punitive damages (collectively the “damages”) resulting from, or connected with your participation, reliance, and use of information from this training whether arising from the negligence of the releasees or otherwise. If you do not agree with any part of the *Terms of Use* detailed within this document, are dissatisfied with the information contained within this training program, and/or are dissatisfied, your sole and exclusive remedy is to immediately discontinue your use of this training program. You agree to defend, indemnify, and hold St. Albans Recreation Department, Bill O’Connor, and their respective employees, heirs, directors, officers, agents, representatives, successors and assigns, administrators, executors, and all others harmless from and against any and all responsibilities, losses, damages, claims, expenses (including legal and accounting fees), demands, liabilities, etc. resulting from, or alleged to result from, your violation of the *Terms of Use*.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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