



Chevron YMCA Jingle Bell Run Sunday, December 13th 2009 10 Week Training Program Guideline Beginner Runners

Training Phases

Training phases are represented by different colors on your 10 week training schedule with each having a different purpose in your training. For beginners most of your training will be base building as you approach race day. More experienced runners may want to add an interval training run once a week (Wednesday are recommended) using hills or track workouts to improve strength, speed and running form.

- **Base Building – Blue**
The first few weeks of training used to build a solid aerobic training base and progressively increase weekly mileage to improve endurance. For shorter distance races like 5Ks or the Jingle Bell run, most of the training program is base building, especially for beginners.
- **Pacing – Purple**
Once you have run at least a 5K as practice you can use your predicted pace for a 5 mile race 2-3 times a week. Use the **RunnersWorld.com Pace Predictor** or the **Macmillan Running Calculator** (links below) to predict your 5 mile pace per mile based on a recent shorter distance race like a 5K. If you run the Great Pumpkin 5K on October 31st or the Uptown Turkey Trot 5K on November 26th, plug your best 5K time in to get an estimate of what you are capable running the longer 5 mile Jingle Bell Run in.

RunnersWorld.com Race Pace Calculator

<http://www.runnersworld.co.uk/news/article.asp?UAN=1681&V=1&SP=>

MacMillan Running Calculator

<http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>

- **Tapering - Yellow**
Gradually decreasing mileage as you approach race day. The shorter the race the least amount of a taper or decrease in mileage you need prior to race day.
- **Race Day - Red**
Your day to put your game face on, put all of your training to work and get to the finish line!
- **Post Race Recovery - Orange**
Rest and lower mileage walking and running to recover from a race and to recharge for your next base building training period.

Training Runs & Recommended Pacing

Each training run on the schedule is displayed in miles per workout. Below is a description of each type of run along with general pacing guidelines. Think of each type of run as being in a different running gear like shifting gears in a car. 1st gear is real slow and 5th gear is real fast or running at your race pace.

- **E = Easy Pace - 1st Gear**
Training Distance: Long
Longer distance runs that are run at a slower pace. The “E” run improves endurance to allow you to go the distance on race day.
 - **T = Training Pace – 2nd Gear**
Training Distance: Short to Medium
Short to medium distance runs performed at a comfortable but slightly challenging training pace. This run is your standard mid week training run pace.
 - **P = Training Pace with random periods of increased pace – 3rd Gear**
Otherwise known as “Fartleks, “Speed Play”, “Pick Ups” or “Surges”
Training Distance: Short to Medium
Short to medium distance run at your “T” training pace with intermittent pick ups in speed to a “T+” pace throughout the run. You can use random pickups, time intervals or distance intervals during this type of run. For added intensity intervals can be run on hills or a running track. If you don’t have access to hills then do some incline intervals on a treadmill to simulate varied terrain. The “P” runs really help improve your pacing, power and speed.
 - **PRP = Predicted Race Pace – 4th Gear**
Training Distance: Short
These PRP runs are a chance to practice your predicted race pace for your goal race at mileage levels less than your goal race. Use your most recent race times and plug them into the calculator at the RunnersWorld.com website to predict what your race pace should be for a 5 mile race distance. Once you know this pace practice it outdoors during this run at a place like Memorial Park or an oval ¼ mile track where you can gauge your distance and pace during the run. This is great to get a feel for the pace you can comfortably hold during the Jingle Bell Run. You don’t have to perform the entire run at this pace if it is too aggressive but try your best to maintain this pace for most of it.
- Most runners have no clue what pace they are capable of running when they run a race of more distance than they are used to. Practicing your goal race pace gets you comfortable with what you can physically handle and will allow you to complete the race with minimal discomfort and have fun along the way!
- **R = Goal Race Pace for Shorter Distance Races – 5th Gear**
(5K=3.1m, 5 Mile Race, 10K=6.2m)
Race Distance Above: Short to Medium
Shorter distance races run at or faster than your “P” pace if possible. Runners who have trained properly for their race will find that the adrenaline rush they experience at the start line will be enough for them to run faster during a race. Your pace during a race should be faster than your standard “T” or training pace.

Races

You will have two major opportunities during your 10 week training program to practice running in three recommended Houston road races. This is great practice for the Jingle Bell Run, helps build confidence in your running and gets you used to running with many runners on a congested course. Races are highlighted in Red on your 10 week training schedule. Plan your calendar to participate in as many of these as you can leading up to the Jingle Bell Run. For a complete list of Houston Area races go to HARRA.org (Houston Area Road Runners) and view the local race calendar.

- **Texas Heart Institute – Great Pumpkin Run 5K – Sat October 31st 8:00 AM**
Tranquility Park - Downtown Houston
- **TXU Turkey Trot 5K – Thanksgiving Thur November 29th 8:00 AM**
Houston’s Uptown Park

Cross Training

Cross-training on your running program is any type of cardiovascular fitness that is not running and preferably non-weight bearing. This is an opportunity to maintain or improve your

cardiovascular fitness by doing cardio exercise on off running days. The "X"s shown in the cross training column of your program are days that are recommended to do optional cross training.

Examples of recommended cross training include:

- Cycling – Road or mountain biking
- Stationary Bike
- Recumbent Bike
- Spinning classes (indoor cycling)
- Elliptical Trainer (Precor EFX)
- Swimming
- Aqua Jogging

Run Log

The run log row on your schedule is a place for you to log what you actually do every day on the schedule. Write down your actual mileage run and notes on how you felt that day. Review your log weekly and reflect on what adjustments you need to make to maintain consistent training and complete your total mileage for the week.

Race Day Tips

Training for the Jingle Bell Run is a great way to get a jumpstart on your fitness and your New Year's Resolution. In fact if you make it to the finish line you may not need a New Year's Resolution! Here are a few tips that may help you run a strong race:

- Remember always to start your race slow and finish fast. If you still have some energy left towards the end burn it up on the course.
- Try to have a pace per mile goal set before the race and stick to it for most of the race. The Runner's World Pacing Tool we mentioned earlier is an easy way to do this.
- Anticipate turns on the course and position yourself ahead of time so you save time and avoid congestion on the course. If the next turn is a left shift to the left of the street etc.
- When streets are crowned or banked stay towards the middle of the road to avoid hip tightness or discomfort. Run on the flattest part of the street whenever possible
- Slow down when approaching water stations. If you decide to pass up water stay in the middle of the course. If you need water gradually work your way to the left or right before the water station, grab your water and then get back to the center quickly so you don't get in the way of others.
- **DO NOT** try to run faster on down hills. You will tire your quadricep muscles and probably pay for it later in the race. Try to keep the cadence of your foot speed consistent on the up hills and down hills. Use shorter steps and quicker foot turnover on the up hills to climb hills with less effort and keep your momentum going on the climb
- Eat a carb rich breakfast the morning prior to the race and a light lunch or snack before the race. Make sure you allow adequate time for digestion so you don't feel heavy at the start line. The run starts at 2:00 pm unlike many races so plan your food intake accordingly.
- Even in cool weather make sure you hydrate well before the race and during as needed.
- Smile during the race especially at the finish line when they take your picture. Even if it gets painful make it look like you are having the time of your life!