

**Marathon and Half Marathon**

**TRAINING GUIDE**



# WE'LL KEEP YOU MOVING



Congratulations! Whether you're an experienced runner or walker or trying your first race, you're doing great things for your overall health and fitness. You receive big benefits too: strengthening your bones and muscles, working your heart, increasing oxygen flow and reducing stress.

Our training guide is designed to help you maximize these benefits while minimizing the chance for burn-out and injuries. You'll find tips for stretching and warming-up, maps of area trails, nutrition and hydration guidelines, and lots of other information that will boost your performance and enjoyment.

If you experience an unexpected sprain or strain, the team at ThedaCare Orthopedics Plus is here to help. The training guide contains a calendar of free injury clinics. Or, call us anytime for an appointment at (920) 831-5050. Remember, an injury doesn't always mean surgery.

The ThedaCare Orthopedics Plus care model is one you can count on for fast, accurate treatment. We all want the same positive, productive outcome and that only comes through a complete understanding of each and every person cared for at Orthopedics Plus. Your needs are understood from start to finish. Best of luck with your training!

**ThedaCare Orthopedics Plus**  
**Sports Medicine and Ortho Team**  
[www.thedacareorthoplus.org](http://www.thedacareorthoplus.org)

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## TYPES OF RUNS

*By Megan Check, Occupational Therapist, ThedaCare Orthopedics Plus*

Different types of runs are practiced by runners of all levels. If a runner wants to get more out of his or her training, it is good to perform and use various types of running to achieve a set goal. A goal may be to finish your race within a specific time, which can be broken down into a set pace, or just completing the race.

These different runs can be combined, used experimentally, or used as part of a specific training program. They can be scheduled into your training program. Depending on your training program, it may be possible to do one base run, one long run, one hill and one tempo run all within one week, and that may change the next week. You also don't want to be overwhelmed with the different types of training runs, especially if you are

just starting out. It is best to try different runs and monitor which work best for you!

### **Recovery Run**

This run is best done after a race or strenuous workout or run, at a steady, slow pace. It should be a comfortable run though fatigue most likely will be present from previous workout.

**Example:** 3 miles easy

### **Base Run**

This is a short to moderate length run at a natural pace. It should be done frequently to stimulate improvements in aerobic capacity, endurance, and proper running style.

**Example:** 5 miles at natural pace



# TYPES OF RUNS

*Continued*

## **Long Run**

This is a base run, meaning running at your natural pace, though it should leave you moderately to severely fatigued. The point is to push and increase your endurance. The distance should be specific to your current level of endurance. This should be long enough to give you the confidence you will need to complete an upcoming race.

**Example:** 10 miles at natural pace

## **Progression Run**

This run starts at your natural pace and will end with a faster segmented race pace. It is meant to be moderately challenging, but easier than tempo and interval runs.

**Example:** 3 miles at natural pace + 1 mile at 10K pace

## **Fartlek Run**

This base run has short, fast intervals within. It is a good way to develop efficiency and fatigue resistance at faster speeds in the early phases of a training cycle. This running style can also be a stepping stone into later training phases of performing interval and tempo running.

**Example:** 5 miles at natural pace with 6 times for 30 seconds at a 5K race pace scattered throughout

## **Hill Repetitions**

Hill running is short segmented, hard uphill running to increase aerobic power, fatigue resistance and strength. The ideal hill would be a moderate grade of 4-6 percent. Hill repetitions would be best introduced after a solid base of training has been established to advance into higher intensity training.

**Example:** 1 mile warm up jog plus 10 times for 1 minute uphill at 1,500m race effort with 2.5 minute jogging recoveries and a 1 mile cool down jog

## **Tempo Run**

This workout pushes one or two sustained efforts toward an athlete's lactate threshold intensity. This is the fastest pace that can be sustained for one hour in highly fit runners and the fastest pace that can be sustained for 20 minutes in an average runner. This type of running is to increase speed for a prolonged time period and to increase pace.

**Example:** 1 mile warm up jog + 4 miles at lactate threshold pace + 1 mile of cool down jog

## **Interval**

An interval workout consists of short intervals of fast running separated by slow jogging. This allows you to put more fast time into your run than with a single prolonged effort; working towards avoiding fatigue with fast running speeds.

**Example:**

**Long Interval** – 1 mile warm-up jog plus 5 times for 1 km at a 5K race pace with 400m jogging recoveries plus 1 mile cool down jog

**Short Interval** – 1 mile warm-up jog plus 10 times for 300m at an 800m race pace with 400m jogging recoveries plus a 1 mile cool down jog

## **Race Pace**

This is it, RACE day, you made it! Your adrenaline will be pumping with all the pre-race activities and people, but remember not to over do it starting your race. You definitely want to push yourself, but without burning out. You may have a goal time to finish your race; if so, pacing is very important. For bigger and longer races often there are pace groups to help you reach your goal time. If you would like to calculate your own race pace target or pace for training workouts this is one link to try:

<http://www.runnersworld.co.uk/racing/rw-calculators/1465.html>



# ROAD SAFETY

By Teresa Iattoni, Physical Therapist, ThedaCare Orthopedics Plus

Running has very few requirements: shoes, clothes and a road/trail. The minimalist nature of running sometimes leads us to forget about safety. The follow is a list of things to remember to keep yourself/others safe and insure a positive running experience.



## Planning a Run

Make your run more interesting, run with a partner or a dog.

Tell someone your route and expected return time.

Carry ID which includes your name, phone number, blood type, and include pertinent medical information (paper with information, drivers license or id bracelet/necklace).

Carry cell phone and/or a whistle.

Take a self defense class.

Vary your routes randomly.

Wear visible clothing-reflective material especially at dawn/dusk or night running.

## During Your Run

Be aware of your environment.

Avoid isolated and unlit areas.

Plan ahead for the worst. (Know where phones and homes/stores are located where people will be).



Ideally run on sidewalks or trails rather than roads. Run against traffic- you should be facing oncoming vehicles.

Follow road signage-stop and look both ways prior to crossing street.

Protect yourself: Automobile drivers may not see you. Be aware of vehicles and if they can see you (bushes blocking, cars in reverse or coming out of parked positions).

Practice remembering license plate numbers and descriptive information if vehicle or person passes you several times.

Do not respond to verbal harassment.

Trust your inner voice-if doesn't feel right, then it probably is not right.

When running on trail, follow the rules of the trail.

Communicate to other runners, walkers and cyclists letting them know what side you are passing.

Call police immediately if something happens to you, someone else, or something is out of the ordinary.



*free*

# INJURY ASSESSMENT CLINICS

**Tuesdays from Noon-1 pm at  
ThedaCare Orthopedics Plus, 820 E. Grant Street, Appleton**

**No appointment necessary.**

The sports medicine team of licensed athletic trainers, physical therapists or sports medicine physicians will be available to assess your injury and provide recommendations to help you recover and return to running safely.

### Clinic Dates:

July 24

July 31

Aug 7

Aug 14

Aug 28

Sept 4

Sept 11

Sept 18





## TRAINING SCHEDULE

*By Megan Check, Occupational Therapist, ThedaCare Orthopedics Plus*

You've decided that you would like to participate in a running race event. Whether it is a 5K, 10K, half-marathon or full-marathon, it is very important to prepare for the race. Different training programs and schedules work at various levels for different people. The biggest thing to remember is to have a plan, including a training program, so you do not injure yourself prior to the day of the race or post-race.

Many different resources are available to help structure a personal training schedule, for example:

- ThedaCare Orthopedics Plus free resources  
<http://www.thedacareorthoplus.org>
- Community First Fox Cities Marathon Race Home Page
  - <http://www.foxcitiesmarathon.org/>
  - <http://training.active.com/ActiveTrainer/listing.do?listing=514>
- Join a professional running club, store or program such as
  - Pace Setters <http://pacesettersrun.org/aboutus.htm>
  - Fleet Feet <http://www.fleetfeetfoxvalley.com/>
  - The YMCA <http://ymcafoxcities.org/runningeventsV2.aspx>
- Join other local running clubs/running groups
- Online memberships /magazines/clubs
  - Runner's World <http://www.runnersworld.com/>
  - Cool Running <http://www.coolrunning.com/>
  - Active <http://www.active.com/>
  - Hal Higdon <http://www.halhigdon.com/>

- Here is a link to a free training schedule from Hal Higdon, which I have found helpful modifying for my own personal needs. It's an example of a free, pre-structured half marathon advanced training program:  
<http://www.halhigdon.com/training/51133/Half-Marathon-Advanced-Training-Program>

Many other resources are available to you. These are just a few that may be easier to access in the Fox Valley. When working from a training schedule, it may be helpful to actually input your training for the day into your personal schedule – your pocket calendar or phone calendar. Specific training logs are available for purchase or you can use a wall calendar for tracking your training.

Talk with experienced runners. Most likely they will be more than happy to share their personal experiences with you! See what has worked for them. It also may be very helpful to find a friend or family member to train with. It may work to schedule all your runs or even weekly runs with this person. Or even if you don't live near each other, it is a great support to have continued contact with this person, relating to your daily and weekly challenges. This person can be a huge motivation while progressing along your training journey. Training for your race is not only smart, but the best way to maximize your performance come race day!



# DYNAMIC WARM-UP/STRETCHING

By Amy Flick, MPT, OCS, Physical Therapist

Stretching is very important for runners. Flexibility exercises maintain optimal joint mobility which in turn allows for improved distribution of forces across joint surfaces. Stretching and warming up properly can decrease your injury risk. BUT – when is the best time to stretch?

## Static Stretching

(in which you hold a position for a period of time) is best when performed AFTER a run or other aerobic activities. While exercising, our blood flow is diverted to the working muscles which warms the muscles and makes them more pliable. Static stretches maximally elongate the muscles and relax the nervous system.

## Dynamic Warm-Up

Performed BEFORE running or other aerobic activities. A dynamic warm-up is one in which you are moving throughout the full range of motion of the joints, without holding the position, to prepare yourself for the activity. Dynamic warm-ups improve the elasticity of the muscles, improve your coordination, and excite the nervous system for the upcoming event.

## DYNAMIC WARM-UP



### High Knee Hug

As you walk forward, bring one knee up to your chest, pulling it close with your hands. Alternate legs as you continue to walk forward. Perform 10 repetitions on each leg. Repeat the exercise walking backward. Perform 10 repetitions on each leg.



### Lunge with Overhead Reach

Lunge forward onto one foot. Keep the knee straight on the trail leg and the heel on the floor. Hold this position as you reach your arms overhead. Repeat on the other leg as you continue to move forward. Perform 10 repetitions on each side.

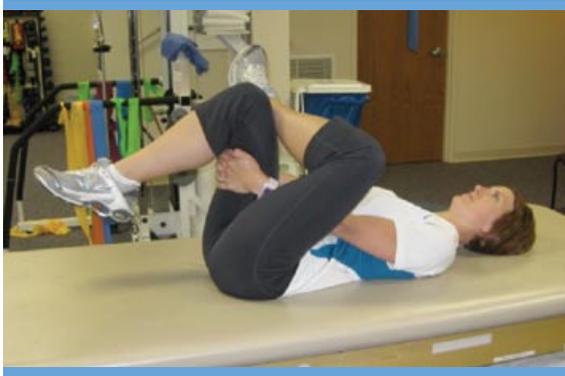


### Hamstring Stretch

As you walk forward, kick your left leg out in front of you and reach for your toes with your right hand. Then kick your right leg out in front of you and reach for your toes with your left hand. Perform 10 repetitions on each side. Repeat the exercise walking backward. Perform 10 repetitions on each side.



# STATIC STRETCHES



## Buttock Stretch

Lay on your back with both knees bent. Place the ankle of your left leg onto your right knee. Gently pull your right leg up toward your chest. You should feel a stretch in your left buttock. Hold this position for 30 seconds. Perform 3 repetitions. Repeat on the other side.



## Quadriceps Stretch

Lay on your stomach on the right side of your bed. Drop your right leg off of the bed, flexing your hip and knee so that your foot is underneath your hip. Use a belt or your left hand to grasp your left ankle. Pull your left leg toward your buttock until you feel a stretch in the front of your left thigh. Hold this position for 30 seconds. Perform 3 repetitions.



## Hamstring Stretch

Stand with your right leg on a chair. Keep your left leg straight and your trunk tall. Gently reach forward, leading with your chest. Do not round your back. You should feel a stretch in the back of your thigh. Hold this position for 30 seconds. Perform 3 repetitions. Repeat on the other side.



## Inner Thigh Stretch

Sit with your back and buttock against a wall. Tuck your feet in toward you. Relax your legs so that they fall toward the ground. From this position, gently arch your back away from the wall. You should feel a stretch in your groin and inner thigh. Hold for 30 seconds. Perform 3 repetitions.





## TRAINING RUNS

Week	Date	Full Distance	Half Distance
1	May 26	6 miles	4 miles
2	June 2	7 miles	4 miles
3	June 9	9 miles	5 miles
4	June 16	10 miles	6 miles
5	June 23	7 miles	5 miles
6	June 30	12 miles	7 miles
7	July 7	13 miles	7 miles
8	July 14	10 miles	8 miles
9	July 21*	15 miles	7 miles
10	July 28	16 miles	8 miles
11	August 4*	12 miles	10 miles
12	August 11	18 miles	8 miles
13	August 18*	14 miles	10 miles
14	August 25	Cheeshead Half Marathon and 5K - no training run	
15	September 1*	20 miles	11 miles
16	September 8*	12 miles	7 miles
17	September 15*	8 miles	5 miles

**\*ThedaCare Orthopedics Plus will be at these PaceSetters Training Runs with physical therapists to answer your questions after the run.**

**Rain or Shine. For all abilities and age groups!**

**Place:**

Run Away Shoes (Start & Finish), W3192 Cty. Rd. KK, Appleton  
 Next to Kohl's East (Hwy. 441 and Calumet St., County KK)  
 Saturday Mornings - 7:00 a.m. Start

**Provided:**

- Water and Gatorade on course and at the Start/Finish
- Safe and runner/walker friendly courses (varies week to week)
- An opportunity to see various miles of the Fox Cities Marathon and Half Marathon race day course!
- Knowledgeable PaceSetters Running Club and Fox Cities Marathon Staff present to answer any questions regarding training, registration, etc.



www.thedacareorthoplus.org



## FOX CITIES AREA TRAILS

**Links to Running Trails around the Fox Cities:**

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/GrandChute.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/GrandChute.pdf) Greenville

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/Greenville.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/Greenville.pdf) Kaukauna

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/Kaukauna.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/Kaukauna.pdf) Menasha

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/menasha.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/menasha.pdf) Neenah

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/neenah.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/neenah.pdf) Appleton's Northside

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/AppNorthside.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/AppNorthside.pdf) Appleton's Riverfront

[www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/AppRiver.pdf](http://www.co.outagamie.wi.us/planning/MapsImages/FoxCitiesTrails/AppRiver.pdf) Maps courtesy of Pacesettersrun.org



# RUNNING PACE CHART/2 MILES-15K

Time/Mile	(3.107 Miles)			(6.214 Miles)		(9.321 Miles)		
	2 Miles	3 Miles	5K	3.5 Miles	5 Miles	6 Miles	10K	15K
4:45	9:30	14:15	14:45	16:38	23:45	28:30	29:31	44:16
5:00	10:00	15:00	15:32	17:30	25:00	30:00	31:04	46:36
5:15	10:30	15:45	16:19	18:22	26:15	31:30	32:37	48:56
5:30	11:00	16:30	17:05	19:15	27:30	33:00	34:11	51:16
5:45	11:30	17:15	17:52	20:08	28:45	34:30	35:44	53:36
6:00	12:00	18:00	18:38	21:00	30:00	36:00	37:17	55:55
6:15	12:30	18:45	19:25	21:53	31:15	37:30	38:50	58:15
6:30	13:00	19:30	20:12	22:45	32:30	39:00	40:23	1:00:35
6:45	13:30	20:15	20:58	23:37	33:45	40:30	41:57	1:02:55
7:00	14:00	21:00	21:45	24:30	35:00	42:00	43:30	1:05:15
7:15	14:30	21:45	22:31	25:22	36:15	43:30	45:03	1:07:34
7:30	15:00	22:30	23:18	26:15	37:30	45:00	46:36	1:09:54
7:45	15:30	23:15	24:05	27:08	38:45	46:30	48:09	1:12:14
8:00	16:00	24:00	24:51	28:00	40:00	48:00	49:43	1:14:34
8:15	16:30	24:45	25:38	28:53	41:15	49:30	51:16	1:16:54
8:30	17:00	25:30	26:24	29:45	42:30	51:00	52:49	1:19:13
8:45	17:30	26:15	27:11	30:37	43:45	52:30	54:22	1:21:33
9:00	18:00	27:00	27:58	31:30	45:00	54:00	55:55	1:23:53
9:15	18:30	27:45	28:44	32:23	46:15	55:30	57:29	1:26:13
9:30	19:00	28:30	29:31	33:15	47:30	57:00	59:02	1:28:33
9:45	19:30	29:15	30:18	34:07	48:45	58:30	1:00:35	1:30:53
10:00	20:00	30:00	31:04	35:00	50:00	1:00:00	1:02:08	1:33:12
10:30	21:00	31:30	32:37	36:45	52:30	1:03:00	1:05:15	1:37:52
11:00	22:00	33:00	34:11	38:30	55:00	1:06:00	1:08:21	1:42:32
11:30	23:00	34:30	35:44	40:15	57:30	1:09:00	1:11:27	1:47:11
12:00	24:00	36:00	37:17	42:00	1:00:00	1:12:00	1:14:34	1:51:51

Provided by: [www.races2run.com](http://www.races2run.com)



# RUNNING PACE CHART/10 MILES-MARATHON

Time/Mile	(12.427 Miles)		(13.109 Miles)		(15.534 Miles)		(18.641 Miles)		(26.219 Miles)	
	10 Miles	20K	1/2 Marathon	15 Miles	25K	30K	20 Miles	Marathon		
4:45	47:30	59:02	<b>1:02:16</b>	1:11:15	1:13:47	<b>1:28:33</b>	1:35:00	2:04:32		
5:00	50:00	1:02:08	<b>1:05:33</b>	1:15:00	1:17:40	<b>1:33:12</b>	1:40:00	2:11:06		
5:15	52:30	1:05:15	<b>1:08:49</b>	1:18:45	1:21:33	<b>1:37:52</b>	1:45:00	2:17:39		
5:30	55:00	1:08:21	<b>1:12:06</b>	1:22:30	1:25:26	<b>1:42:32</b>	1:50:00	2:24:12		
5:45	57:30	1:11:27	<b>1:15:23</b>	1:26:15	1:29:19	<b>1:47:11</b>	1:55:00	2:30:45		
6:00	1:00:00	1:14:34	<b>1:18:39</b>	1:30:00	1:33:12	<b>1:51:51</b>	2:00:00	2:37:19		
6:15	1:02:30	1:17:40	<b>1:21:56</b>	1:33:45	1:37:05	<b>1:56:30</b>	2:05:00	2:43:52		
6:30	1:05:00	1:20:47	<b>1:25:13</b>	1:37:30	1:40:58	<b>2:01:10</b>	2:10:00	2:50:25		
6:45	1:07:30	1:23:53	<b>1:28:29</b>	1:41:15	1:44:51	<b>2:05:50</b>	2:15:00	2:56:59		
7:00	1:10:00	1:27:00	<b>1:31:46</b>	1:45:00	1:48:44	<b>2:10:29</b>	2:20:00	3:03:32		
7:15	1:12:30	1:30:06	<b>1:35:03</b>	1:48:45	1:52:37	<b>2:15:09</b>	2:25:00	3:10:05		
7:30	1:15:00	1:33:12	<b>1:38:19</b>	1:52:30	1:56:30	<b>2:19:49</b>	2:30:00	3:16:38		
7:45	1:17:30	1:36:19	<b>1:31:36</b>	1:56:15	2:00:23	<b>2:24:28</b>	2:35:00	3:23:12		
8:00	1:20:00	1:39:25	<b>1:44:53</b>	2:00:00	2:04:16	<b>2:29:08</b>	2:40:00	3:29:45		
8:15	1:22:30	1:42:32	<b>1:48:09</b>	2:03:45	2:08:09	<b>2:33:47</b>	2:45:00	3:36:18		
8:30	1:25:00	1:45:38	<b>1:51:26</b>	2:07:30	2:12:02	<b>2:38:27</b>	2:50:00	3:42:52		
8:45	1:27:30	1:48:44	<b>1:54:42</b>	2:11:15	2:15:55	<b>2:43:07</b>	2:55:00	3:49:25		
9:00	1:30:00	1:51:51	<b>1:57:59</b>	2:15:00	2:19:49	<b>2:47:46</b>	3:00:00	3:55:58		
9:15	1:32:30	1:54:57	<b>2:01:16</b>	2:18:45	2:23:42	<b>2:52:26</b>	3:05:00	4:02:31		
9:30	1:35:00	1:58:04	<b>2:04:32</b>	2:22:30	2:27:35	<b>2:57:05</b>	3:10:00	4:09:05		
9:45	1:37:30	2:01:10	<b>2:07:49</b>	2:26:15	2:31:28	<b>3:01:45</b>	3:15:00	4:15:38		
10:00	1:40:00	2:04:16	<b>2:11:06</b>	2:30:00	2:35:21	<b>3:06:25</b>	3:20:00	4:22:11		
10:30	1:45:00	2:10:29	<b>2:17:39</b>	2:37:30	2:43:07	<b>3:15:44</b>	3:30:00	4:35:18		
11:00	1:50:00	2:16:42	<b>2:24:12</b>	2:45:00	2:50:53	<b>3:25:03</b>	3:40:00	4:48:24		
11:30	1:55:00	2:22:55	<b>2:30:45</b>	2:52:30	2:58:39	<b>3:34:22</b>	3:50:00	5:01:31		
12:00	2:00:00	2:29:08	<b>2:37:19</b>	3:00:00	3:06:25	<b>3:43:42</b>	4:00:00	5:14:37		

Provided by: [www.races2run.com](http://www.races2run.com)





## GEARING UP TO RUN

By Becky Czechanski PT, DPT, CSCS Physical Therapist

### Shoes

When purchasing shoes:

- 1 Always fit the largest foot and try shoes on at the end of the day
- 2 Run in the shoes to get a feel for the cushioning and support
- 3 Wear socks that you will be commonly wearing when running
- 4 Know your weekly mileage
- 5 Know the type of running surface you generally train on
- 6 Whether or not you wear orthotics.



Some stores offer a running evaluation prior to purchasing shoes, which is a great perk to take advantage of. Shoes should have 3/8 to 1/2 inch of space between the longest toe and the end of the shoe when trying them on in a standing position.

To allow for optimal recovery of shoes, try to have a 24 hour period between wearing the same running shoes. Some runners consider buying two pairs of shoes and rotating them when running to extend their overall life. Shoes should generally be changed every 400-600 miles, depending on the wear of the shoe.

### Socks

If you have always ran in ordinary crew cut cotton socks and wondered why you formed gigantic blisters after a training run, you have not tried running socks! The synthetic fiber of a running sock along with the appropriate padding makes a world of difference when logging miles. Most running socks have extra cushioning at the heel and forefoot for impact. Some also have a compression band around the mid foot for added support and built in antibacterial treatment to ward off stinky feet. Compression socks have also hit the market as the latest craze for recovery. It has been shown in studies that they assist in stimulating blood flow which allows legs to recover faster from a hard run. These socks run anywhere from \$35-\$65 and may be used as another effective running tool.

### Shirts/Shorts

There are certain components of shirts and shorts that are crucial to have when buying running attire. Finding material that is moisture wicking will significantly assist in sweat absorption and avoid skin irritation. Polyester is a common running fabric that allows for the breathability with activity. Avoid cotton material when running because it will actually hold sweat, causing you to become cold and miserable, even on a warm day. Some shorts are made with a built in pocket which is handy for storing keys, fuel, or any emergency information when out on a long run. If running at night, making sure your shorts and shirt have reflective material is important so cars and bikes can see you clearly. Most if not all running shorts also have a built in brief liner which again allows for the breathability on a sweaty training run.





## KEEPING FUELED FOR THE LONG HAUL

*By Becky Czechanski PT, DPT, CSCS Physical Therapist*

### Hydration

Hydration is the number one intervention in providing performing enhancing effects when running. When exercise or any event lasts more than 60-90 minutes, fueling is crucial to keep energy levels high and not deplete the glycogen stores in the muscles. Sweating increases electrolyte loss, which can cause up to a 10% loss of contractile strength and an 8% loss of speed while training. Hydration is important before, during, and after competition. Luckily, fluid can be consumed in various forms such as fruits and veggies, milk and smoothies, fruit juice, sports drinks, water, and soups.

Fluid recommendations for **prior to exercise** includes:

- Drink approximately 7 ml/kg of body weight 2 hours before exercise
- If weather will promote profuse sweating, drink an additional 3-4 ml/kg of body weight within 20 minutes of exercise

Fluid recommendations **during competition** include:

- Start drinking early and often
- Drink 4-8 oz. every 15 minutes per hour of exercise
- Practice with hydration during training so your body can adapt to the water demand

- If event or training is > 60 minutes, sports drinks should be used to accommodate the sodium loss

Fluid recommendations **after competition** include:

- For every pound of weight lost, replace with 3 cups of water or sports drink
- If urine is a **dark** yellow, that is an indication that you need more water

Hydration packs are also an option for use when training and during competition to ensure you have adequate fluid intake throughout the run. Options include a belt with water bottles, a handheld water bottle, or a backpack hydration system for example.

### Fueling

When exercising for greater than 60-90 minutes, a snack is necessary for energy stores. This snack should be about 200-300 calories. They should be eaten at least an hour prior to exercise and could include such foods as:

- Yogurt, milk, cheese
- Bananas, apples, pears, grapefruit
- Oatmeal, bran muffins
- Bean soups, lentils
- Energy bars





## KEEPING FUELED FOR THE LONG HAUL

*Continued*

Post workout foods for recovery should be consumed with training lasting greater than 45 minutes. The optimal time for replenishment after exercise is 30-60 minutes post workout. Options for replacing glycogen stores include:

- Bagels, rice cakes, graham crackers, popcorn
- Cranberry, apple, orange juice
- Baked potato, couscous, rice
- Raisins, watermelon, banana, orange
- High fiber/low sugar dry cereal
- **DON'T FORGET TO ADD PROTEIN WITH THESE OPTIONS!**

During competition or training, use of gels/shot blocks/sports beans can be used for additional energy stores with exercise lasting 60-90 minutes. It is very crucial to consume at least 8-10 oz. of water with these gel options to avoid stomach cramping.

Below is a chart with examples for proper fueling during various exercise durations

Duration	Pre	During	Post
20 minutes	Water	Water	Water
30 minutes	Water or 10 oz. sports drink	Water	Water or 8 oz. sports drink
45 minutes	150 calorie energy bar, 10 oz. sports drink, or fruit	Water	10 oz. chocolate milk, 6 oz. yogurt with 1/3 cup high fiber cereal
60 minutes	Cup of cereal with skim milk or 1/3 cup of trail mix	Gel, honey packet, 8 oz. sports drink	1/2 bagel with tablespoon of peanut butter



## DAY/NIGHT BEFORE RACE REMINDERS

1

Eat plenty of carbohydrates the day before



2

Stay hydrated and avoid unusual foods



3

Prepare clothing, gear and sunscreen, attach your timing chip to your shoe, pin your bib number to the front of your shirt



4

Plan a good breakfast



5

Plan trip time and parking



6

Get plenty of sleep and get up early





## RACE DAY CHECK LIST:

- Safety Pins
- Race Bib
- Timing Chip
- Race Event Guide
- Apparel – Shorts, Shirt  
(long sleeves or “throw away” as you get warmer)
- Shoes and Socks
- Hat/Headband
- Sunglasses
- Gloves (if cool)
- Accessories/Gear Watch/Sportsband
- Fuel Belt with Water and Foods/Gels
- Sunscreen
- Petroleum Jelly



# RACE DAY INFORMATION



## September 23, 2012

- 6:00 a.m. **Early Start** for Community First Fox Cities **Marathon**
- 6:55 a.m. Community First Fox Cities Marathon  
**Wheelchair Start**
- 7:00 a.m. Community First Fox Cities **Marathon**  
ThedaCare Orthopedics Plus **Half Marathon**  
(Open Division)  
Orthopedics & Sports Institute **Relay Marathon**
- 7:05 a.m. ThedaCare Orthopedics Plus **Half Marathon**  
(Competitive Walk Division)



# RECOVERY – BEGINS AS SOON AS YOU FINISH

Our goal is to help you start your post-race recovery safely, until you can get back home and begin your post-race routine.

## Congratulations on Your Run!

### Keep walking after you finish your race

During the race, blood has been redirected to the working muscles in your legs and away from internal organs.

It's important to continue walking after you finish your race for about 20 minutes to allow the body to re-equilibrate your blood supply. Otherwise, you may feel nauseous (not enough blood flow to the stomach) or dizzy and weak (not enough blood flow to the brain).



### Replenish your body's fluids

Begin drinking fluids slowly at the finish line as soon as

your body is able to tolerate without feeling nauseous. Sports drinks containing electrolytes and sodium are best to replace the fluid and salt your body has lost during the race. Keep track of urination color and frequency after the race to monitor your hydration status.

### Slowly add food to restore energy

Begin eating solid food when your stomach feels like it can handle it. Good sources of energy including sodium and potassium are bananas, pretzels, bagels, energy bars and other easily digested high-carbohydrate foods. Studies have shown that your muscles are primed to take in and recharge their energy supply most efficiently in the first few hours after the race. Eat slowly, and be aware of any nausea to avoid throwing up.



### Take a lukewarm or cool shower

Avoid hot showers until

you are completely rehydrated, because they can dilate your blood vessels and cause you to get dizzy and pass out. Avoid hot tubs because they will worsen swelling and inflammation in the muscles and joints.

### Avoid pain relievers

We recommend avoiding any aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve) until you are rehydrated as indicated by passing light yellow or colorless urine. These products can be harmful to the

kidneys if taken when the kidneys are stressed by dehydration and prolonged exercise.

### Ice up for sore muscles

For sore muscles and joints, we recommend applying ice or cold packs for 20 minutes 3-4 times per day for the first 2 days post-race. Remember not to apply ice directly to your skin. Gentle stretching for the calves, quads, hamstrings, IT bands, glutes, and low back can begin right away.



### Take good care of your skin

Skin care is important to limit damage and prevent infection. For scrapes, chafe, and open blisters, washing twice daily with soap and water, applying antibiotic ointment and covering with a bandage for the first few days is best. For larger blisters that have not broken, apply cold packs and consider carefully draining them. If you choose to drain them, we recommend washing with soap and water, then wiping with alcohol, letting the alcohol dry, and then popping them with a sterile needle near the edge of the blister. Take care of the popped blister as noted above and watch carefully for any signs of infection. If you see redness or pus develop, seek medical attention.



Post Race

*free*

# INJURY ASSESSMENT CLINIC

**Wednesday, September 26; 4:30 pm – 6:30 p.m at  
ThedaCare Orthopedics Plus, 820 E. Grant Street, Appleton**

**No appointment necessary.**

The sports medicine team of licensed athletic trainers, physical therapists or sports medicine physicians will be available to assess your injury and provide recommendations to help you recover and return to running safely.



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