

## **Training for the Jingle Bell Run on December 11, 2011**

If you are a beginner start slow, use our plan that was designed just for you.

Included are plans for all running levels.

**Beginners:** Purchase a good support running shoe. The shoe should not feel tight and it's okay to move around a store with both shoes on to see how they feel. Wear comfortable clothes while doing your training. Hydrate your body with water before, during and after your workouts. If running outside in the Houston heat beware of your water intake you many need more than you think.

**Intermediate:** This training includes the ability to work on speed. Use the indoor track at the Tellepsen Family Downtown Y. When running around the track note that the track is 1/10<sup>th</sup> of a mile. As you do your Indoor Track Interval Training warm up first for 2-5 minutes. Sprint the first lap then walk or jog the second lap. Alternate the sprint then the jog. Follow the program that was designed for you.

**Advanced:** Included in this training is a Tempo Run. A tempo run will help in the development of your anaerobic threshold which is critical for fast 5K racing. Start your run with a 5 to 10 minute easy run something resembling a warm up. Pick up your speed for 15-20 minute finish with a 5-10 minute cool down. The speed should feel comfortably hard.

### **CROSS TRAINING (CT)**

Cross training is beneficial when training for any road race. The focus tends to be only on the running but your muscles deserve some diversity. By cross training you will help your joints and muscles by giving them a break. Cross training can include doing an indoor cycle class, doing a group exercise class and keeping flexible with yoga.

### **INDOOR TRACK INTERVAL TRAINING**

The Tellepsen Family Downtown Y has a great indoor track that can be used to do the interval work mentioned in the Intermediate and Interval Workouts (**IW**).

## **REST**

Rest is critical to recovery to help in the prevention of injury. It's important not to ignore your rest day. Your muscles rebuild and repair themselves during your rest days. If you run every day without resting or taking a day off you won't see much improvement.