



RUN MINNESOTA

2021 FALL TRAINING PROGRAM OVERVIEW MARATHON AND HALF MARATHON

GROUP IN PERSON

This program is designed to prepare you for a fun and successful Twin Cities Marathon (14 week training) or City Of Lakes Half Marathon (11 week training) or other fall races. This group training program is geared to runners of all abilities and levels. It is developed to encourage beginning marathoners/half marathoners while still meeting the needs of the more experienced runners. We emphasize the teamwork aspects of the sport along with the fun and enjoyment that can be provided through running with others. This overview will go over the training plan, workouts, pace groups, coaching, group runs, communication and any COVID-19 protocols.

TRAINING PLAN AND WORKOUT INFORMATION

- Choose one of our three training plans based on your current mileage and goal race.
- 5-6 run days with two group run workouts are outlined within all the training plans each week.
- Determine what pace group is appropriate for you based on your training pace.

TRAINING PLAN LEVELS

Evaluate your starting point or your “current” level of fitness in which to start your mileage build-up during the training cycle. To help guide you to the appropriate starting point, three Training Levels have been developed. The Training Levels are based on a person’s average weekly mileage run comfortably during the past month prior to the kickoff of the training program. There are 5 to 6 run days scheduled based on the level you choose. Calendars are used to outline the training at each level.

The recommended **starting point** for each Training Level is as follows:

- Level 1: 20-35 miles for marathoners (10-15 miles for half marathoners)
- Level 2: 35-45 miles for marathoners (15-25 miles for half marathoners)
- Level 3: 45-55 miles for marathoners (25-35 miles for half marathoners)

Our Training Level calendar mileage range:

- M1: 25-37
- HM1: 18-30
- M2: 30-46
- HM2: 25-42
- M3: 39-61
- HM3: 30-53

It is critical to determine an appropriate starting point based on your current level of fitness. For example, if you have been running an average of 30 miles a week for the past month and can do that fairly comfortably, the starting point to begin your training program would be to follow the Level 1 training calendar. The training calendars/levels are meant to be used as a guideline only. We expect adjustments may be needed depending upon your level of experience. Please see your coaches if you fall outside these guidelines and they can advise you on appropriate mileage based on your current level of fitness.

We encourage you to track the mileage you are running. A good resource to use is the Run Minnesota training log. We also encourage you to use the log to track any other information, such as cross training or how you felt that day. Please keep the coaches informed of any changes in your training or nagging injuries they should be aware of. Feel free to ask your coaches for specific feedback on your training.

WORKOUTS

Long Runs

- Wednesday email will provide details
- Long slow distance (LSD) endurance runs.
- Mileage starts at 6-10 miles and builds up to 12-20 miles.
- Long Runs are a very important part of your training and should be run at a conversational pace, unless race pace is included.

Speedwork Sessions

- Sunday email will provide details
- The speedwork sessions start out with easy training runs to build your mileage base and graduate to optional faster paced workouts including strides, hills, intervals and tempo runs. Runners training for their first marathon or half marathon will be encouraged to run at a comfortable pace during workouts until they reach a conditioning level that enables them to participate in the faster paced training.

PACE GROUPS

Runners of various levels will register for the Run Minnesota Marathon and Half Marathon Training Programs. Determine what group is appropriate for you based on your training pace. Runners will be divided into four pace groups based on their current fitness level. Here are approximate training paces for groups (what an individual can run comfortably for one hour):

Training Pace: 11:00 – 12:00 and up (4:45 to finish)

Training Pace: 10:00 - 11:00 (4:00 to 4:45)

Training Pace: 9:00 -10:00 (3:20 to 4:00)

Training Pace: 8:00 or under (3:20 or faster)

The distinction between these groups tends to blur as people gain fitness and reevaluate their goals. Today's 11 minute pace goal may become a 10 minute pace goal later in the program. The coaches will help determine the best fit based on your current fitness level. It is better to start out in a slower group than one that is too fast for you.

MEETINGS AND RUN INFORMATION

Information Session: VIRTUAL Wednesday June 23 at 8:00 p.m. Prospective and returning training participants are highly encouraged to attend this informational presentation. We will cover the structure of

this group training program and address changes and protections made for this session with COVID. This will be about 20-30 minutes in length followed by Q&A. [Sign up for emails here and be added to the notification list.](#)

Coach's Talk: VIRTUAL Wednesdays at 8:00 p.m. These will be led by a Certified Coach with a main topic presented, followed by Q&A and then time for a group chat where you can solicit advice and feedback from the group. These will be about 45 minutes in length. We encourage you to engage your fellow classmates and offer support to each other. There will be guest speakers throughout the weeks that will present on topics that support your training. Examples include nutrition, motivation and strength training. These will be communicated to you via the weekly class emails. Coach's Talks will be recorded and viewable online for the duration of the class in the event you cannot attend a coach's talk virtually.

Long Runs: IN PERSON Saturday mornings at 7:00am. These long slow distance (LSD) endurance runs start at 6-12 miles and build up to 12-20 miles. The Long Runs are a very important part of your training and should be run at a conversational pace. Pace Group Team Leads (TLs)/directions/maps/water stops will be provided for the running locations. Hydration stations will be 3-4 miles. HydraPouches will be provided to all class participants. No paper cups will be available. We highly encourage all class participants to carry their own water.

Tuesday Sessions: IN PERSON Tuesday evenings at 6:00p.m. Workouts last approximately one hour (sometimes longer). The Tuesday sessions start out with easy training runs to build your mileage base and graduate to optional faster paced workouts including strides, hills, intervals and tempo runs. Runners training for their first marathon or half marathon will be encouraged to run at a comfortable pace during workouts until they reach a conditioning level that enables them to participate in the faster paced training. Pace Group Team Leads (TLs)/directions/maps/water stops will be provided for the running locations. There will be one hydration station at the start/finish area for tuesday runs.

LOCATION INFORMATION

For Tuesday night sessions, as well as Saturday long runs, we will meet at a variety of locations across the Minneapolis/St. Paul area. Locations may include, but are not limited to:

Wabun Picnic Area/Minnehaha Falls Calhoun Executive Center, Lake Harriet Bandshell, Nokomis Community Center, Bredesen Park, the old Sears parking lot/ Finish line of TCM, Wirth Lake Beach, Minnetonka Civic Center, Parade Stadium, University of St. Thomas/ Summit Avenue, Veterans Park in Richfield.

CLASS HYDRATION

Hydration stations with water and an electrolyte beverage will be provided every 3-4 miles on Saturday long runs and there will be one hydration station at the start/finish area for Tuesday runs. One [UltrAspire C2](#) cup (or equivalent) will be provided to all class participants. No paper cups will be available. Depending on state regulations - masks may required when filling your water container. They can be removed for drinking after you step away from the station and are 6 feet from others. COVID may change the way races will offer hydration. Run Minnesota wants to adequately prepare you for race day and we highly encourage all class participants to carry their own water on long runs.

CLASS GEAR CREDIT

All registered program participants get a one time \$30 credit for any purchase in the online store (in addition to the 20% membership discount). We will email you with the information on the ordering window timeline when we are ready to fulfill your orders. We order clothing items on a rolling basis and want to have the size availability inventory for you to choose from.

COMMUNICATIONS

Weekly Coach's Talk: (details above) These will be led by the coach with a main topic presented, followed by Q&A and time for a group chat where you can solicit advice and feedback from the group. We encourage you to engage your fellow classmates and offer support to each other.

Email: The Coach will use email as the primary means of communication with the class. On Sunday's you will receive an email from the coaches regarding the Tuesday night workout and on Wednesday you will receive an email from the coach regarding the Saturday workout. You can email the coach directly with questions after the start of the program at coach@run-minnesota.org.

run-minnesota.org: When you join the class you will be granted access to the Class Webpage. ALL information on training calendars and weekly workouts will be added to the class page.

Facebook Group: The group is intended to be a forum for registered participants to chat with your fellow runners and set up runs on non-class days, etc. Any specific correspondence with coaches should be done directly with coaching staff via email.

Text Alerts: Opt in to receive text messages about unanticipated impacts on group runs -i.e. weather cancelations, emergencies. Text **RUNALERTS** to 84483 to receive 2021 Spring Training alerts from Run Minnesota.

ROLES

The Lead COACH leads the program participants through weekly instruction via zoom and bi weekly emails. Please email the coach for training specific questions.

The ASSISTANT COACH(S) is responsible for route mapping for each group run, Team Lead coordination and route hydration. Please feel free to ask the assistant coaches training questions. Many are certified coaches or working toward certification.

TEAM LEADS Each pace group will have a Team Leader (TL); these individuals are experienced marathoners and are familiar with the Run Minnesota training program. TLs will train with their teams and help the program participants to understand and complete the training runs and workouts. TLs also provide a source of feedback from the program participants to the coaching staff and assist in providing additional individual attention to program participants.

[REGISTER FOR THE PROGRAM HERE](#)