Norton Sports Health

KENTUCKY DERBY FESTIVAL®

2013 Training Program

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Contents

Welcome

Welcome to the 2013 Norton Sports Health Kentucky Derby Festival Marathon and miniMarathon Training Guide, sponsored by Norton Sports Health, the official medical and training provider for the races. The purpose of this guide is to help runners of all levels train safely while enjoying their time preparing for the Marathon or miniMarathon.

Whether you're a beginner or veteran runner, you'll find tips for safe running, stretching and nutrition; how to train to reach your full potential; and training calendars and maps. It is important to remain on schedule and keep track of runs during the week.

In addition to this self-guided training manual, we encourage you to take advantage of Saturday morning group runs led by the Norton Sports Health training team. To learn more about these group runs, as well as tips for keeping your training on track, visit **NortonHealthcare.com/KDFTraining**.

Before beginning any training program, consult your sports health or primary care physician to ensure you are healthy enough to properly train and complete a race.

Congratulations on taking your first step on the road to the 2013 Kentucky Derby Festival Marathon/miniMarathon. We are glad you've chosen to train with Norton Sports Health, the official training and medical provider for the marathon/miniMarathon. We want to help you succeed in your running or walking goals, have some fun and, more important, improve your health and fitness along the way.

The Norton Sports Health training team includes athletic trainers, physical therapists, nutritionists and orthopaedic specialists — all with experience in marathon training. For the past several years, we have been the medical provider for the prestigious Ironman Louisville competition, and we are a sponsor and supporter of local high school and college athletics. Of course, we've also helped thousands of individuals just like you achieve their fitness goals; and we are out there pounding the pavement ourselves.

As part of Norton Healthcare, Norton Sports Health is grounded in a mission to not only care for those who are sick and injured, but to improve the health and wellness of our community. That's why we're here to help you train for the Kentucky Derby Festival Marathon/miniMarathon. Now let's get started!

Happy racing,

Steven T. Hester, M.D., MBA
System Senior Vice President
Chief Medical Officer
Norton Healthcare

Thanks for taking part in the Norton Sports Health Kentucky Derby Festival Marathon and miniMarathon Training Program! Whether this is your first long-distance road race or your 50th, everyone can benefit from the latest information regarding injury prevention, nutrition and training techniques. This free 14-week program will help give you a "leg up" as you prepare for the Marathon/miniMarathon, presented by Walmart and HumanaVitality on Saturday, April 27. By setting your sights on this ambitious goal, you will benefit from improved endurance and the excitement of achieving such a major accomplishment.

With a field of 18,000 participants, the 2013 Derby Festival road races are among the most prestigious in the country, renowned for their scenic courses and enthusiastic spectators and volunteers. The training program and its group runs will offer critical support through the chilly winter months and help get you in the best shape of your life as the event approaches. You are to be commended for starting off the year with a focus on fitness and, possibly, setting a personal record race time. Our thanks to our medical and training sponsor Norton Sports Health for its continued support of wellness and customized training for athletes from all walks of life.

Best of luck over the coming weeks, and I look forward to seeing you at the finish line on April 27!

All the best,

Chris Whelan
2013 Kentucky Derby Festival Chair

Now in its 12th year, the Kentucky Derby Festival Marathon and miniMarathon Training Program has helped thousands of runners reach their potential and successfully complete the 13.1-mile miniMarathon or the 26.2-mile marathon. This is a tried-and-true program that allows athletes of all ages and experience levels to train with the latest knowledge from leaders in the sports fitness field. By following this program, you'll have the opportunity to bond with fellow runners and reach your peak on race day. It won't be easy, but the training program will give you the confidence and support necessary to safely reach your goal.

I'd like to join 2013 Derby Festival Chair Chris Whelan in welcoming Norton Sports Health as the new title sponsor of the Kentucky Derby Festival Marathon and miniMarathon Training Program. It might seem like a long way off, but before you know it you'll be toeing the start line as the pack of runners head down Main Street toward a fantastic finish on the waterfront. This is the largest day of road racing in Kentucky and we'll be cheering you on all the way, along with thousands of other spectators and volunteers.

I encourage you to stick with the training program and you're bound to be successful. Now, hit the ground running and give it all you've got!

Sincerely,

Michael E. Berry
President and CEO
Kentucky Derby Festival

About Norton Sports Health

Norton Sports Health, a part of Norton Healthcare, is one of the Louisville area's leading sports-related injury prevention and treatment programs. From professional, collegiate and high school competitors to those who just want to stay fit, Norton Sports Health provides advanced care for athletes and active individuals of all ages. The Norton Sports Health specialists are experts in surgical and nonsurgical treatments and rehabilitation for all types of sports-related injuries. In addition to caring for sports injuries, these specialists are involved in research to gain a better understanding of why athletes become injured. The Norton Sports Health team includes fellowship-trained orthopaedic surgeons, neurologists, professional trainers and physical therapists who work together to design customized programs to meet each patient's specific needs.

Meet your training team

The Norton Sports Health training team is here to help you train and race safely to avoid injuries. Our team includes orthopaedic physicians specializing in sports health, professional athletic trainers, nutritionists and physical therapists with specialized experience in caring for athletes. Our goal is to help you get the most from your runs and achieve optimal performance and fitness by incorporating cross training, flexibility, conditioning and good nutrition into your training routine.

If you experience injuries or problems while training, you have access to preferential appointment services with our Norton Sports Health team. To take advantage of this service, call **(502) 629-1234** and mention promo code "KDF Training" and our staff will work to get you an appointment with a sports health specialist as soon as possible.

To learn more about Norton Sports Health or to find a sports health specialist, visit **NortonSportsHealth.com** or call **(502) 629-1234**.
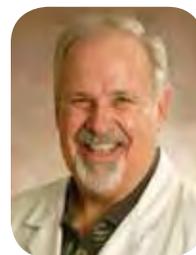
John A. Lach, M.D.
Medical Co-director
Kentucky Derby Festival Marathon/miniMarathon

John Lach, M.D., is a family medicine physician with Norton Community Medical Associates – Audubon West 200, where he provides primary care for adults. Dr. Lach also serves as director of sports medicine for Norton Audubon Hospital. He is a team physician for the Kentucky Athletic Commission, Louisville Fire arena football team and the Louisville Bats baseball team. Dr. Lach earned his medical degree from the University of Louisville School of Medicine. He completed his residency at University of Louisville and St. Anthony Hospital in Louisville.

Jeffrey S. Stephenson, M.D.
Medical Co-director
Kentucky Derby Festival
Marathon/miniMarathon

Jeff Stephenson, M.D., is a sports medicine physician with Norton Community Medical Associates – Brownsboro. He specializes in sports health for children and adults. Dr. Stephenson earned his medical degree from American University of the Caribbean School of Medicine in St. Maarten, Netherlands Antilles. He completed his residency at Bethesda Family Practice Center in Cincinnati, Ohio, and a fellowship in sports medicine at Bethesda Family Medicine and Beacon Orthopaedics & Sports Medicine in Cincinnati.

Dr. Stephenson is certified with the American Board of Family Medicine and is a member of the American College of Sports Medicine, American Medical Society for Sports Medicine and American Academy of Family Medicine. He has a special interest in ultrasound-guided injections and platelet-rich plasma therapy. Dr. Stephenson has served as team physician for Kings High School, College of Mount St. Joseph and Xavier University, all in Cincinnati, Ohio. He also has served on the medical team for the Cincinnati Reds baseball team, the U.S. Olympic Team Last Chance Qualifier for boxing and the Cincinnati Gymnastics Academy Coaches Spectacular.

Dr. Stephenson's mission is to provide top-quality, patient-centered care in the area of sports medicine.

Samuel Carter, M.D.
Orthopaedics and Sports Medicine

Sam Carter, M.D., is an orthopaedic surgeon with Norton Orthopaedic Specialists. He specializes in sports medicine and arthroscopic surgery. Dr. Carter earned his bachelor's degree and medical degree from the University of Louisville. He also completed his residency training in orthopaedic surgery at the University of Louisville. He then completed a fellowship in sports medicine and arthroscopy at Orthopaedic Research of Virginia, in Richmond. In addition to sports medicine, Dr. Carter has special interests in ligament reconstruction, cartilage restoration, partial knee replacement, patellar realignment and arthroscopy of the knee, shoulder, elbow and ankle.

Dr. Carter believes in a patient-centered approach to orthopaedic care. He maintains relationships with other physicians, physical therapists and athletic trainers so that he can provide a team approach to care.

Shelley Barber
Licensed and Registered Dietitian

Shelley Barber is a licensed and registered dietitian at Norton Brownsboro Hospital. She has 20 years of experience ranging from critical care nutrition support to outpatient nutritional counseling. Barber is an advocate of wellness, encouraging a healthy diet and exercise for disease prevention and control. As a runner, Barber uses her expertise to help athletes understand the importance of good nutrition for improving performance during training and competition.

Stacy Cohen, R.N.
Race Trainer

Stacy Cohen, R.N., is a registered nurse outreach coordinator for Norton Healthcare Centers for Prevention & Wellness. In that role she helps organize community outreach events that primarily provide health screenings for underserved populations in Louisville Metro. Passionate about health and wellness, Cohen started a running and walking team, Runners on a Mission, nearly eight years ago. She also created the Runners on a Mission Foundation Inc., a nonprofit organization that works to reduce childhood obesity.

Dan Delph
Marathon Trainer
Leader, Kosair Children's Hospital "Just for Kids" Running Team

Dan Delph has been a runner since 1998. He began racing in 2001 and has since completed 19 marathons and eight half-marathons, including the Boston Marathon, two 50-mile ultramarathons as well as the Ironman Louisville triathlon, Leadville Trail 100-mile mountain bike race and Muncie half Ironman. In 2013, Delph plans to complete the Umstead 100-mile Endurance Run, New York Marathon and the Louisville Triple Crown of Running. In addition to training runners for half- and full marathons, Delph serves as event coordinator for Norton Healthcare, the Bike to Beat Cancer and the Kosair Children's Hospital "Just for Kids" Running Team.

Jessie Halladay
Race Trainer

Jessie Halladay has been an avid runner for five years. Her interest in long-distance running began when she participated in breast cancer events for the Avon Foundation for Women, completing six events including walking a marathon on one day and a half-marathon the next day. She began running using the Jeff Galloway method of running and walking. She completed her first marathon using the walk/run method in San Francisco in 2009. Since then she has walked/run marathons in San Diego, Chicago, Dublin and Madrid. Halladay is currently training for the 2013 Marathon de Paris. Halladay recently began training for triathlons with the hope of completing her first half Ironman in July 2013. She does much of her racing with Team in Training for the Leukemia & Lymphoma Society, as she strives to connect her training with raising money for a good cause. Halladay is a reporter for The Courier-Journal and an adjunct English teacher at Jefferson Community & Technical College in Louisville.

Ryan J. Krupp, M.D.
Orthopaedics and Sports Medicine

Ryan Krupp, M.D., is an orthopaedic surgeon with Norton Orthopaedic Specialists and director of sports health for Norton Healthcare. He specializes in sports medicine for adults and children, as well as complex shoulder reconstruction. He earned his medical degree from the University of Louisville School of Medicine, where he also completed his residency training. Dr. Krupp completed a fellowship in sports medicine and shoulder reconstruction at the Steadman Hawkins Clinic of the Carolinas in Spartanburg, S.C.

In addition to offering a full range of sports medicine services for adults and children, Dr. Krupp treats other orthopaedic injuries and performs shoulder, elbow and knee arthroscopy; complex shoulder reconstruction, including total and reverse total shoulder replacement; instability surgery; as well as complex knee reconstruction. He is actively involved in research focused on developing cutting-edge technologies and rehabilitation for patients as well as working to improve care.

Dr. Krupp's mission is to provide top-quality, patient-centered care in the areas of sports medicine and complex shoulder reconstruction.

As director of sports health, Dr. Krupp leads Norton Healthcare initiatives to improve the care of athletes in Louisville and surrounding areas with programs such as injury prevention education, clinical research, Saturday Sports Injury Clinics, certified athletic trainer education, athletic event coverage and community partnerships. Dr. Krupp currently serves as the head team physician for numerous local athletic programs, including Eastern High School, St. Catharine College, Kentucky Country Day School, athletic teams of the Basketball Academy, Champions Gymnastics and the Louisville Lightning professional arena soccer team.

Erin Paris
Race Trainer

Erin Paris has been a runner since 2000. To date, she has competed in 10 half-marathons, four marathons, the Muncie half Ironman, Ironman Texas and three Ironman Louisville events. Paris also competes in cyclo-cross. In her first season, she achieved a top five overall ranking in her category. She will be competing in the 2013 Land Between the Lakes Trail 50-mile ultramarathon and the 2013 Ironman Louisville. In addition to her athletic endeavors, Paris works full time in education for Jefferson County Public Schools. She also is working on completing a Master of Arts degree in special education with a concentration in learning and behavioral disorders.

Zachary Skaggs
Physical Therapist

Zachary Skaggs is a physical therapist at Norton Audubon Hospital. He focuses on rehabilitation of individuals to help them get back to the activities they enjoy. He has specialized training in running gait analysis and bicycle fit analysis. Skaggs earned his doctor of physical therapy degree at Indiana University, Indianapolis. As an avid commuter cyclist, Ultimate Frisbee player and runner, Skaggs understands the importance of maintaining an active lifestyle.
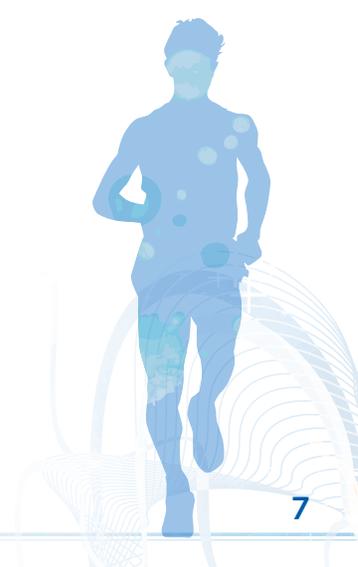
Safe training tips

Running injuries are common, but they don't have to be. Reduce your risk by following these guidelines to maximize your safety.

Before you begin the program

- Always consult with your physician before beginning any new exercise routine.

- Develop a running plan and strategy that is compatible with your goal and your current level of fitness.

- Set safe, achievable goals and advance slowly and cautiously.

What to wear

Shoes

A local running or sports shoe store is a good place to help you find the right shoes. These specialty stores have educated staff who can evaluate your feet and running patterns to help find the best shoe for you. Also keep these tips in mind:

- Buy shoes at the end of the day. Your foot expands throughout the day, so you will want to try on shoes when your foot is the largest.

- Orthotic shoe inserts can be valuable for people with flat feet, high-arched feet, unstable ankles or foot conditions.

- Sixty percent of a shoe's shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 9 to 12 months.

Clothing

- Wear lightweight, breathable clothing, which will prevent perspiration buildup and allow for better body heat regulation.

- Dress in layers. The inner layer should be material that draws perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).

- To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jacket, wear a hat and cover your neck.

Keeping your skin safe

- Always wear sunscreen with SPF 15 or higher when running outdoors, regardless of time of year.

- In cold weather, protect exposed areas, such as the nose, with petroleum jelly.

Before you run

- Drink 14 to 20 ounces of water or a sports drink two to three hours before your run to ensure you're hydrated.

- Stretch for five minutes before beginning but after you have warmed up.

- Increase your speed slowly.

During your run

- In cool weather, you are less likely to get chilled if you run into the wind when you start running and run with the wind at the finish.

- Do **not** run at night. If you run at dusk or dawn, wear reflective material and stay in well-lit areas.

- Whenever possible, run on a clear, smooth, resilient, even and reasonably soft surface.

- Run with a partner when possible. If alone, carry identification.

- Avoid using headphones, especially if you are running on the street, so you can hear traffic and warning sounds.

- Stop running if you are hurt; pushing through pain can make an injury worse, which will keep you from running for a long time.

After you run

- It's important to stretch after running to help prevent tight muscles and injuries.

- You can lose between 6 and 12 ounces of fluid for every 20 minutes of running. Drink 10 to 15 ounces of fluid every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink 16 ounces of fluid.

- Inspect your shoes after each run; if they have worn thin or are angled, purchase new shoes before your next run.

Preventing running injuries

There are four periods of time when runners are most vulnerable to injury:

- During the initial four to six months of running

- Upon returning to running after an injury

- When the quantity of running is increased (distance)

- When the quality of running is increased (speed)

Most running injuries are caused by recurring factors that runners can often prevent or avoid. Improper training is the most common source of injury, particularly inadequate warmup, rapid changes in mileage, a sudden increase in hill training and insufficient rest between training sessions.

Signs of a running injury

Signs that you may be injured or need to alter or stop your running:

- Pain or discomfort while running

- Pain at rest

- Inability to sleep

- Limping

- Shortness of breath after little exertion (exercise asthma)

- Stiffness

- Headaches during or after running

- Dizziness or lightheaded feeling any time

Common running injuries

Some of the most common running injuries are:

- **Stress fractures –** Stress fractures can be caused by overtraining, inadequate calcium in the body or by a basic biomechanical flaw in the runner's gait. Common stress fractures in runners occur in the tibia, femur and metatarsal bones in the foot.

- **Shin splints –** The most common type of shin splints happen on the inside of the legs. These medial shin splints result from a biomechanical flaw in the way the foot moves (which can be made worse by a shoe that doesn't offer enough support) and/or overtraining.

- **Achilles tendinitis –** Achilles tendinitis is an inflammation of the Achilles tendon that usually occurs either due to repetitive stress or from a runner pushing him/herself to do too much too fast.

- **Muscle strains –** Strains are small muscle tears that can occur from overexertion or poor flexibility.

- **Ankle sprains –** Ankle sprains occur when ligaments around the ankle are overstretched or torn, often because a runner did not pay attention to a change in terrain.

- **Dizziness and nausea –** This is usually caused by improper hydration. To prevent dehydration, drink 10 to 15 ounces of fluid 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Do not overhydrate; this lowers sodium levels in the body and stresses the kidneys.

Treating running injuries

Mild injuries, such as most sprains and strains, can be treated using the RICE protocol:

- **Rest –** Stop running and do not return while symptoms persist. When you do return, gradually ease in, increasing distance by no more than 10 percent per week.

- **Ice** for 20 minutes at a time several times a day until swelling subsides.

- **Compression** dressings, such as ACE wraps, may help.

- **Elevate** injured area above your heart when possible to reduce swelling.

Over-the-counter nonsteroidal anti-inflammatory medications can be used as directed to help relieve pain and reduce swelling.

For more serious injuries, it is important to see your physician in order to properly evaluate and diagnose your injury. Your physician will discuss treatment options with you at that time.

Cross-train to be a better runner

You can improve your running performance by balancing runs with cross-training and rest days. Cross-training with low-impact activities is a great way to prevent injuries. A cross-training session should last between 30 and 90 minutes and should be done at a moderate level or pace. Below are a few examples of cross-training activities. We recommend trying each of them.

Cycling or spinning

Cycling is one of the best cross-training activities for runners. Cycling builds your aerobic/cardiovascular endurance while maintaining range of motion in your muscles. It allows leg muscles to contract and increases blood flow, helping flush out any toxins that may have caused running fatigue. Cycling is low impact; and if the weather does not allow you to go outside, it can be done at your local gym or at home on a stationary trainer. Spinning is a more vigorous workout using stationary bikes and is available at most gyms.

Yoga

There are a variety of reasons to add yoga to a cross-training routine. Yoga helps loosen tight, contracted muscles, making it the ideal counterpart to the repetitive strains of running. Yoga is a low-impact mind and body workout; it helps relieve tension, reduces stress and promotes balance. If you're looking for a workout to rejuvenate your exercise program and motivate you from the inside out, yoga might be right for you.

Swimming

Swimming is an excellent cross-training activity for running because it is a nonweight-bearing exercise. Swimming allows your joints to recover and muscles to contract and release soreness. It also allows you to build strength and endurance, and improve flexibility. Swimming is a great balance for running because you'll work predominantly your upper body while giving your leg muscles a break. Swimming is especially recommended for people who are prone to running injuries or are recovering from an injury. With the help of a simple pool float, you can take your legs completely out of the equation and get a great cardiovascular workout.

Elliptical machine

The elliptical machine is a total-body cardiovascular workout and a great option for cross-training. The oval-like range of motion provides the feel of cross-country skiing, stair climbing or walking with no or little impact on your joints. Because the muscles used during elliptical training are similar to those used during running, the machine is a good low-impact cross-training option when an injury prevents you from running or you just need a change-up in your running routine.

Stretching

By increasing your flexibility you can improve your ability to not only run well but move around in general. You will have less muscle tension and your posture will likely improve. Stretching after running also reduces your risk for injury.

While stretching, remember to follow these simple guidelines:

- **Always warm up before you stretch.** Stretching cold muscles can lead to injury.

- **Stretch slowly and gently.** Breathe into your stretch to avoid muscle tension.

- **Do not bounce during stretching.** This can lead to injury.

- **Stretching should not hurt.** If you feel pain, lessen the stretch and relax into it.

The following stretching exercises are recommended by the Norton Sports Health training team. Hold each stretch for 20 to 30 seconds and repeat each set of stretches two times.

Gastrocnemius stretch

Stand with right leg back and knee straight. Lunge forward until a comfortable stretch is felt in the right calf and hold for 30 seconds. Repeat on left.

Soleus stretch

Start in a similar stance to the gastrocnemius stretch but bend both knees, moving your body down instead of forward. The stretch should be felt a little deeper in the calf. Hold the stretch for 30 seconds.

Tibialis anterior stretch

In a seated or standing position, pull on the front of your lower leg directly to the outside of your shin bone. Hold for 30 seconds. Repeat on the other leg.

Stretching *continued*

Iliotibial band stretch

Cross your right leg in front of your left leg in a standing position, and lean to the right side, pushing your left hip out until a stretch is felt over the outside of the left hip. Hold for 30 seconds. Repeat with the left leg crossed in front of the right leg and pushing your right hip out.

Hamstrings stretch

While keeping your abdominal muscles firm and your back straight, lean forward until a comfortable stretch is felt in the hamstrings. An alternative is to lie in a doorway with one leg up on the wall and your bottom as close to the wall as possible to obtain a comfortable stretch. Hold for 30 seconds.

Quadriceps stretch

Lying on your side or standing, pull back on your lower leg while keeping your knees aligned until a comfortable stretch is felt in the front of your thigh. Hold for 30 seconds. Repeat with the other leg.

Piriformis stretch

Lying on your back, pull your right knee toward your left shoulder until you feel a gentle stretch deep in your buttocks and hold for 30 seconds. Repeat with the left knee toward the right shoulder.

Dynamic stretching

Dynamic stretching uses controlled movements to improve range of motion, loosen tense muscles and increase heart rate, body temperature and blood flow to help you run more efficiently. Dynamic stretching is most effective when it is done before running and after you've warmed up. Start slowly, focusing on form. Use small movements for the first few repetitions. As the exercises get easier for you, increase range of motion and begin doing them more quickly.

Leg lifts

Swing one leg out to the side, and then swing it back across your body in front of your other leg. Repeat 10 times on each side. If you feel unbalanced, hold onto a steady object.

Butt kicks

While standing tall, walk forward with an exaggerated backswing so that your heels come up to meet your buttocks. When this becomes easy, try it while jogging. Do 10 repetitions on each side.

Pike stretch

Standing, get in a "pike" position — bend at the waist to touch your fingers to your toes, keeping your knees as straight as possible. Put your right foot behind your left ankle. Keeping your legs straight, press the heel of the left foot down. Release. Repeat 10 times on each side.

Hacky-sack

Lift your left leg up, bending the knee so it points out. Try to tap the inside of your left foot with your right hand without bending forward. Repeat 10 times on each side.

Toy soldier

Keeping your back and knees straight, walk forward, lifting your legs straight out in front and flexing your toes. Advance this by adding a skipping motion. Do 10 repetitions on each side.

Walking lunges

Step forward with a long stride into a lunge position, not letting the front knee bend over your toes. Lower your body by dropping your back knee toward the ground. Maintain an upright posture and keep your abdominal muscles tight. Lift up, then lunge forward with the other leg in front. Do 10 repetitions on each side.

Fueling for the race

Proper nutrition is a key component in achieving optimal athletic performance — not just for race day, but every day. It is always important to maintain a healthy, balanced diet, but it is especially important now that you're in training. Just as a car needs fuel to run, so do our bodies. If you've ever felt like you're "running on empty," it could mean you have not fueled your body with the proper nutrition. By including the right amount of carbohydrates, proteins and fats into your diet, as well as essential vitamins and minerals, you can make the most out of your fitness routine and training by allowing your body to produce energy most efficiently for peak performance and endurance.

Carbohydrates

Carbohydrates are a crucial fuel source. The sugars and starches found in carbohydrates are the building blocks your body uses to produce energy. They are the most important source of quick and long-lasting energy. Carbohydrates should make up about 60 to 65 percent of your daily calories.

Good sources of carbohydrates include whole grain bread, bagels, pasta, rice and cereal. Fruits and vegetables are another great source of carbohydrates, with the added benefit of potassium, vitamin C and many other vitamins and minerals. Vitamins and minerals can help you use food more efficiently for fuel, as well as keep your immune system strong to protect you from illness.

Proteins

Proteins are used to rebuild and repair damaged muscle tissue that may develop during training. Protein should make up 15 to 20 percent of your daily calorie intake. Good sources of protein include poultry, fish, lean beef, peanut butter, beans and tofu. Dairy products are also a great source of protein, as well as carbohydrates. Top choices are low- or non-fat milk and yogurt, and low-fat cheese.

Fats

Fats are needed as an alternative energy source, and they perform other functions. However, too much fat can lead to health complications, including heart disease and obesity. For this reason, your fat intake should be limited to 20 to 25 percent of your daily calories. Choose foods that are low in saturated fat, such as canola and olive oil, nuts and avocados.

Hydration

Drinking adequate amounts of fluid is vital for proper athletic performance. Drink at least 8 to 10 8-ounce glasses of fluid daily, regardless of your workout plans. Choose water most often unless you are exercising for 60 minutes or longer. For those longer workouts, choose a sports drink with electrolytes.

Basic fueling guidelines

Before exercise

- Drink 14 to 20 ounces of water or a sports drink two to three hours before your run to ensure you're hydrated.

- Drink 8 ounces just prior to your workout or run, especially if it's hot or humid.

- Check the color of your urine — it should be light yellow. If it is dark, you need to drink more.

- Two to four hours before your run, have a snack or light meal (200 to 300 g carbohydrates):

  ▶ High carbohydrate, moderate protein, low fat, low fiber

  ▶ Good snacks are a smoothie, peanut butter and honey toast, oatmeal with fruit and almonds, low-fat cottage cheese or crackers and fruit

- One hour before your run, have a light snack, such as an energy bar or fruit (30 to 60 g carbohydrates). For an early morning workout, eat something smaller, such as half an energy bar or a sports drink.

During exercise

- Hydrating: Drink regularly during exercise to replace fluids lost through sweat. Weigh yourself before and after a run to determine fluid loss, replacing 16 ounces of fluid for every pound lost.

- Eating: If your workout will be shorter than 60 to 90 minutes, there is no need to take along a snack. When workouts or distance runs increase to 90 minutes or longer, eating 30 to 60 g carbohydrates every hour is recommended. Sports bars, gels or drinks, or fruit are ideal.

After exercising

- Fifteen to 30 minutes after exercising, consume carbohydrates, protein and 16 ounces of fluid for every pound lost,

for example, 8 to 16 ounces low-fat chocolate milk, a smoothie with yogurt and berries, or a sports drink and sports bar.

- Repeat 2 hours after exercising.

Race day

- Eat a carbohydrate-rich meal one to four hours before the race, such as toast, bagel or English muffin with jam or jelly, cereal, fruit, low-fat yogurt, sports bar, fruit juice and skim milk.

- Avoid high-fiber and high-fat foods on race day, as they may cause abdominal cramping.

Sample meal plan for training

Breakfast: Bagel or two slices of toast with 2 tablespoons peanut butter, fruit, 8 ounces of milk or 1 cup of yogurt

Snack: 1 to 2 ounces of cheese with six to eight crackers

Lunch: Turkey sandwich (3 ounces turkey, two slices whole-wheat bread or bun, lettuce, tomato), pretzels, side salad and 8 ounces of fruit juice

Before working out: Energy bar (200 to 250 calories), peanut butter and honey on toast or bagel, cereal with milk or fruit. For a long run, eat a larger snack/meal, such as a sandwich with lean meat, hummus or peanut butter, an energy bar and 8 ounces juice or a turkey burger with lettuce, tomato, side salad and yogurt parfait

After working out: 2 cups low-fat chocolate milk

Supper: 3 to 4 ounces of lean meat (fish, chicken, lean beef or pork), 1 to 2 cups cooked pasta with marinara sauce or olive oil, 1 cup cooked vegetables or 2 cups of salad

Snack: Two to three fig bars with 8 ounces of low-fat yogurt

Training for the miniMarathon

This guide provides a training method for walkers (level 1) and three levels of runners. To determine your training level, read through each level's description and choose the one that best matches your fitness aptitude and goals.

Level 1

This is the beginning level for first-time runners/walkers. You should be able to run or walk 2 to 3 miles three times per week.

- Includes three to five days of running/ walking per week

- Weekly training schedule: one long run/ walk plus two to four days of easy running or cross-training

- Maximum weekly mileage: 20 to 40 miles

Pace: If you're new to running, it is important to pace yourself. Don't be too concerned with speed — run at a pace that is comfortable for you. If you're running with a friend, you should be able to carry on a conversation with ease.

Distance: The best way to work up to running long distances is to start out small. Begin your training by running 1 to 3 miles and gradually increasing your distance over time. During a 12-week period, you should be able to go from running 3 miles to 10 miles or more.

Rest: Don't neglect rest! It is an important aspect of your training routine. Allow your body to rest and rejuvenate, and you will find it becomes increasingly easier to run longer distances.

Long runs: Long runs are the key to completing any marathon. Start out small and progressively increase your distance each week.

Cross-training: Cross-training allows you to recover after your long runs by using slightly different muscle movements during your workout. Swimming, cycling, walking and strength training are excellent cross-training exercises. Workouts that require sideways movement, such as basketball or tennis, may not be a good cross-training activities, because you run a greater risk of injury.

Walking: If you feel tired or need a break while running, feel free to walk. Catch your breath, regain your energy and begin running again when you feel ready. There's no shame in walking part, or even all, of a marathon!

Racing: Participating in a 5k or 10k race during your training may help you gauge your pace and predict your finish time, especially if you've never run in a race before.

Level 2

For individuals who can run 3 miles or more three to four times per week. This is a good level for those who have competed in a few 5k or 10k races and are performance driven.

- Includes four to seven days of running per week

- Weekly training schedule: one long run, one tempo run *or* interval workout, plus two to five days of easy running or cross-training

- Maximum weekly mileage: 40 to 60 miles

Warm up: It's always important that you warm up before any fast run to prevent injury.

Distance: Start out running shorter distances and work your way up to running longer distances. Over a period of 11 weeks, your run should increase from 5 miles to 12 miles.

Rest: Rest is an important aspect of your training. If you feel excessively fatigued, especially during the last couple weeks of training, take an extra day off to recuperate.

Long runs: As an intermediate runner, you should be able to increase your longest run from 5 miles to 12 miles over 11 weeks. The last week is the 13.1 mile race itself.

Walking: Walk if you begin to feel tired or fatigued. During the race, it's usually a good idea to walk through the fluid stations to give yourself a chance to rest and rehydrate.

Racing: It's not a necessity to participate in a pre-marathon race, but if you enjoy racing, try

to participate in one every third week leading up to the marathon. Participating in these races will allow you to test your fitness level and predict your finish time.

Speed/interval work: In order to run at a fast pace, it's necessary to train at a fast pace. Try alternating interval running (five to 10 400-meter sprints, for example, separated by walking or jogging) with tempo runs (see below) to work up to your desired speed.

Tempo runs: Tempo running involves a continuous run with an increase in speed in the middle to your racing pace. For example, a tempo run of 30 to 45 minutes would begin with 10 to 15 minutes of easy running, increase speed between 15 and 20 minutes, then decrease again to an easy run for the final 5 to 10 minutes.

Pace: Pace runs are designed to get you used to running the pace at which you expect to run the marathon. Try to include some pace runs into your workout, particularly toward the end of your training.

Level 3

For individuals who can run 30 to 60 minutes at a time and have competed in at least a few 5k or 10k races or a half-marathon. Ideal for runners who want to improve their performance.

- Includes four to seven days of running per week

- Weekly training schedule: one long run, one tempo run *and* one interval workout, plus one to four days of easy running or cross-training

- Maximum weekly mileage: 45 to 75 miles

Warm up: Warming up is important during your training and on race day, especially before speed and pace workouts. Try jogging a mile or two, then stretching for about 5 to 10 minutes before your normal training workouts.

Easy runs: Every other day, run at a comfortable pace rather than worrying about your speed. If you're not able to carry on a conversation during these runs, you're running too fast.

Distance: As an advanced runner, it may be beneficial for you to run in terms of time rather than distance to increase stamina. When training for a half-marathon, you should be able to work up from running 3 miles to 2 hours.

Rest: Rest is an important aspect of your training. If you feel excessively fatigued, especially during the last couple weeks of training, take an extra day off to recuperate.

Hills: Hill training will help you strengthen your quadriceps and build endurance. Stick to hills that are between 200 and 400 meters long, and remember to jog or walk an equal distance between hill runs. Some hill training can substitute your cross training or tempo runs.

Speed/interval work: In order to run at a fast pace, it's necessary to train at a fast pace. Begin your training with 400-meter sprints and work your way up to 800- and 1,600-meter repeats in later weeks. Remember to walk or jog between each repetition.

Tempo runs: As an advanced runner, your tempo runs should be between 40 and 60 minutes, beginning with 10 to 20 minutes of easy running, building to 20 to 30 minutes of increased speed, then 5 to 10 minutes of easy running toward the end.

Pace: Pace runs will get you used to running the pace at which you expect to run on race day. Include some pace runs into your workout, particularly toward the end of your training.

Long runs: When you're training for a half-marathon, slightly increase your time when doing your long runs. If you're used to running 60 to 90 minutes, for example, try running 90 minutes to 2 hours as it gets closer to race day.

Cross-training: Cross-training isn't always necessary for advanced runners, but it may help in preventing injuries since it allows you to use slightly different muscle movements during your workout. Feel free to substitute some cross-training, such as swimming or cycling, on one of your easy days.

Racing: Participating in a race every third week leading up to the half-marathon will allow you to test your fitness level and predict your finish time.

January 2013 miniMarathon training calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Facebook.com/derbyfestivalmarathon • Twitter at #kdfmarathon • Call or text (502) 807-0158			**1**	**2**	**3**	**4**
5	**6**	**7**	**8**	**9**	**10**	**11**
12	**13**	**14**	**15**	**16** TRAINING KICKOFF!	**17**	**18**
19 Swags South 8 a.m. L1 ·········· 3 L2 ·········· 3 L3 ·········· 4	**20** L1 ······· Rest L2 ···Cross-train L3 ···Cross-train	**21** L1 ·········· 3 L2 ·········· 3 L3 ·········· 4	**22** Iroquois Park 6 p.m. L1 ·········· 2 L2 ·········· 2 L2 ·········· 3	**23** L1 ·········· 3 L2 ·········· 3 L3 ·········· 3	**24** Seneca Park 6 p.m. L1 ·········· 2 L2 ·········· 2 L3 ·········· 3	**25** L1 ···· Cross-train L2 ·········· Rest L3 ·········· Rest
26 Seneca Park 8 a.m. L1 ·········· 4 L2 ·········· 4 L3 ·········· 5	**27** L1 ······· Rest L2 ···Cross-train L3 ···Cross-train	**28** L1 ·········· 3 L2 ·········· 3 L3 ·········· 4	**29** Iroquois Park 6 p.m. L1 ·········· 2 L2 ·········· 2 L3 ·········· 3	**30** L1 ·········· 3 L2 ·········· 3 L3 ·········· 3	**31** Seneca Park 6 p.m. L1 ·········· 2 L2 ·········· 2 L3 ·········· 3	

February 2013 miniMarathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 L1 Cross-train / L2 Rest / L3 Rest	**Waterfront Park 8 a.m. 2** L1 6 / L2 6 / L3 7
3 L1 Rest / L2 Cross-train / L3 Cross-train	**4** L1 3 / L2 3 / L3 4	**Iroquois Park 6 p.m. 5** L1 3 / L2 3 / L3 4	**6** L1 3 / L2 3 / L3 3	**Seneca Park 6 p.m. 7** L1 2 / L2 2 / L3 2	**8** L1 Cross-train / L2 Rest / L3 Rest	**Swags East 8 a.m. 9** L1 4 / L2 4 / L3 4
10 L1 Rest / L2 Cross-train / L3 Cross-train	**11** L1 4 / L2 4 / L3 5	**Iroquois Park 6 p.m. 12** L1 3 / L2 3 / L3 4	**13** L1 3 / L2 3 / L3 4	**Seneca Park 6 p.m. 14** L1 2 / L2 2 / L3 3	**15** L1 Cross-train / L2 Rest / L3 Rest	**Seneca Park 8 a.m. 16** L1 6 / L2 6 / L3 7
17 L1 Rest / L2 Cross-train / L3 Cross-train	**18** L1 4 / L2 4 / L3 5	**Iroquois Park 6 p.m. 19** L1 4 / L2 4 / L2 4	**20** L1 3 / L2 3 / L3 4	**Seneca Park 6 p.m. 21** L1 3 / L2 3 / L3 4	**22** L1 Cross-train / L2 Rest / L3 Rest	**Ramsi's Cafe 8 a.m. 23** L1 7 / L2 7 / L3 8
24 L1 Rest / L2 Cross-train / L3 Cross-train	**25** L1 5 / L2 5 / L3 6	**Iroquois Park 6 p.m. 26** L1 4 / L2 4 / L3 4	**27** L1 4 / L2 4 / L3 5	**Seneca Park 6 p.m. 28** L1 3 / L2 3 / L3 4		

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- Call or text (502) 807-0158

March 2013 mimiMarathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Facebook.com/derbyfestivalmarathon • Twitter at #kdfmarathon • Call or text (502) 807-0158					**1** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯ Rest L3 ⋯⋯⋯ Rest	**Waterfront Park** **2** **8 a.m.** L1 ⋯⋯⋯⋯⋯ 8 L2 ⋯⋯⋯⋯⋯ 8 L3 ⋯⋯⋯⋯⋯ 9
3 L1 ⋯⋯⋯⋯ Rest L2 ⋯⋯ Cross-train L3 ⋯⋯ Cross-train	**4** L1 ⋯⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 4	**Iroquois Park** **5** **6 p.m.** L1 ⋯⋯⋯⋯ 4 L2 ⋯⋯⋯⋯ 5 L3 ⋯⋯⋯⋯ 6	**6** L1 ⋯⋯⋯⋯ 4 L2 ⋯⋯⋯⋯ 4 L3 ⋯⋯⋯⋯ 5	**Seneca Park** **7** **6 p.m.** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 4	**8** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯⋯ Rest L3 ⋯⋯⋯⋯ Rest	**9** **ANTHEM 5K**
10 L1 ⋯⋯⋯⋯ Rest L2 ⋯⋯ Cross-train L3 ⋯⋯ Cross-train	**11** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 5	**Iroquois Park** **12** **6 p.m.** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 4 L3 ⋯⋯⋯⋯ 5	**13** L1 ⋯⋯⋯⋯ 5 L2 ⋯⋯⋯⋯ 5 L3 ⋯⋯⋯⋯ 4	**Seneca Park** **14** **6 p.m.** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 5	**15** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯⋯ Rest L3 ⋯⋯⋯⋯ Rest	**Swags South** **16** **8 a.m.** L1 ⋯⋯⋯⋯ 10 L2 ⋯⋯⋯⋯ 10 L3 ⋯⋯⋯⋯ 11
17 L1 ⋯⋯⋯⋯ Rest L2 ⋯⋯ Cross-train L3 ⋯⋯ Cross-train	**18** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 4	**Iroquois Park** **19** **6 p.m.** L1 ⋯⋯⋯⋯ 5 L2 ⋯⋯⋯⋯ 5 L3 ⋯⋯⋯⋯ 5	**20** L1 ⋯⋯⋯⋯ 5 L2 ⋯⋯⋯⋯ 5 L3 ⋯⋯⋯⋯ 6	**Seneca Park** **21** **6 p.m.** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 4	**22** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯⋯ Rest L3 ⋯⋯⋯⋯ Rest	**23** **RHODES CITY 10K**
24 L1 ⋯⋯⋯⋯ Rest L2 ⋯⋯ Cross-train L3 ⋯⋯ Cross-train	**25** L1 ⋯⋯⋯⋯ 4 L2 ⋯⋯⋯⋯ 4 L3 ⋯⋯⋯⋯ 4	**Iroquois Park** **26** **6 p.m.** L1 ⋯⋯⋯⋯ 4 L2 ⋯⋯⋯⋯ 4 L3 ⋯⋯⋯⋯ 5	**27** L1 ⋯⋯⋯⋯ 6 L2 ⋯⋯⋯⋯ 6 L3 ⋯⋯⋯⋯ 7	**Seneca Park** **28** **6 p.m.** L1 ⋯⋯⋯⋯ 3 L2 ⋯⋯⋯⋯ 3 L3 ⋯⋯⋯⋯ 4	**29** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯⋯ Rest L3 ⋯⋯⋯⋯ Rest	**Seneca Park** **30** **8 a.m.** L1 ⋯⋯⋯⋯ 6 L2 ⋯⋯⋯⋯ 6 L3 ⋯⋯⋯⋯ 7
31 L1 ⋯⋯⋯⋯ Rest L2 ⋯⋯ Cross-train L3 ⋯⋯ Cross-train						

April 2013 miniMarathon training calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	**Iroquois Park** **2** 6 p.m.	**3**	**Seneca Park** **4** 6 p.m.	**5**	**6**
	L1 ········· 4 L2 ········· 4 L3 ········· 5	L1 ········· 4 L2 ········· 4 L3 ········· 4	L1 ········· 6 L2 ········· 6 L3 ········· 7	L1 ········· 3 L2 ········· 3 L3 ········· 4	L1 ······ Rest L2 ······ Rest L3 ······ Rest	**PAPA JOHN'S 10 MILER**
7	**8**	**Iroquois Park** **9** 6 p.m.	**10**	**Seneca Park** **11** 6 p.m.	**12**	**Waterfront Park** **13** 8 a.m.
L1 ······ Rest L2 ···Cross-train L3 ···Cross-train	L1 ········· 4 L2 ········· 4 L3 ········· 5	L1 ········· 3 L2 ········· 3 L3 ········· 3	L1 ········· 5 L2 ········· 6 L3 ········· 6	L1 ········· 2 L2 ········· 3 L3 ········· 3	L1 ··· Cross-train L2 ······ Rest L3 ······ Rest	L1 ········· 8 L2 ········· 8 L3 ········· 9
14	**15**	**Iroquois Park** **16** 6 p.m.	**17**	**Seneca Park** **18** 6 p.m.	**19**	**Swags South** **20** 8 a.m.
L1 ······ Rest L2 ···Cross-train L3 ···Cross-train	L1 ········· 4 L2 ········· 4 L3 ········· 5	L1 ········· 3 L2 ········· 3 L3 ········· 3	L1 ········· 3 L2 ········· 3 L3 ········· 4	L1 ········· 3 L2 ········· 3 L3 ········· 3	L1 ········· 4 L2 ······ Rest L3 ······ Rest	L1 ········· 5 L2 ········· 5 L3 ········· 6
21	**22**	**Iroquois Park** **23** 6 p.m.	**24**	**Seneca Park** **25** 6 p.m.	**26**	**GOOD LUCK!** **27**
L1 ······ Rest L2 ···Cross-train L3 ···Cross-train	L1 ········· 3 L2 ········· 4 L3 ········· 4	L1 ········· 2 L2 ········· 3 L3 ········· 2	L1 ········· 3 L2 ········· 3 L3 ········· 3	L1 ········· 1 L2 ········· 1 L3 ········· 1	L1 ······ Rest L2 ······ Rest L3 ········· 1	
28	**29**	**30**				

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- Call or text (502) 807-0158

Training for the full Marathon

This guide provides a training method for walkers (level 1) and three levels of runners. To determine your training level, read through each level's description and choose the one that best matches your fitness aptitude and goals.

Level 1

This is the beginning level for runners/walkers capable of running 3 miles three to four times per week. This level is best if you have previously competed in a few 5k or 10k races.

- Includes three to five days of walking/running per week

- Weekly training schedule: one long walk/run plus two to four days of easy running or cross-training

- Maximum weekly mileage: 30 to 50 miles

Long runs: When training for a full marathon, your long run should build from 6 miles in your first week to 20 miles by week 15. Every third week, however, you should reduce your mileage slightly to regain strength for the upcoming week's long run. Additionally, these runs should be at a comfortable, conversational pace. Consistency is important, so don't skip out on the long runs.

Walking: If you feel tired or need a break, feel free to walk. Catch your breath, regain your energy and begin running again when you feel ready. Walking part, or even all, of a marathon is perfectly acceptable!

Cross-training: Cross-training allows you to recover after your long runs by using slightly different muscle movements during your workout. Swimming, cycling, walking and strength training are excellent cross-training exercises. It's best to cross-train the day after your long run to rest your muscles.

Midweek training: As your mileage builds each week, so does your midweek long run. These runs should also been done at an easy, relaxed pace.

Racing: Participating in a race leading up to the marathon will give you an idea of what the marathon will be like. It also will allow you to gauge your pace and predict your finish time. Considering running a half-marathon during your eighth week of training, since you should be running that distance anyway (approximately 13 miles).

Rest: Typically, it is best to take a rest day during the week. Resting allows your muscles to regenerate and regain strength, and it is an important aspect of your training program. Ultimately, if you fail to rest, you will fail to meet your goals.

Level 2

This is for individuals who can run 3 miles three to four times a week, have competed in a few 5k or 10k races and are performance driven.

- Includes four to seven days of running per week

- Weekly training schedule: one long run, one tempo run *or* interval workout, plus two to five days of easy running or cross-training

- Maximum weekly mileage: 30 to 70 miles

Long runs: As an intermediate runner, your long runs should go from 8 miles in your first week of training up to 20 miles. Every third week, reduce your mileage slightly to regain strength for the upcoming week's long run.

3/1 training: Run the first three-fourths of your long run at an easy pace, then do the final one-fourth at a somewhat faster pace. This increases your stamina and can be done once every three weeks.

Walking: It is OK to walk during training and during the marathon itself if you need to. During the race, it's a good idea to walk through the fluid stations to give yourself a chance to rest. You'll be able to run more comfortably afterward.

Pace: Pace runs will get you used to running the pace at which you expect to run on race day. Include some pace runs into your workout, particularly toward the last few weeks of your training.

Interval training: When training for a marathon, long repeats of 800 or 1,600 meters work better than short repeats. Run 800- or 1,600-meter repeats every third week, and alternate walking or jogging between each repetition.

Tempo runs: Tempo running involves a continuous run with an increase in the middle to race pace. For example, a tempo run of 30 to 45 minutes would begin with 10 to 15 minutes of easy running, increase speed between 15 and 20 minutes, then decrease again to an easy run the final 5 to 10 minutes.

Cross-training: Cross-train the day after your long run to give your muscles a chance to recover. Cross-training exercises can include swimming, walking or bicycling. Since you are using a slightly different set of muscles to cross-train, the muscles you use for running will be rested for your next long run.

Midweek training: As you build from 8- to 20-mile runs each week, your midweek long runs will build as well. Make sure you run these at a comfortable pace.

Rest: As an intermediate runner, it's best to take at least one day a week to rest, such as the day before your long run.

Level 3

For individuals who can run 30 to 60 minutes at a time and have competed in at least a few 10k races, half-marathons or a full marathon. Ideal for runners who want to improve their performance.

- Includes four to seven days of running per week

- Weekly training schedule: one long run, one tempo run *and* one interval workout, plus one to four days of easy running or cross-training

Long runs: As an advanced runner, your long runs should go from 8 miles in your first week of training up to a maximum of 20 miles. Every third week, reduce your mileage slightly to regain strength for the upcoming week's long run.

3/1 training: Run the first three-fourths of your long run at an easy pace, then do the final one-fourth at a somewhat faster pace. This increases your stamina and can be done once every three weeks.

Hills: Hill training will help you strengthen your quadriceps and build endurance. Stick to hills that are about a quarter-mile long, and remember to jog or walk an equal distance between hill runs. For variety, you may alternate hill training with your interval workouts or tempo runs.

Interval training: When training for a marathon, long repeats of 800 or 1,600 meters work better than short repeats. Run 800- or 1,600-meter repeats every third week, and alternate walking or jogging between each repetition.

Tempo runs: Tempo running involves a continuous run with an increase in the middle to race pace. For example, a tempo run of 30 to 45 minutes would begin with 10 to 15 minutes of easy running, increase speed between 15 and 20 minutes, then decrease again to an easy run the final 5 to 10 minutes.

Pace: Pace runs are designed to get you used to running the pace at which you expect to run the marathon. Try to include some pace runs into your workout, particularly toward the last few weeks of your training.

Easy runs: Easy runs can be done early in the week and should be at a comfortable pace as opposed to a speed race.

Rest: As an advanced runner, it's best to take at least one day a week to rest, such as the day before your long run.

January 2013 marathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Facebook.com/derbyfestivalmarathon • Twitter at #kdfmarathon • Call or text (502) 807-0158						
		1	**2**	**3**	**4**	**5**
6	**7**	**8**	**9**	**10**	**11**	**12**
13	**14**	**15**	**16**	**17** TRAINING KICKOFF!	**18**	**Swags South** **8 a.m.** **19** L1 ·······················5 L2 ·······················5 L3 ·······················6
20 L1 ············· Rest L2 ·····Cross-train L3 ·····Cross-train	**21** L1 ························3 L2 ························3 L3 ················ 4	**Iroquois Park** **22** **6 p.m.** L1 ························3 L2 ························3 L3 ························3	**23** L1 ························5 L2 ························5 L3 ························5	**Seneca Park** **24** **6 p.m.** L1 ························3 L2 ························3 L3 ························3	**25** L1 ······· Cross-train L2 ···················Rest L3 ··················Rest	**Seneca Park** **26** **8 a.m.** L1 ························7 L2 ························7 L3 ························8
27 L1 ············· Rest L2 ·····Cross-train L3 ·····Cross-train	**28** L1 ························3 L2 ························3 L3 ················ 4	**Iroquois Park** **29** **6 p.m.** L1 ························3 L2 ························3 L3 ················ 4	**30** L1 ························5 L2 ························5 L3 ························6	**Seneca Park** **31** **6 p.m.** L1 ························3 L2 ························2 L3 ················ 4		

February 2013 marathon training calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 L1 ········· Rest L2 ·····Cross-train L3 ·····Cross-train	**Waterfront Park** **2** 8 a.m. L1 ·················8 L2 ·················8 L3 ·················9
3 L1 ········· Rest L2 ·····Cross-train L3 ·····Cross-train	**4** L1 ·················3 L2 ·················3 L3 ·········4	**Iroquois Park** **5** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················5	**6** L1 ·················6 L2 ·················6 L3 ·················7	**Seneca Park** **7** 6 p.m. L1 ·················3 L2 ·················3 L3 ·················4	**8** L1 ······ Cross-train L2 ·········Rest L3 ·········Rest	**Swags East** **9** 8 a.m. L1 ·················10 L2 ·················10 L3 ·················12
10 L1 ········· Rest L2 ·····Cross-train L3 ·····Cross-train	**11** L1 ·················4 L2 ·················4 L3 ·········4	**Iroquois Park** **12** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················5	**13** L1 ·················7 L2 ·················7 L3 ·················8	**Seneca Park** **14** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················4	**15** L1 ······ Cross-train L2 ·········Rest L3 ·········Rest	**Seneca Park** **16** 8 a.m. L1 ·················12 L2 ·················12 L3 ·················13
17 L1 ········· Rest L2 ·····Cross-train L3 ·····Cross-train	**18** L1 ·················4 L2 ·················4 L3 ·········4	**Iroquois Park** **19** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················5	**20** L1 ·················8 L2 ·················8 L3 ·················8	**Seneca Park** **21** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················5	**22** L1 ······ Cross-train L2 ·········Rest L3 ·········Rest	**Ramsi's Cafe** **23** 8 a.m. L1 ·················14 L2 ·················14 L3 ·················14
24 L1 ········· Rest L2 ·····Cross-train L3 ·····Cross-train	**25** L1 ·················4 L2 ·················4 L3 ·········4	**Iroquois Park** **26** 6 p.m. L1 ·················4 L2 ·················4 L3 ·················5	**27** L1 ·················9 L2 ·················9 L3 ·················10	**Seneca Park** **28** 6 p.m. L1 ·················5 L2 ·················5 L3 ·················6		
			If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Facebook.com/derbyfestivalmarathon • Twitter at #kdfmarathon • Call or text (502) 807-0158			

March 2013 marathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Twitter at #kdfmarathon • Facebook.com/derbyfestivalmarathon • Call or text (502) 807-0158					**1** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯Rest L3 ⋯⋯⋯Rest	**Waterfront Park** **2** **8 a.m.** L1 ⋯⋯⋯⋯18 L2 ⋯⋯⋯⋯18 L3 ⋯⋯⋯⋯20
3 L1 ⋯⋯⋯ Rest L2 ⋯⋯Cross-train L3 ⋯⋯Cross-train	**4** L1 ⋯⋯⋯ 4 L2 ⋯⋯⋯ 4 L3 ⋯⋯⋯ 4	**Iroquois Park 5** **6 p.m.** L1 ⋯⋯⋯6 L2 ⋯⋯⋯6 L3 ⋯⋯⋯7	**6** L1 ⋯⋯⋯10 L2 ⋯⋯⋯10 L3 ⋯⋯⋯11	**Seneca Park 7** **6 p.m.** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯6	**8** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯Rest L3 ⋯⋯⋯Rest	**9** **ANTHEM 5K**
10 L1 ⋯⋯⋯ Rest L2 ⋯⋯Cross-train L3 ⋯⋯Cross-train	**11** L1 ⋯⋯⋯ 4 L2 ⋯⋯⋯ 4 L3 ⋯⋯⋯ 4	**Iroquois Park 12** **6 p.m.** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯6	**13** L1 ⋯⋯⋯11 L2 ⋯⋯⋯11 L3 ⋯⋯⋯12	**Seneca Park 14** **6 p.m.** L1 ⋯⋯⋯ 4 L2 ⋯⋯⋯ 4 L3 ⋯⋯⋯5	**15** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯Rest L3 ⋯⋯⋯Rest	**Swags South 16** **8 a.m.** L1 ⋯⋯⋯ 20 L2 ⋯⋯⋯ 20 L3 ⋯⋯⋯ 22
17 L1 ⋯⋯⋯ Rest L2 ⋯⋯Cross-train L3 ⋯⋯Cross-train	**18** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯ 4	**Iroquois Park 19** **6 p.m.** L1 ⋯⋯⋯ 4 L2 ⋯⋯⋯ 4 L3 ⋯⋯⋯ 4	**20** L1 ⋯⋯⋯12 L2 ⋯⋯⋯12 L3 ⋯⋯⋯13	**Seneca Park 21** **6 p.m.** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯6	**22** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯Rest L3 ⋯⋯⋯Rest	**23** **RHODES CITY 10K**
24 L1 ⋯⋯⋯ Rest L2 ⋯⋯Cross-train L3 ⋯⋯Cross-train	**25** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯6	**Iroquois Park 26** **6 p.m.** L1 ⋯⋯⋯ 4 L2 ⋯⋯⋯ 4 L3 ⋯⋯⋯ 4	**27** L1 ⋯⋯⋯13 L2 ⋯⋯⋯13 L3 ⋯⋯⋯13	**Seneca Park 28** **6 p.m.** L1 ⋯⋯⋯5 L2 ⋯⋯⋯5 L3 ⋯⋯⋯6	**29** L1 ⋯⋯ Cross-train L2 ⋯⋯⋯Rest L3 ⋯⋯⋯Rest	**Seneca Park 30** **8 a.m.** L1 ⋯⋯⋯ 17 L2 ⋯⋯⋯ 17 L3 ⋯⋯⋯ 18
31 L1 ⋯⋯⋯ Rest L2 ⋯⋯Cross-train L3 ⋯⋯Cross-train						

April 2013 marathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	**Iroquois Park** **6 p.m.** 2 L1 ·············7 L2 ·············7 L3 ·············8	**3** L1 ·············8 L2 ·············8 L3 ·············9	**Seneca Park** **6 p.m.** 4 L1 ·············6 L2 ·············6 L3 ·············6	**5** L1 ·······Rest L2 ·······Rest L3 ·······Rest	**6** **PAPA JOHN'S** **10 MILER**
7 L1 ······· Rest L2 ···Cross-train L3 ···Cross-train	**8** L1 ·············6 L2 ·············6 L3 ·············7	**Iroquois Park** **6 p.m.** 9 L1 ·············4 L2 ·············4 L3 ·············4	**10** L1 ·············8 L2 ·············8 L3 ·············9	**Seneca Park** **6 p.m.** 11 L1 ·············5 L2 ·············5 L3 ·············5	**12** L1 ··· Cross-train L2 ·······Rest L3 ·······Rest	**Waterfront Park** **8 a.m.** 13 L1 ···········15 L2 ···········15 L3 ···········16
14 L1 ······· Rest L2 ···Cross-train L3 ···Cross-train	**15** L1 ·············3 L2 ·············4 L3 ·············4	**Iroquois Park** **6 p.m.** 16 L1 ·············4 L2 ·············4 L3 ·············4	**17** L1 ·············4 L2 ·············4 L3 ·············4	**Seneca Park** **6 p.m.** 18 L1 ·············3 L2 ·············3 L3 ·············4	**19** L1 ·············4 L2 ·······Rest L3 ·······Rest	**Swags South** **8 a.m.** 20 L1 ·············8 L2 ·············8 L3 ·············9
21 L1 ······· Rest L2 ···Cross-train L3 ···Cross-train	**22** L1 ·············3 L2 ·············3 L3 ·············3	**Iroquois Park** **6 p.m.** 23 L1 ·············4 L2 ·············4 L3 ·············5	**24** L1 ·············3 L2 ·············3 L3 ·············3	**Seneca Park** **6 p.m.** 25 L1 ·············1 L2 ·············1 L3 ·············2	**26** L1 ·······Rest L2 ·······Rest L3 ·············1	**GOOD LUCK!** 27
28	**29**	**30**				
			If bad weather or chance of cancellation, check one of the following: • Facebook.com/NortonHealthcare • Facebook.com/derbyfestivalmarathon • Twitter at #kdfmarathon • Call or text (502) 807-0158			

Running maps

Ramsi's Café 10-mile course

Ramsi's Café on the World
1293 Bardstown Road
Louisville, KY 40204

Running route

From Ramsi's on **Bardstown Road**, head northwest toward **Grinstead Avenue**.

Cross Grinstead and continue on Bardstown Road as it turns into **Baxter Avenue**.

Remain on Baxter Avenue, curving to the right at the intersection with **Jefferson Street** (Feeders Supply on the right), to **Main Street**.

Turn left onto **Main Street**.

Turn left onto **Second Street**.

Stay on Second Street through downtown, Old Louisville and University of Louisville campus to **Cardinal Boulevard**.

Turn left onto **Cardinal Boulevard** for one block and turn left onto **Third Street**.

Continue on Third Street to **Eastern Parkway**.

Turn left onto **Eastern Parkway**.

Stay on Eastern Parkway back to **Bardstown Road**.

Cross over **Bardstown Road** and turn left onto **Willow Avenue**.

Turn left onto **Edgeland Avenue**.

Turn right onto **Everett Terrace**.

Turn right onto **Everett Avenue**.

Turn left onto **Cherokee Parkway**.

Turn right onto **Cherokee Road**.

Turn left onto **Longest Avenue** back to Ramsi's on Bardstown Road.
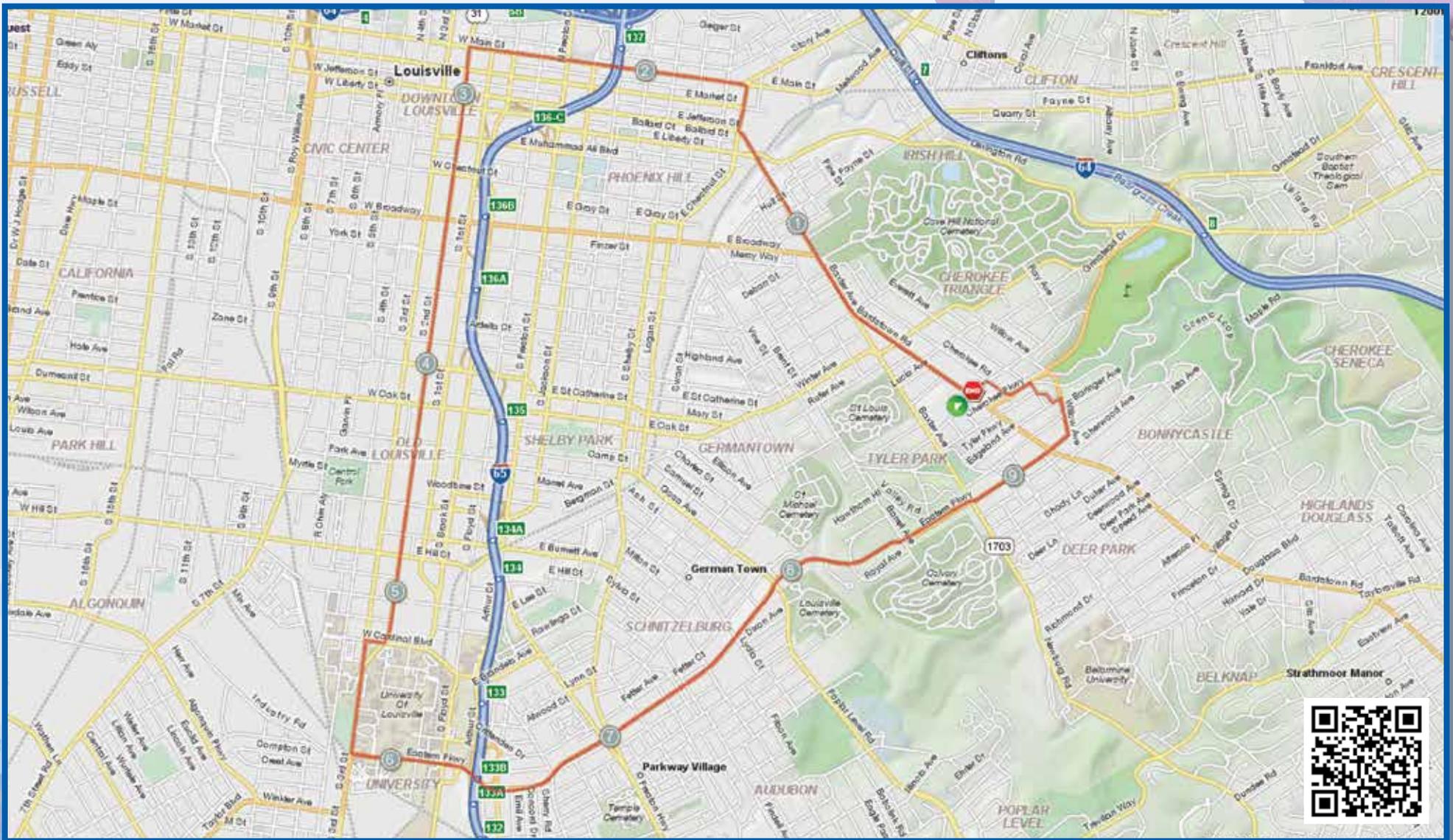
Running maps

Seneca Park 3-mile course

Seneca Park
32135 Rock Creek Drive
Louisville, KY 40207

Running route

Begin on **Rock Creek Drive** at the intersection of **Homestead Boulevard** and head toward **Cannons Lane**.

Turn left onto **Cannons Lane**.

Turn left onto **Pee Wee Reese Road**.

Follow Pee Wee Reese Road past **Cherokee Gardens** and around toward **Seneca Park Road**.

Take the first left onto **Seneca Park Road**.

Follow Seneca Park Road to **Old Cannons Lane**.

Turn left onto **Old Cannons Lane**.

Turn left into **Huntington Road**.

Turn left onto **Rock Creek Drive**.

Once you've reached your starting point at **Homestead Boulevard**, you've gone 3 miles.

Running maps

Swags East 6-mile course

Swags Sport Shoes East
9407 Westport Road
Louisville, KY 40241

Running route

Begin at Swags parking lot on **Westport Road**.

Head south on **Goose Creek Road** toward **Aylesbury Drive**.

Turn left onto **Aylesbury Drive**.

Turn left onto **Tiverton Way**.

Tiverton Way turns right and becomes **Hounz Lane**.

Continue on Hounz Lane to **Whipps Mill Road**.

Turn left onto **Whipps Mill Road**.

Stay on Whipps Mill Road as it curves to the right toward **LaGrange Road**.

Turn left onto **LaGrange Road**.

Turn left onto **Lakeland Road**.

Turn right to stay on **Lakeland Road**.

Turn left onto **Freys Hill Road**.

Stay on Freys Hill Road as it curves to the left and then the right.

Turn left onto **Westport Road**.

Continue on **Westport Road** until you return to your starting point at Swags.

Running maps

Swags South 6.5-mile course

Swags Sport Shoes South
7415 Old Third Street Road
Louisville, KY 40214

Running route

From Swags, head down **Bruce Avenue**.

Turn right to continue on **Bruce Avenue**.

Turn left onto **Oneida Avenue**.

Turn right to stay on **Oneida Avenue**.

Turn right onto **Manslick Road**.

Continue onto **Sanders Gate Road**.

Turn left onto **Rundill Road**.

You will follow Rundill Road around as it encircles Iroquois Park, finally returning to **Sanders Gate Road**. Turn left onto **Sanders Gate Road** and follow back to **Manslick Road**.

Turn left onto **Ticonderoga Drive** then left onto **Oneida Avenue**.

Turn right onto **Bruce Avenue** and follow back to Swags on Third Street Road.
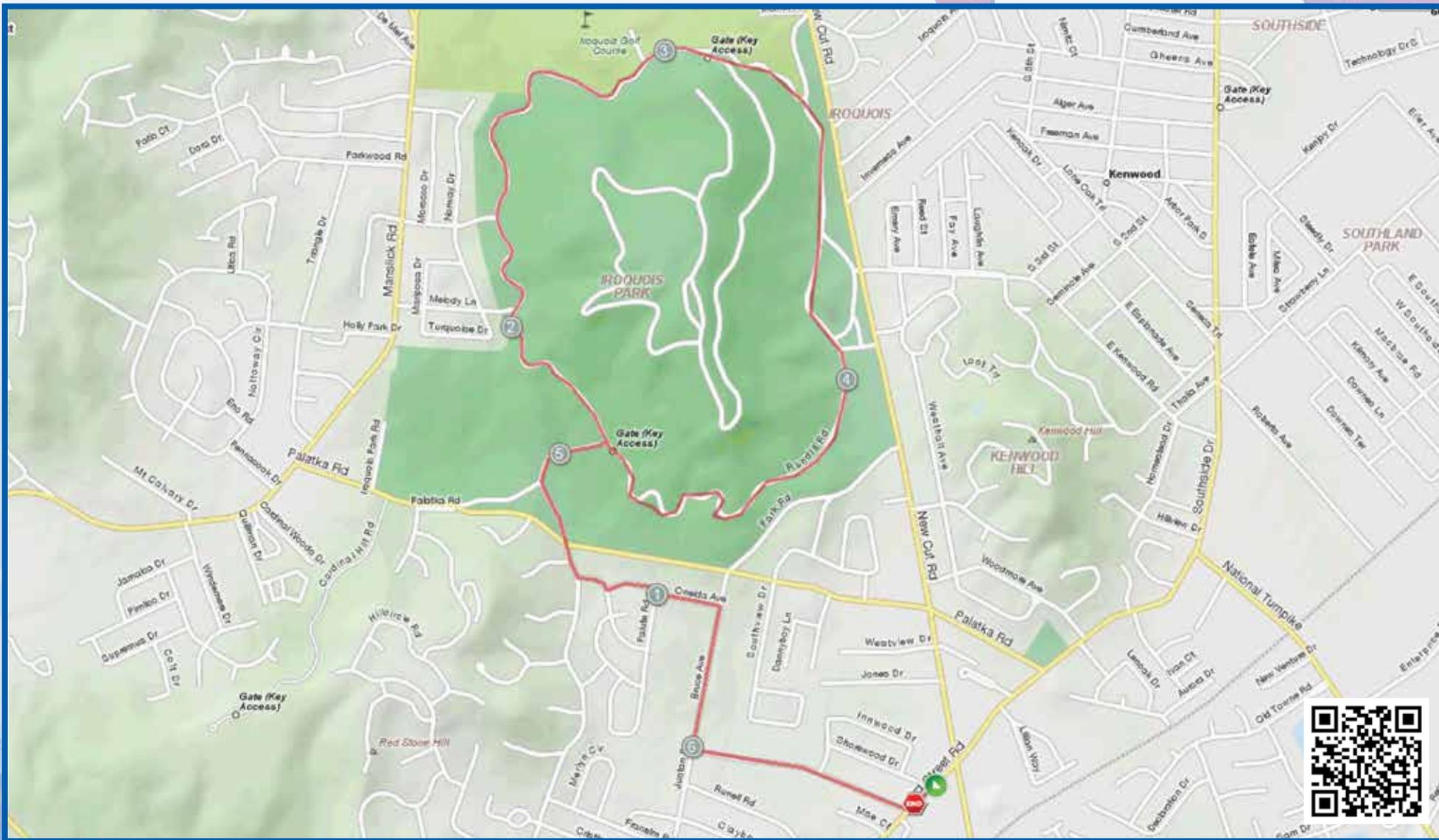
Scan QR code to go to NortonHealthcare.com/RunningMaps

Running maps

Waterfront Park 6-mile course

Waterfront Park
129 E. River Road
Louisville, KY 40202

Running route

From Waterfront Park, head up **Preston Street** to Main Street.

Turn right onto **Main Street** and follow about five blocks to **Third Street**.

Turn left onto **Third Street**.

You will run through downtown and Old Louisville, approximately 2 miles, to **Cardinal Boulevard**.

Turn left onto **Cardinal Boulevard**.

Turn left onto **Second Street**.

Head down Second Street back to the downtown area.

Turn right onto **Market Street**.

Turn left onto **Floyd Street** and end back at Waterfront Park.
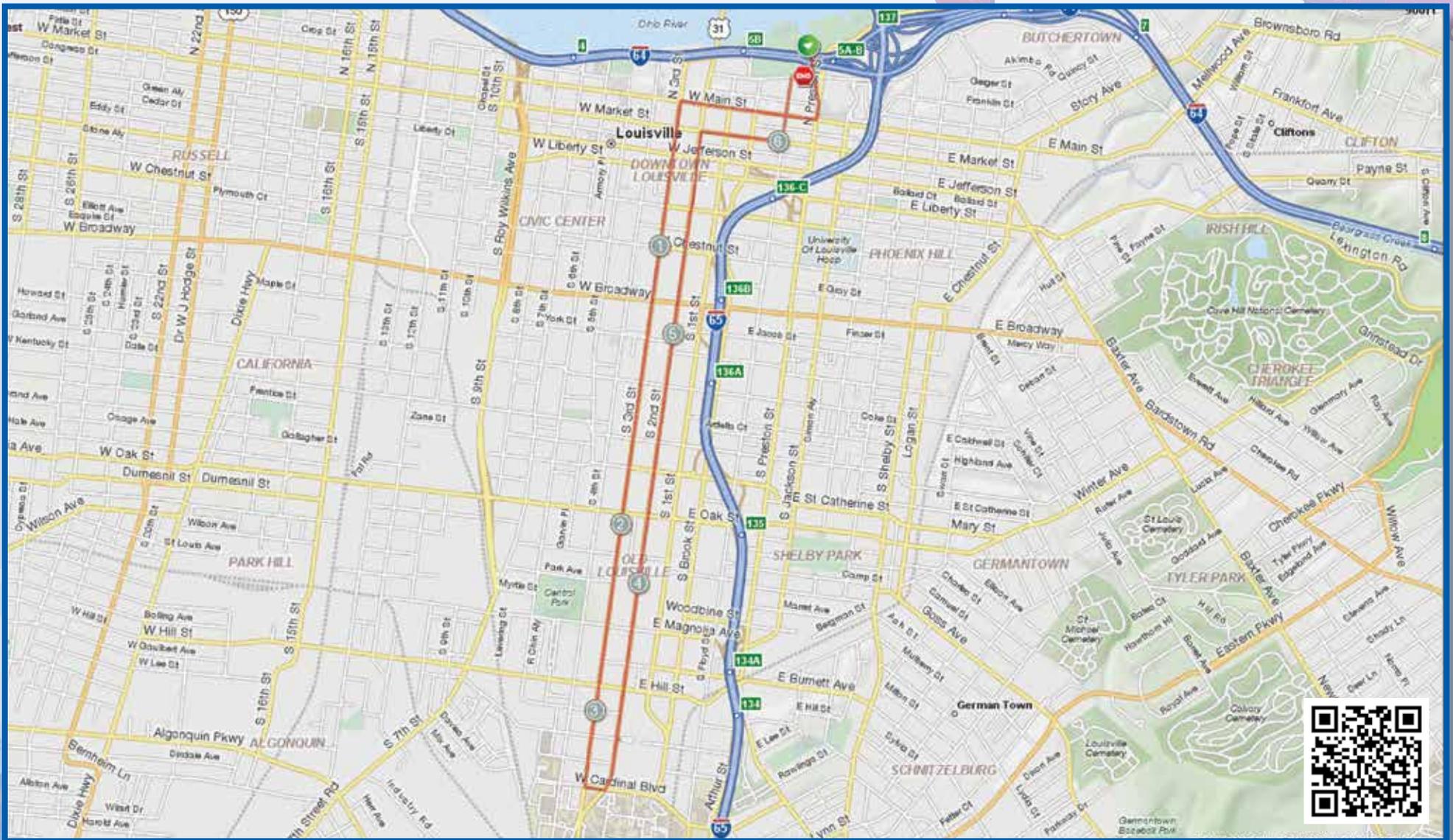
Scan QR code to go to NortonHealthcare.com/RunningMaps

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