RUN MINNESOTA

2021 SPRING TRAINING PROGRAM OVERVIEW (VIRTUAL)
MARATHON AND HALF MARATHON

This virtual program is designed to prepare you for a fun and successful Grandma's Marathon or Garry Bjorklund Half Marathon (14-week training) or other spring races. This 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. This overview will go over the training plan, workouts, coaching and communication. There are no supported group runs included with this program

TRAINING PLAN AND WORKOUT INFORMATION

- Choose one of our three 14 week training plans based on your current mileage.
- 5-6 run days with two group run workouts are outlined within all the training plans each week.

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: (AVG:mi/week)

- M1: 25-37 (31)
- HM1: 25-32 (28.0)
- M2: 30-46 (38.4)
- HM2: 25-42 (35.0)
- M3: 39-61 (50.3)
- HM3: 30-53 (43.5)

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.

MEETINGS AND INFORMATION

Information Session: VIRTUAL Wednesday March 10th 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.

Coach's Talk: VIRTUAL Wednesdays at 8:00 p.m. These will be led by Coach Michael 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 14 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.

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.

RUN INFORMATION

Speedwork Sessions: Sunday email will provide details. 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.

Long Runs: Wednesday email will provide details. 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.

Some considerations when planning your runs:

- Be prepared to carry enough hydration or plan on running loops where you can have a location with available hydration.
- When running on the roads - run **against** traffic to watch for approaching vehicles.
- We highly encourage you to carry a cell phone.

The beauty of the Virtual Program is that you can arrange your runs to suit your schedule. The Training Calendar details 5- 6 run days with two run specific workouts a week. If you adjust your run schedule then make sure you keep the number of days between the workouts to ensure proper recovery. The emails detailing the workouts will be sent to line up with the training calendars we provide.

REGISTER FOR THE VIRTUAL PROGRAM HERE