

Second Wind Running Club

Marathon Training Program

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Introduction

Welcome to the Second Wind Running Club's Marathon Training Group! Whether you are a beginner or an old hand, this handbook is your guide to fun and companionship as you prepare for any one of a number of spring or fall marathons. Through the encouragement, collective running experience, and structured training of the group, you will quickly find yourself on the path to a successful marathon experience. Of course, it will take fair amount of discipline and hard work on your part, but we're all pulling for you. Believe me, there is no experience quite like running and finishing a marathon. Experienced marathoners will tell you that the satisfaction of staying the course is well worth the effort required.

The Lake County and Chicago Marathons (late April and mid-October) are the target events for our group. Generally, you will train on your own during the week and do your longer runs (> 10 miles) with the group. We will kick off our runs with a 12-mile romp through Urbana and Champaign on January 17 and July 11. Long runs are scheduled for every two weeks through varying terrain and increase by two miles each time with one exception (the last 20 mile fall marathon training run on September 26). For the diehards, there is a 23-mile run three weeks before Chicago followed by a 20 mile run two weeks before. The spring schedule is slightly different. If you would like to train for a different marathon, give me a call or drop me e-mail for suggestions on how to modify your schedule.

The principle purpose of this guide is to let you know where and when the training group will meet to do our training runs. Towards this end you will find a schedule of training runs, as well as directions for each run. I will furnish a laminated, weatherproof map for anyone who needs it on the day of the run. You will also find a few health precautions, training tips that have been passed down through the years, and a list of spring and fall regional and national marathons.

How the Training Runs Work

We will start our runs at 7:00 or 8:00 am¹ on every other Saturday morning. Try to get there on the hour. We will usually start within 15 minutes depending on weather conditions. There are generally NOT any restroom facilities available at the start or along the route, so it is wise to arrive suitably, er. refreshed. Water and Gatorade? will be provided along the route so you will not have to bring your own unless you would like to (some runners prefer to run with water bottle carriers). Laminated, weatherproof maps will be provided for newcomers as well as experienced runners if they want them. Follow the directions on the map. Many courses are 'out and back,' so you will have a chance to wave at your running comrades as they are trying to catch you. At regular intervals water and Gatorade? will be provided in convenient small bottles so you can just pick one up, use it and carry it with you to the next stop. Please do not throw the bottles away on streets or peoples' lawns. Deposit empty bottles at the next stop and pick up another if you need it. Finally, after finishing your run, return to the finish line to enjoy more fluids. Some

¹ Those who are "velocity challenged" may want to arrive earlier and start the run on their own. This helps to beat the heat and lets you finish closer to the rest of the pack.

runners like to go out to breakfast together after a run, so ask around. Someone from the group will remain at the finish until all runners have made it back.

Health Precautions

General Physical Condition

Before beginning this training regimen, you should have established a 'base' distance that you run every week. Opinions vary on the appropriate base. Some experts say you should be running a minimum of 20 miles a week. Through the course of your training, this may increase to the range of 40-50 mile per week depending on what kind of runner you are. You should be in good health and have had a recent medical examination (the usual caveat and good advice in any event).

Health and Safety

Winter runs can be rather cold at times so please wear appropriate clothing, covering up your extremities, especially your head and hands. A light training suit will usually suffice. Some may prefer tights and long sleeve shirts instead. One way or the other dress well for the cold weather runs.

In case you hadn't noticed, summer mornings in Illinois can be HOT and HUMID! With due care, you should be able to weather the heat. It is worth taking some time to discuss a few points:

Hydration

It is surprisingly easy to let yourself become dehydrated during a long run. For any distance over ten miles, I recommend pre-placement of water or a sports drink² every 3-6 miles. Drink early, even if you are not thirsty. There will be plenty of water at the Marathon; it's during the training phase that you have to be careful.

You may want to buy a water bottle carrier to wear during the long runs. These are available at most running or hiking stores (e.g., Body n' Sole). We also recommend that you find out what sports drink will be offered at the marathon you intend to run. The official sport drink for the Chicago Marathon is Gatorade.[?] Also find out the distance between aid stations at your race; the distance has usually been 2 ½ miles at Chicago. During your training runs, practice taking fluids of the same type and at the same interval as offered at your race. Many runners find sports drinks to be too strong and alternate water and sports drinks. For first time and less experienced runners, it is recommended that you walk through aid stations to ensure that you get enough fluids³.

² No, beer doesn't count.

³ Ask any experienced marathoner for helpful hints on "How to drink out of a paper cup while running without pouring it all over yourself or inhaling it and having it come out your nose."

Nutrition

During training, your diet will have a significant effect on how you feel and perform during a run. Naturally, you should eat a healthy and balanced diet. NRC guidelines recommend that less than 30% of calories in your diet should come from fat. Equally as important, **AVOID FATTY FOODS BEFORE A LONG RUN!** Fat ingested within about 12 hours before a run will digest slowly, make you feel lethargic during the run, and can cause other gastrointestinal distress (Okay, in English, you will need to dart into the corn fields frequently during the run). Carbohydrates are your friends. Pasta seems to be the favorite (avoid the Alfredo sauce). For those of you that know about 'Carbohydrate Loading,' research has shown that it does work, but that the nutritional depletion phase can do more harms than good.

Eating during your run can have a beneficial effect on your performance. Favorites include Powerbars? and various commercial fruit bars. Don't try this for the first time on Marathon day, however! For me, a Powerbar? an hour before the race and one eaten slowly between the ten and twenty mile markers works best. Try it on training run.

Heat Stroke and Hypothermia

Oddly enough, both overheating and over cooling can be problems during marathon training.⁴ Heat Stroke, a medical emergency, occurs when the body loses its ability to maintain its temperature by rejecting heat. Symptoms of impending heatstroke may include one or more of the following: weakness, clumsiness, stumbling, headache, nausea, dizziness, apathy, aggression, and any gradual impairment of consciousness. If you feel faint or dizzy at any time during your training, you should stop running, find shade, and seek medical attention if exhibiting signs of heat exhaustion or heat stroke. As a side note, symptoms of hypoglycemia can be similar, so adequate nutrition is important as well. Stay well hydrated, make sure you are acclimatized to the heat, and pay attention to your mental state.

Although most of the training for a fall marathon is performed during the hot hazy days of summer, you may find yourself running a marathon under conditions that can only be described as, well, COLD! It is not uncommon to find temperatures at the starting line in the 45-55 degree F range. Although most marathons will have a clothing check system, it is a good idea to bring something to the starting line that you can discard later in the run. Some runners shop the local thrift stores for a sweatshirt that they won't mind losing later. When you're ready to discard it, ask a member of the crowd if they'll recycle it. Another old trick is to bring an oversized garbage bag with holes poked in it for arms and head. Looks silly, but you won't be the only one wearing plastic. Discard it near an aid station so it will be picked up.

Training Tips

1. Come to the Second Wind Fun Runs held each Tuesday night at 6:00 at the Armory during the winter and early spring and 6:30 at Centennial Park in Champaign during the spring and

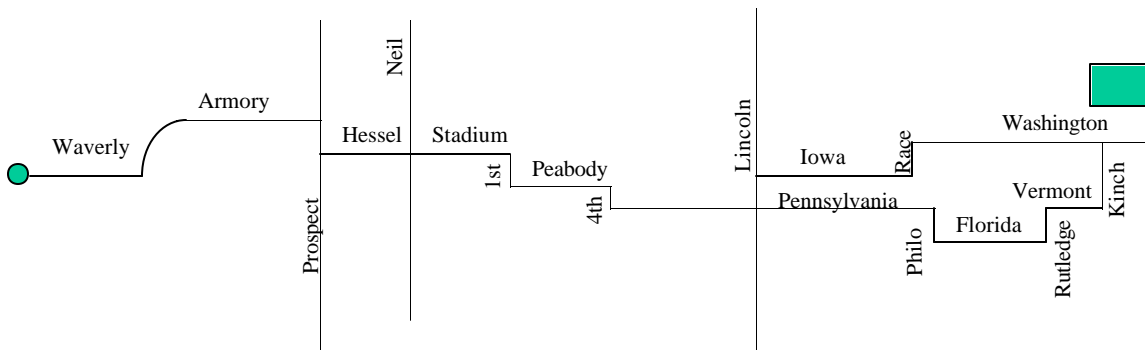
⁴ Information shamelessly lifted from Lore of Running, by Tim Noakes.

summer. After a mile warm-up, run the 1-mile run at your 5-K pace, then run the 3-mile at your 10-K pace. Cool down with a mile or two jogs.

2. Long runs done every other week are more than sufficient for marathon training. Any more than this will tear your body down interfere with the recovery time needed between long runs, and invite injuries.
3. Get plenty of sleep on a regular schedule. Rest is very important in a marathon-training program.
4. On shoes: Never does any long distance training in shoes with more than 500 miles on them. REPLACE THEM. Never race in shoes with less than 50 miles on them. In your marathon, it is recommended to not wear shoes with over 100 miles on them. Get fitted for shoes by an expert, telling them about your training goals.
5. Blisters are not your friend...double Cool Max? socks are advertised as the 'blister free' sock and have been shown to work. Another runner's secret is to liberally smear Vaseline on your feet before a run. By the end of the run, you won't even know it was there and you'll be blister free.
6. Lubricate your body for the long runs and the marathon race. Use Vaseline? or A&D? ointment. The areas to lubricate are the armpits, nipples, inner thighs, crotch area, and the feet.

Route Directions: 12 Mile Runs

Meet at Prairie School on Washington



Start at Prairie School, 1st driveway east
Go west on Washington to Race St.
Turn left on Race, go south to Iowa
Turn right on Iowa, go west to Lincoln
Turn left on Lincoln, go south to Pennsylvania
Turn right on Pennsylvania, go west to 4th
Turn right on 4th, go north to Peabody
Turn left on Peabody, go west to 1st
Turn right on 1st, go north to Stadium Dr.
Turn left on Stadium Dr., go west to Prospect
Turn right on Prospect, go north to Armory
Turn left on Armory, go west, follow as it curves south and becomes Country Ln. go south to Waverly
Turn right on Waverly, go til you see turn around (look down) at Mayfair
Return same way until you reach Lincoln, at Lincoln continue on Pennsylvania going east until you reach Philo Rd.
Turn right on Philo, go south to Florida
Turn left on Florida, go east to Rutledge
Turn left on Rutledge, go north to Vermont
Turn right on Vermont, go east to Kinch
Turn left on Kinch, go north to Washington.
Turn right on Washington, finish at Prairie School.

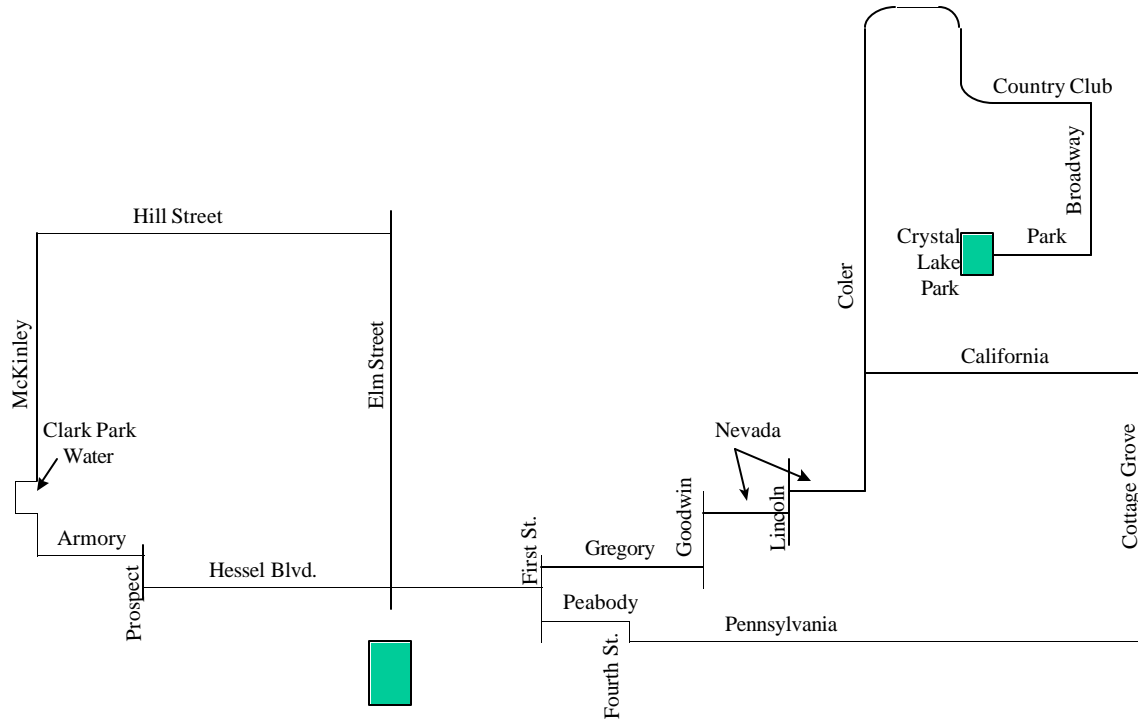
Route Directions: 14 Mile Runs

Meet at Hessel Park Pavilion in Champaign

Start at Hessel Park near pavilion. Go North on Elm to Hessel Blvd.
Turn right on Hessel, go east to First Street. Turn right on First, go south to Peabody.
Turn left on Peabody, go east to Fourth Street. Turn right on Fourth, go south to Pennsylvania
Turn left on Pennsylvania, go east until turn around point
Turn around and go west to Donner. Turn right on Donner, go north to Gregory.
Turn left on Gregory, go west to Sixth Street. Turn right on Sixth, go north to Armory
Turn left on Armory, go west to Second Street. Turn right on Second, go north to Green Street.
Turn left on Green, go west to Lynn Street. Turn right on Lynn, go north to Hill Street
Turn left on Hill, go west to McKinley, Turn left on McKinley, go south to John Street
Turn right on John, go west to Kenwood. Turn left on Kenwood, go south to Kirby
Turn left on Kirby, go east to Crescent Drive. Turn left on Crescent, go north to Sangamon
Turn right on Sangamon, go east to Mayfair. Turn left on Mayfair, go north to Waverly
Turn right on Waverly, go east to Country Lane. Turn left on Country Lane, go north
Country Lane turns east and becomes Armory
East on Armory to Prospect
Turn right on Prospect, go south to Hessel. Turn left on Hessel, go east to Elm
Turn right on Elm, finish at Hessel Park.

Route Directions: 16 Mile Runs

Meet at Crystal Lake Park in Urbana



Start at Crystal Lake Park. Go east on Park to Broadway. Turn right on Broadway and go north to Country Club Rd. Turn left on Country Club Rd. and go west following curves until it turns south and becomes Coler, go south on Coler to Nevada. Turn right on Nevada and go west, at Lincoln Ave., Nevada jogs left, follow Nevada until Goodwin. Turn left on Goodwin and go south to Gregory. Turn right on Gregory and go west to First St. Turn left on First St. and go south to Stadium Drive. Turn right on Stadium which becomes Hessel, go west to Elm. Turn right on Elm and go north to Hill St. Turn left on Hill and go west to McKimley. Turn left on McKimley and go south. At Clark Park go around the park to the right. Continue on McKimley until Armory. Turn left on Armory and go east to Prospect. Turn right on Prospect and go south to Hessel. Turn left on Hessel and go east to First St. Turn right on First and go south to Peabody. Turn left on Peabody and go east of Fourth St. Turn right on Fourth and go south to Pennsylvania. Run left on Pennsylvania and go east to Cottage Grove. Turn left on Cottage Grove and go north to California. Turn left on California and go west to Coler. Turn right on Coler and go north until Coler becomes Country Club Rd. Follow Country Club Rd. around turns until Broadway. Turn right on Broadway and go south to Park. Turn right on Park and go west to **finish** at Crystal Lake Park.

Route Directions: 18 Mile Runs

Meet at Morrissey Park in Champaign

Directions

Go east on Windsor. Turn right on Neil Street and proceed south using the west sidewalk.

Continue south to Savoy. Turn left on Church street.

Go west to Philo road and water station. (6 mile mark.)

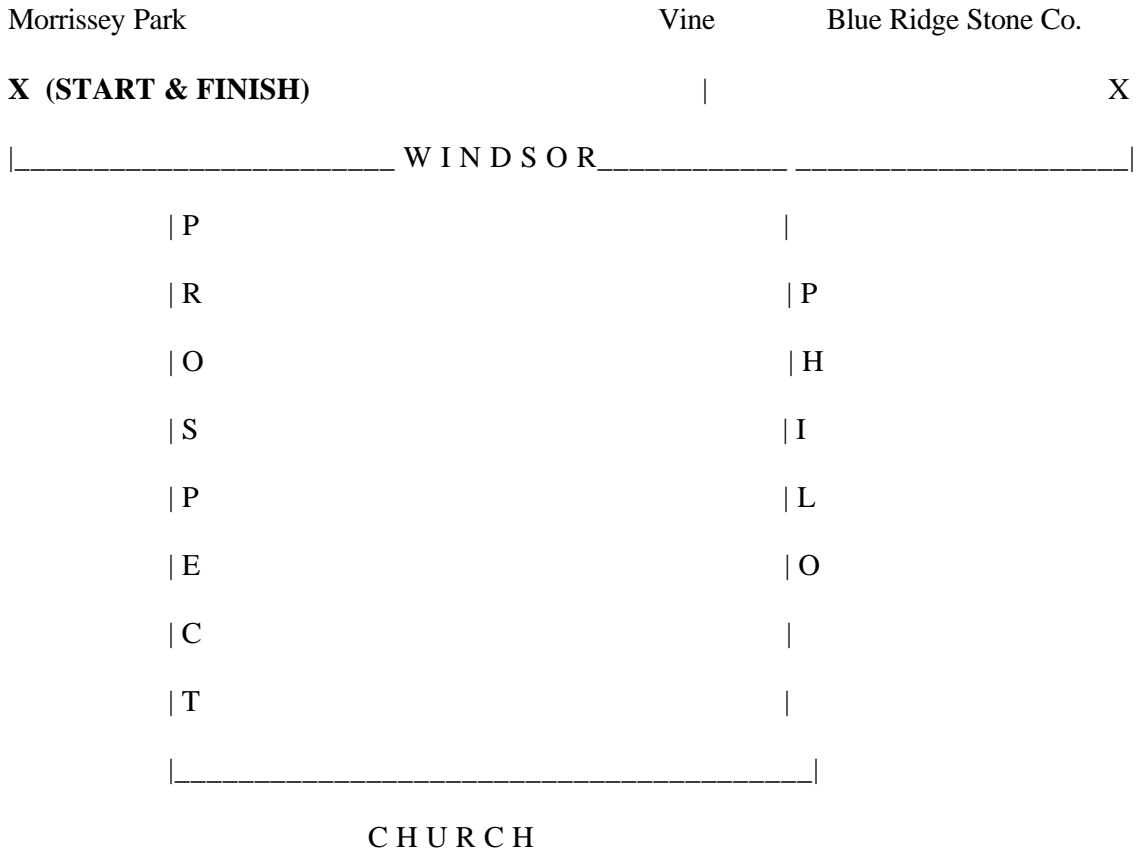
Turn left on Philo road. Proceed north to Windsor road.

Turn right/east on Windsor to Blue Ridge Stone Company and water station (11 mile mark).

Turn around and return west on Windsor. Third water station will be at the 14.5 mile mark.

End at starting point at Morrissey Park.

Water/Gatorade will be at the 6, 11 & 14.5 mile marks.



Route Directions: 20 Mile Run

Meet at Prairie School on Washington Street in Urbana

We will be running out amongst the corn and bean fields for this 20 miler. The course starts at Prairie School in Urbana and is an out-and-back course.

Start at Prairie School and go east on Washington.

Proceed east until Washington ends at a T intersection.

Turn right and go south to Windsor Road which will be the first stop sign.

Turn left onto Windsor and go east.

Continue on Windsor until it curves around and you come to another T intersection.

Turn left and continue for about a mile at which point you will see the turn-around spot.

The course returns the same way you went out. You will finish at Prairie School.

Route Directions: 23 Mile Runs

Meet at Allerton Park outside Monticello

This will be a 23 mile run composed of two fun-filled loops around Allerton Park.

The first loop goes out of the park in one direction.

The second loop will reverse direction.

Route Directions: 20 Mile Run

Meet at Prairie School on Washington Street in Urbana

We will be running out amongst the corn and bean fields for this 20 miler. The course starts at Prairie School in Urbana and is an out-and-back course.

Start at Prairie School and go east on Washington.

Proceed east until Washington ends at a T intersection.

Turn right and go south to Windsor Road which will be the first stop sign.

Turn left onto Windsor and go east.

Continue on Windsor until it curves around and you come to another T intersection.

Turn left and continue for about a mile at which point you will see the turn-around spot.

The course returns the same way you went out. You will finish at Prairie School.

Acknowledgments:

This handbook and the training it describes, have evolved over a number of years.

Honor is due to John Betenia, who started the training group in 1993 so that he could “have someone to run with.” He organized the group for two years.

In 1995 John passed the torch on to Aaron Weiss who later moved to Ohio.

Mike Case improved the Training Group not only by directing it in 1996, but also by putting together this wonderful training handbook. Thanks, Mike, for all your hard work on the manual as it has made it a lot easier for our members to prepare for marathons. We genuinely appreciate it!

The Spring marathon training session began in the Spring of 1997. It was deemed a success with some of the faithful turning out in less than ideal conditions. However, we persevered with an average of seven individuals turning out for each run. Thanks to those who participated and laid the groundwork for even greater success!