



MANITOBA
Marathon

Training Tips Booklet



WELCOME!

So you've decided to participate in the Manitoba Marathon!

You have made a decision that you will not regret. With determination and practice, you will achieve your goal - whether that be running the Great-West Life Super Run or completing the Manitoba Lotteries Full Marathon.

**The Manitoba Marathon is pleased to
welcome you to
the Team!**



The Top Five Reasons Why You Need Shoe Advice...



1. Even the better running companies are using gimmicks in their designs: Some of the gimmicks work and some don't.
2. There's always a reason why the catalogue offers a dramatic discount on a given shoe.
3. The same shoe may be made in different factories - making each significantly different in the way it fits and in the many subtle ways it works when you run.
4. Only people who are really into running shoes can keep up with the gossip on running shoes - due to constant feedback they receive from hundreds of customers each week who really use the shoes for exercise.
5. Only experienced running staff people can look at you running in a shoe and tell whether it really fits - and works with your foot in the right way.

Shoe manufacturers rate the average life of a running shoe at 500-700 miles. Do not judge your shoe by the condition of the upper-the cushioning value is usually lost before the upper shows wear.

The Manitoba Marathon is pleased to provide training tips however, before beginning any exercise or nutritional program please consult with your physician.

Getting Started

Stretching

Before commencing stretching it is important to warm up the body and muscles. Warm-up not only stimulates many important physiological benefits, such as an increased blood flow to muscles, increased temperature of exercising muscles, and improved athletic performance, but it also plays a role in the prevention of injuries. A proper warm-up has two phases. Phase I is a general total body warm-up. Phase II is dynamic stretching routine.

Phase I

Usually consists of some sort of a mild aerobic exercise. It lasts anywhere from 2 to 10 minutes, or until a mild sweat occurs. This mild sweat is the body's way of indicating that it is ready for Phase II of the warm-up.

Phase II

Is a **dynamic** stretching routine. New research has indicated stretching is not always necessary before physical activity, but is actually more beneficial after the activity has taken place. However, if you do like to stretch before a training session, remember this:

- Stretching should be slow and controlled (not ballistic).
- Only hold the stretch for 1-3 seconds. **NOT ANY LONGER!** Static stretching is much more beneficial **AFTER** your training session. Your muscles are like rubber bands, if you stretch a rubber band to its maximum and hold it, you take all the elasticity out and the band will not snap as quickly, especially repeatedly, as our muscles do when we run. If the muscle has less elasticity, it will not perform as well.^{1,2}
- Again, static stretching (holding for approximately 20-30 seconds) can be done post-training, but make sure you have a proper cool down before sitting or stopping and stretching.
- After training; stretch your whole body, not just your legs. Many of us don't realize we use our entire body when running.
- Never stretch to the point of pain. A mild tension should be felt in the muscle's "belly", not at the joint.
- Don't compare yourself to others. Stretching is individual; comparisons lead to over stretching and injuries.
- Don't hold your breath. Think about the stretch, relax, and listen to your body!

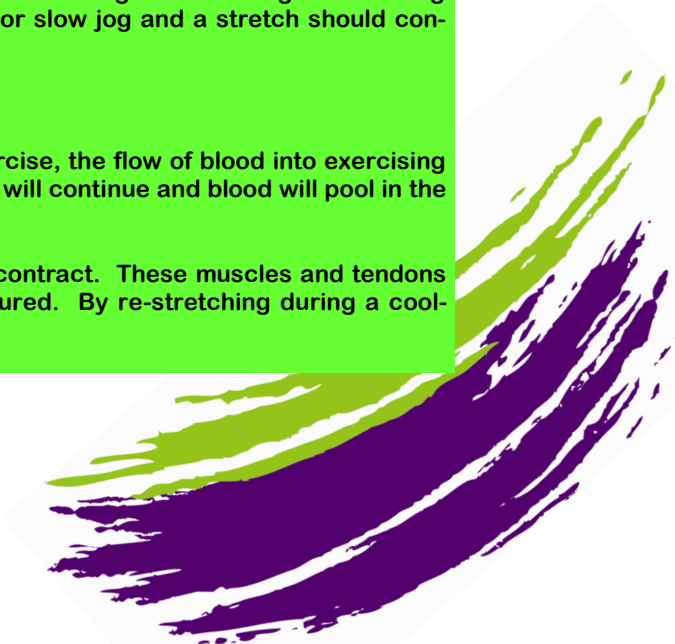
DO NOT SKIP THE GENERAL WARM-UP!

Cool – Down

It is never safe to abruptly stop at the end of any kind of exercise or training session. A gentle cooling down period and post-run stretch is recommended. A brisk walk or slow jog and a stretch should conclude training run. A cool-down will:

- Allow the heart rate to return to normal
- Prevent blood from pooling in exercising muscles. During exercise, the flow of blood into exercising muscles increases. If no cool-down takes place this blood flow will continue and blood will pool in the muscles.
- Prevent injuries. During running, many muscles and tendons contract. These muscles and tendons will remain contracted after the run and could possibly be injured. By re-stretching during a cool-down you reduce the risk of injury.

1. Kovacs, M.s., The Argument Against Static Stretching Before Sport and Physical Activity. *Human Kinetics*. 2006. 11(3). Pp. 6-8.
 2. Janot, J.M., Dalleck, L.c., Reymont, C. Pre Exercise Stretching and Performance. *IDEA Fitness Journal*. February 2007. pp 44-51.



Getting Started

Five Steps to Getting Started...

1. **Start by Walking.**

Everyone needs to feel comfortable and successful right from the start. Begin by walking for 30 minutes. Keep doing this until it feels easy.

2. **Walk Briskly.**

When normal walking becomes easy, walk briskly for 30 minutes and monitor your heart rate every 5-8 minutes. Or, here is an easy way to see if you are working too hard, or not hard enough. If you can sing while walking, you are not working hard enough, however, if you can't carry on a conversation (talk test) while you are walking, perhaps you should slow yourself a little, you are probably going too fast for your fitness level.

3. **Insert a Few "Jogs."**

When you are comfortable walking briskly and want to step up the pace, simply insert 3-4 "jogs" of 100 yards or so (about the length of one football field or a city block) into your 30-minute walk. Warm up by walking slowly, build into a brisk walk and then do the short jogs when you feel ready.

4. **Increase the Running as Desired.**

Increase the running segments as you feel stronger, always avoiding discomfort. You may eventually fill in the 30 minutes with slow running - or you may keep your walking breaks. You're using the running to push the heart rate above the threshold and the walking to keep from getting uncomfortable and reaching your VO2 max.

5. **Step It Up.**

Increase the time to 40 minutes three times a week. Work up to 60 minutes for one of these weekly sessions, which will increase the cardiovascular as well as mental benefits. Don't underestimate the effect of rewards. Small regular rewards for specific accomplishments will often spark interest when motivation is down. Promise yourself something - a dinner out, a new pair of shoes, a good book - for finishing each of the five steps above, for when you finally put in your first hour-long session, etc. If you feel "down," find yourself a positive experience or see someone who will bring you up. Look for something good in every run. When you're in shape, you begin to think differently about yourself and your life. It's always hard to shake off the sedentary lifestyle, and the adjustment period - once you do - is difficult. But if you make it through this period, an addiction often occurs which makes the activity self-sustaining. So have faith! Better times are coming. Be patient and enjoy yourself.

Nutrition Tips

Nutrition Basics

Most of us have read and heard enough about nutrition that we understand the basic functions of carbohydrates, fats, proteins, vitamins, minerals and water. For this book we will focus on the role of nutrition in your training programs. Think of food as fuel for your athletic body. The three main sources of fuel are carbohydrates, proteins and fats.

Getting Started

Nutrition Tips

Please refer to the Canada Food Guide for all of your nutrition needs.

Nutrition Basics

Smart nutrition is variety, moderation and wholesomeness

Water

- Aim to drink 8 to 10 glasses of water a day, on top of what you drink during exercise.
- Carry a water bottle with you on all your runs.
- Drink during your winter runs, as well as during summer.
- Eat foods high in water (e.g. fruits, vegetables)
- Drink water with all your meals

Carbohydrates

- Eat carbohydrates to avoid depleting the glycogen in your muscles.
- Consume carbohydrates shortly after you exercise.
- Eat 5-12 servings of grains, and 5-10 servings of fruits and vegetables each day.

Protein and Fats

- Protein is essential for repairing muscle tissue, so when you are trekking long distances, you need adequate amounts of protein for your body to recover properly.
- Choose lean meats trimmed of excess fat.
- Avoid deep-fried foods and foods containing trans-fats.

Resistance Training

Although many marathon runners consider themselves physically fit, there are actually 6 components of fitness that we should all be aware of. These components are:

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Muscular Power
5. Flexibility
6. Body Composition (fat mass vs. lean body mass)

These are all equally important to maintaining a healthy lifestyle, as well as training for a marathon. Using resistance training to increase muscular endurance, strength and power will help you run a faster marathon, as well as decrease injury, and preparing your body to run for such distances. Remember you should train to run a marathon, not the other way around!

If you are unsure about how to start a resistance training program, please feel free to email our Manitoba Marathon Trainer; Tiffany Cook at trainer@manitobamarathon.mb.ca. She can get you on the path to becoming truly physically fit, and running faster.

Getting Started

Weather Caution...



Caution: Running In the Heat

Running during the summer is a very pleasurable experience, particularly after our long cold winters. Still, some care is needed to prevent overheating and dehydration. Please take note of the following:

- Children have greater responses to changes in the environmental temperature. Their body (core) temperature increases much faster than adults in hot environments. As well, children do not often notice they are overheating so they need to be supervised carefully.
- Avoid running when the sun is at its hottest. Earlier or later runs are recommended.
- High humidity can be a problem for the body, as sweat does not evaporate as easily. As a result, the body does not cool down and the danger of heatstroke increases.
- Wear light coloured loose clothing, which dries easily and does not chafe. If you wear short-sleeved garments be careful of sunburn. Hats and white clothing made from natural fibers are recommended.
- Drink, drink, drink before, during and after your run. Do not wait until you are thirsty. Drink small volumes (approx. 1 cup every 15-20 minutes of physical activity) regularly. Cold fluids are preferred and water is best.

Heat Cramps

Relieve by resting in a cool environment, replacing fluid and adding extra salt to the diet.

Heat Exhaustion and Heat Stroke

This is characterized by: dizziness, headache, nausea and rapid pulse, elevated core and skin temperatures and a lack of coordination. This can progress to fits or loss of consciousness. The treatment involves immediate attempts to reduce body temperature. This is best accomplished by intravenous fluid administration and by the application of ice-cold sponges, ice packs and cold sprays.

Winter Running

Manitoba's winters need not prevent you from enjoying running outdoors. Again, children lose body heat much faster than adults and caution should be taken. The body generates plenty of heat as you run, but some consideration must be given to clothing, which will prevent rapid heat loss.

- Dress in layers (it's more important to insulate the trunk than the extremities. Up to four layers on top, two for your legs). Against your skin, polypropylene, a synthetic material, is much better than cotton at "wicking" or pulling moisture away from your skin. Choose a warm and absorbent second layer and a windproof outer layer.
- Most heat loss occurs through the head so be sure to wear a toque. For windy days a ski mask or Vaseline on exposed skin will keep you on the road.
- Mitts are better than gloves for keeping your hands warm.

Tips on Planning Your Winter Run

- Begin your run into the wind, so that it will be with you when you complete your run, tired and wet.
- If you run on the road, be sure to face traffic. Cars may have trouble stopping for you so run with caution.
- Tell someone where you're running and when you will be back. Carry money for a phone call or bus, just in case.

Hypothermia

Characterized by extreme fatigue, shivering, loss of control of movement, disorientation, poor judgment and reasoning. To treat, minimize any further heat loss and add heat to the body. The individual should be warmed gradually either under blankets or in a preheated sleeping bag and given warm, sugared drinks. The person must be kept awake until normal body temperature has been restored.

Frostbite

The most vulnerable parts of the body are fingers, toes, nose and ears. The affected part should be warmed in water heated to 40°C until it has thawed and should be kept cool to reduce its metabolism and minimize inflammation. The part should then be covered and the person kept warm with blankets. If re-freezing is likely to occur then do not thaw the affected part as the eventual loss of tissue will be greater than if it was to remain frozen.

Walk Jog Run Program

Your "WALK JOG RUN" program is designed by Jeff Galloway to help you onto an easy road to fitness and eventually to the Start Line of the Manitoba Marathon. This program is geared to participation in the 2.6 mile Great-West Life Super Run, or the 10K Free Press Walk, and can even be used for the Marathon Relay (if the longest runs are extended beyond 30 minutes).

Not quite up to the jog part? That's OK -- the goal is to "simply get going!"

- It's fine just to walk, as long as you are active for the whole training time you have set aside.
- Don't worry about how far or how fast you are going.
- Use the "Talk Test"; if you can't talk when you are running, you are going too fast!
- Slow down, enjoy the scenery, enjoy the company!
- Each training day should be followed by a rest day or a cross-training; including resistance training and flexibility, day.

Keep at it, keep to your schedule, and you will be surprised to find out that YOU CAN DO IT!

Basic Walk-Run Program

Week 1	10 - 15 minutes	Twice during the week	Walk 5 minutes, jog 1 minute
Week 2	15 - 20 minutes	Twice during the week	Walk 4 minutes, jog 1 minute
Week 3	20 - 25 minutes	Twice during the week	Walk 3 minutes, jog 1 minute
Week 4	25 - 30 minutes	Twice during the week	Walk 2 minutes, jog 1 minute
Week 5	30 minutes	Twice during the week	Walk 1 minute, jog 1 minute
Week 6	30 minutes	Twice during the week	Walk 2 minutes, jog 2 minutes
Week 7	30 minutes	2 or 3 times during the week	Walk 2 minutes, jog 3 minutes
Week 8	30 minutes	2 or 3 times during the week	Walk 2 minutes, jog 4 minutes
Week 9	30 minutes	2 or 3 times during the week	Walk 2 minutes, jog 5 minutes
Week 10	30 minutes	2 or 3 times during the week	Walk 1 minute, jog 5 minutes

That's it! Wasn't that easy? You are ready for the 2.6 mile Great-West Life Super Run, or the 10K Free Press Walk, or maybe you are ready to be member of a Relay Team. Just remember, if you aren't comfortable jogging, then walk - but keep moving.

If you are wanting to train for the Intrepid Dezine Half Marathon, or the Manitoba Lotteries Full Marathon, please visit our website at www.manitobamarathon.mb.ca for links to appropriate training programs!

Did You Know???



LACE IT UP for Manitobans living with an intellectual disability!

In 1978, 11 people died in a tragic fire at the Portage Developmental Centre. The next year, John Robertson, a journalist on CBC-TV, resolved that it would never happen again. He inspired a small group of friends to take on the enormous concept of a new event - the Manitoba Marathon - to support Manitobans who live with an intellectual disability. And right from Day 1 in 1979, the participants in the Manitoba Marathon have made every mile count, by raising funds to build a better community.

John's idea was a simple one. Get community organizations, volunteers, sponsors and the City of Winnipeg to put on a great event for runners, and in turn, ask every runner to make a personal donation or take their pledge sheet to their neighbours and friends, to support the Manitoba Marathon's cause.

Since 1979, runners have done exactly that, raising over \$4 million, to kickstart over 300 projects across Manitoba. Hundreds of Manitobans have been freed from institutional care, and welcomed back into their communities. All thanks to the Manitoba Marathon - to runners like you - and the work of organizations like the Association for Community Living-Manitoba.

We Have More to Do!

Hundreds more still live in institutions, and still wait for the freedom to live their lives to the fullest, as accepted members of our community.

That's why every step you take, every pledge you collect in the Manitoba Marathon is so important. The pledges you collect and the steps you run and walk on Father's Day will you're your fellow Manitobans on the road to home. Please help us on our 30th journey on behalf of people who live with an intellectual disability.

Create Your Very Own Fundraising Website!

As well as registering securely online, you can once again create your very own Fundraising website for the 2009 Manitoba Marathon. With a few key strokes, you can advertise your commitment to your friends via email. They can visit your website, make their donations online, and even get an instant tax receipt printed out! Simply click on the following link, to send you on your way!

Chart your DAILY progress...

DAY	ROUTE	TIME TAKEN	DISTANCE	AVG HOUR	HEART RATE RANGE	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Photocopy to keep yourself on pace every week!

Team Manitoba Marathon

We've taken you from "Start to Finish" in our training guide however no endeavour is complete without setting goals. Here are a few that we would like you to keep in mind while embarking on your amazing Manitoba Marathon journey:

1. Set a goal that is **ACHIEVABLE** but **CHALLENGING**. Make it **SPECIFIC**.
2. **SET** a **POSITIVE** goal that can be **ACHIEVED** in a particular timeframe.
3. Seek out **ADVICE** from more experienced Runners, this should help you determine what an **ACHIEVEABLE** race performance could be.
4. Set your goals to be **ACHIEVED** over a timeframe of **MONTHS** rather than weeks or years.
5. If **YOUR GOAL** is to complete a **MARATHON**, **SET** some targets for yourself, such as **COMPLETING** a **HALF MARATHON**. This should be measurable, time-phased and **AIMED** at **ACHIEVING** your **ULTIMATE GOAL**.
6. **VISUALIZE** yourself completing your goal as well as **HOW IT WILL FEEL!**
7. Tell your **FRIENDS, COLLEAGUES** and **FAMILY** about your **GOALS**. This will help you stay **COMMITTED**. Get together with a friend and agree to help one another.
8. Never put your Goal above your family and friends. Don't become obsessive!! Remember you can always adjust your goals accordingly.
9. If it hurts, stop! Go see a certified Athletic Therapist, Physiotherapist, ASAP! Continuing training will likely make it worse!

Stay on Pace...

For More information regarding Team Manitoba Marathon
Please feel free to contact our office:

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Mile					Marathon
PACE	5K	5 Mile	10K	13.1 Mile	26.2 Mile
5:00	15:32	25:00	31:04	1:01:30	2:11:06
5:10	16:03	25:50	32:06	1:07:41	2:15:48
5:20	16:34	26:40	33:08	1:09:52	2:19:50
5:30	17:05	27:30	34:11	1:12:05	2:24:12
5:40	17:36	28:20	35:13	1:14:14	2:28:34
5:50	18:07	29:10	36:15	1:16:25	2:32:57
6:00	18:38	30:00	37:17	1:18:36	2:37:19
6:10	19:10	30:50	38:19	1:20:47	2:41:41
6:20	19:41	31:40	39:21	1:22:58	2:46:03
6:30	20:12	32:30	40:23	1:25:09	2:50:25
6:40	20:43	33:20	41:25	1:27:20	2:54:48
6:50	21:14	34:10	42:28	1:29:31	2:59:10
7:00	21:45	35:00	43:30	1:31:42	3:03:32
7:10	22:16	35:50	44:32	1:33:53	3:07:54
7:20	22:47	36:40	45:34	1:36:04	3:12:16
7:30	23:18	37:30	46:36	1:38:15	3:16:39
7:40	23:49	38:20	47:38	1:40:26	3:21:01
7:50	24:20	39:10	48:40	1:42:37	3:25:23
8:00	24:51	40:00	49:43	1:44:48	3:29:45
8:10	25:22	40:50	50:45	1:46:59	3:34:07
8:20	25:53	41:40	51:47	1:49:10	3:38:29
8:30	26:24	42:30	52:49	1:51:21	3:42:52
8:40	26:56	43:20	53:51	1:53:32	3:47:14
8:50	27:27	44:10	54:53	1:55:43	3:51:36
9:00	27:58	45:00	55:55	1:57:54	3:55:58
10:00	31:03	50:00	1:02:06	2:11:12	4:22:24
10:20	32:05	51:40	1:04:10	2:15:34	4:31:08
10:30	32:36	52:30	1:05:12	2:17:45	4:35:31
10:40	33:07	53:20	1:06:14	2:19:56	4:39:53
11:00	34:09	55:00	1:08:18	2:24:19	4:48:38
11:20	35:11	56:40	1:10:22	2:28:41	4:57:23
11:30	35:42	57:30	1:11:24	2:30:52	5:01:45
11:40	36:13	58:20	1:12:27	2:33:04	5:06:08
12:00	37:15	1:00:00	1:14:31	2:37:26	5:14:52

