

Surviving Strong
Running 101 w/ Duane R.
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Shoes:

- Buy two pairs and mark to track usage, about 350-500 miles per pair
- Fit should be larger than street shoes typically ½ size larger
- Determine shoe type (neutral, motion control, stability)

Rules to avoid injury:

- Rotate shoes, avoid running in same pair two days in a row
- Alternate hard workouts with easy workouts
- Increase mileage gradually, increase no more than 10% at a time

Building base mileage:

- Minutes not mileage – keep a journal
- Two days on and one day off – quality more important than quantity
- Gradually build up long run – run at slow pace

Speed and Hill work:

- Build base first
- Speed on Tuesday, Hills on Thursday (for example)
- Warm up – 20 minutes warm up, 10 minutes cool down
- Type
 - o Speed: quarters, halves, mile repeats, tempo runs
 - o Hills: consider treadmills to avoid injury

Running posture:

- Run tall with straight lower back, eyes to horizon not at ground
- Arm position at right angle, relaxed fingers, let arms swing freely
- Relaxed shoulders

Stretching:

- Individual but always start easy with warm muscles, static stretches only no bouncing

Race strategy:

- Follow your training routine on race day (breakfast, gear, etc.)
- Establish a finishing goal with guideposts (pace, mile 5, mile 10 etc.)
- Start easy finish strong
- Drafting is ok, return the favor
- Water stops - run to the right/left, walk in middle

Rest and recovery:

- At least one day a week rest during training
- One day easy for every one mile racing