

Late Spring Marathons & 1/2 Marathons in the Midwest

April

11 - HyVee Half Marathon & 5K for JDRF, Fort Dodge, IA.. Amber Kastler, 115 S 29th Street, Fort Dodge, IA. 515-576-1330.

18 - Free State Trail Marathon & 1/2 Mara, 100 K Trail Runs, Clinton Lake St. Park, Lawrence, KS. 816-810-0440 or www.paycowyco.com/id1.html

19 - Gambler 1/2 Marathon & 5K, 8 Am. Starts at Harrah's Casino, Council Bluffs, IA. 800-228-6878 X 130.

25 - Kentucky Derby Marathon & 1/2 Mara., Kentucky Derby Fest. 1001 S. Third St. Louisville, Ky. 40203 or www.800-928-3378.

25 - Oz Marathon & 1/2, Olathe Chamber of Commerce, 18001 W. 106th St. Ste.160, P.O. Box 98, Olathe, KS 6605. 800-921-5678 Or www.ozrun.com

25 - Pine Lake Trail, Pine Lake Trail Marathon, Chamber of Commerce, 104 E. Perkins, Medford, WI. 54451. 715-448-4729 or www.medfordwis.com

25 - Frisco Marathon, Half, 50M, 50K, 10M, 50K Relay in Willard, MO. Paul Maness. 819 S. Quade Rd. Springfield, Mo. 65802. 417-872-8244 or www.friscorailroadrun.com

25 - Christie Clinic Illinois Marathon & Half, Relay, 5K. Champaign/ Urbanna, IL. P.O. Box 262, Champaign, IL. 61824. 217-369-8553. www.illinoismarathon.com

25 - River Rat Marathon, 1/2, 5K & Relay. Ynkton River Rat Marathon, Box 325, Yankton, SD. 57078, www.riverratmarathon.com/

25 - Run for the Lakes Half Marathon, 10K & 5K, Nisswa, MN. Sarah Stenerson, PO Box 384, Brainerd, MN. 56401. 218-330-2604. www.runforthe lakes.com

26 - HyVee Road Races Drake Relays, Half mara., 10K & 5K, Des Moines, IA. or www.hy-veeroadraces.com

Points to Remember

1. The toughest part of a marathon or half marathon is the training.
2. Your total weekly mileage should be between 2.5 & 3 times your long run.
3. Long runs are what get you to the finish line. Don't miss many of them.
4. On long runs use the first few miles to warm up. Talk. Stay relaxed.
5. Try to maintain an even relaxed pace on your long runs. Don't race!
6. Learn to judge your pace. If you want to run a 1:45 half marathon then you need to experience what a sub 8 minute pace feels like.
7. Drink plenty of fluids before, during and after your runs. If you plan on using a special drink during your race, try it now.
8. Proper tapering over the last few weeks can increase your strength by 25%.
10. If possible, get to know the race course. Don't be surprised by that hill.
11. Remember. a number of the people who you will be running with on Saturday mornings have a great deal of experience. Take advantage of it.

Helpful tips

1. The motivation comes from within you. Set goals.
2. You might want to keep a diary of your bodies feelings and reactions.
3. Don't push hard the day after a long training run.
4. Watch your diet but do NOT try to lose weight in the last few weeks.
5. No surprises race day. Try out shoes, food, drinks & clothing before hand.
6. Eat well all through training but especially the last few days. Drink water!
7. First time marathoners should be out to have an enjoyable time.
Remember, it's easier to improve on a slow performance.

Injury Prevention

1. Cross training is a good way to workout while you rest. Swimming and cycling are both excellent alternatives for the day after a hard/long run. Keep your efforts moderate.
2. Be open to the possibility of an injury. You may not be ready on race day. There are other races.
3. Don't get caught up in pre-race celebrations. Rest up and stay out of the sun.
4. Listen to your body. It's better to take three days off now than be forced to miss two months with an injury. Your body will try to talk to you if you're willing to listen.

Post race recovery

1. Your family and living partners will be going through this with you. You may get irritable. Be considerate.
2. Post marathon, you will have undergone a very stressful event. Take a break. Rest. Give your body time to recover.

2015 Spring Training Program and

Marathon Preparation Guide

brought to you by



The Capital Striders

Central Iowa Running Club

PO Box 31069, Des Moines, IA 50310

&

Where You Have the Right to B - FIT

FitnessSports
www.fitnesssports.com

7230 University Ave, Windsor Heights, IA. 50324
515/277-4785. Fax 515/277-3854 or 800/529-7684

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515-277-4785

Where you have the right to B - FIT

Training program prepared by Steve Bobenhouse (Fitness Sports) in
conjunction with Joe Henderson and Hal Higdon.

The Capital Striders & Fitness Sports Spring Training Schedule

Remember; this is a guide, listen to your body

Sun	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
Date	Rest	Easy	Mod	Hard	Easy	Pace	V Eay	Mile
1/4	?	?	?	?	?	?	4	?
1/11	0	2	0	3	2	2	5	14
1/18	0	2	0	3	2	2	5	15
1/25	0	2	2	2	0	2	6	14
2/1	0	2	0	4	2	2	5	15
2/8	0	3	0	3	0	3	6	15
2/15	0	3	2	3	0	2	6	16
2/22	0	2	2	3	0	3	7	17
3/1	0	3	3	4	0	2	7	19
3/8	0	2	3	5	0	3	8	21
3/15	0	3	2	5	0	4	7	21
3/22	0	2	3	6	0	3	10	24
3/29	0	3	4	5	0	4	11	27
4/5	0	3	2	7	0	5	12	29
4/12	0	4	3	6	0	5	11	29
4/19	0	5	4	8	0	4	Drake	Half

Possible schedule for training for a Marathon

You should have 20-25 mpw base when starting this program

Sun	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
Date	Rest	Easy	Mod	Hard	Hrd/Hill	Mod	V Eay	Mile
1/4	?	?	?	?	?	?	10	?
1/11	0	2-3	3	4	3	6	8	27
1/18	0	3-4	3	5	3	6	13	33
1/25	0	3-4	3	4	3	7	14	35
2/1	0	4	3	5	3	7	12	34
2/8	0	3	4	5	3	6	16	38
2/15	0	5	4	3	3	8	17	40
2/22	0	5	4	6	3	8	12	38
3/1	3	5	4	5	3	8	16	44
3/8	3	5	4	3	4	6	18	43
3/15	0	5	6	7	4	6	13	41
3/22	0	5	5	7	4	8	18	47
3/29	3	5	5	8	5	6	12	44
4/5	3	6	5	6	5	7	18	50
4/12	0	4	5	8	5	8	14	38
4/19	3	4	4	4	4	4	13.1	30
4/26	0-3	7	5	8	5	8	20	56
5/3	0	6	5	6	5	6	16	44
5/10	3	7	6	5	8	8	20	57

2015

Winter / Spring Training Run Schedule

Whether you are training for the 1/2 marathon, Dam to Dam, another race or just want to have company on your long runs, come join the Capital Striders and others on Saturday mornings and/or *Monday or *Thursday evenings.

Saturday morning runs will begin at Meredith Hall, 29th & Carpenter, on the Drake Campus. Initially, runs will start at 7:30 AM. Starting on March 7th and continuing through May we will meet at 7 AM.

Date Sat.	short	long	I need helpers
1/10	4	10	on a couple
1/17	5	8	weekends.
1/25	5	13	
1/31	6	14	
2/7	5	12	One in Feb.
2/14	6	16	
2/21	6	17	
2/28	7	12	
3/7	7	16	One in Mar.
3/14	8	20	
3/21	7	13	
3/28	10	20	
4/4	11	12	One in April
4/11	12	20	
4/18	11	12	Drake Relays Weekend
4/25	9	13	I'm here
5/2	7	20	
5/9	10	16	
5/16	8	20	One in May
5/24	10	12	
5/30	Dam to Dam		

The Summer / Fall Group starts in June

* Sunday morning runs of up to 10 miles start at the 86th St. entrance to the Clive Greenbelt Trail at 8 AM.

"Run With the Animals" starts in April at Campbell Park in Clive on Monday nights at 6 PM.

Thurs. evening hill workouts start at Zimms (32nd & Ingersoll) at 6 PM.

Everyone is invited to do any portion of these workouts.

Dear participant,

Welcome everyone to the 28th year (at least) of the Spring Training Program put on by the Capital Striders and sponsored by Fitness Sports.

The program has seen fantastic participation over the last few years along with the increase in runners, especially half marathoners. We will probably again see around 80 to 100 runners this year.

Some of you may be looking toward your first running of the HyVee Road Races at the Drake Relays while others will be preparing for Boston or any number of other spring time marathons. We hope to provide a good base and environment for all of you to get the support that you need to have a positive experience.

We will be basing the mileage in our program around races scheduled for the last of April or first weekend in May; however we will continue the longer program though May for those of you who have decided to run Dam to Dam. A small list of other spring events around the Midwest is also included.

In this training group we will try to prepare you both mentally and physically for what race day might bring. Our hope is that after completing the training program you will be able to handle whatever challenge may arise during your race. Over the past years this seems to have worked well; but remember, you are an individual. You need to listen to your body and follow it's signals.

This program is divided into three basic phases. First, a gradual build up to allow your body to prepare itself for the new experiences. Second, the hard peak physical and mental stage where you learn what your body can tolerate for mileage and pace. The final stage is the recovery phase, probably the most important and hardest stage for you mind to stay locked to.

This training guide, the Saturday morning runs, and any other meetings are offered as a part of a program to promote running in Central Iowa. If you would like more copies of this guide contact either the Capital Striders or Fitness Sports. Since we may be sending out information as the Program progresses, please fill out the application and sign the release form. Bring or mail them to Fitness Sports, 7230 Univ. Windsor Height, IA. 50324.

Brad Dains, Pres.
Capital Striders Running Club
brad@capitalstriders.org

Steve Bobenhouse
Fitness Sports Ltd.
steve@FitnessSports.com

May

2 - *Brookings Marathon & Half*, Matt Bien, PO Box 8012, Brookings, SD. 57006: 605-696-1358 or <http://www.brookingsmarathon.com>

2 - *Wisconsin Marathon & Half*, Kenosha, WI. Johathan Cain, 7842 Lincoln Ave. Suite 100, Skokie, IL. 60077 or 847-675-0200 x 210

3 - *Lincoln Marathon & Half*, 7941 Eric Dr., Lincoln, NE. 68???. 402-435-3504 or www.lincolnrun.org/marathon.htm

3 - *Flying Pig Marathon & Half*, 644 Linn St., Ste 626, Cincinnati, OH. 45203, 513-721-7447 or www.flyingpigmarathon.com

3 - *Eau Claire Marathon & Half*, 2902 Red Maple Court, Eau Claire, WI. 54703. 715-552-7899 or www.EauClaireMarathon.org

9 - *Lake Wobegan Trail Marathon*. St. Joseph, MN. Sharon Hobbs, 1936 Tyrol Drive, St Cloud, MN. 56301 or www.lakewobegantrailmarathon.org

9 - *Journeys Marathon*, Eagle River, WI. Chamber of Commerce, PO Box 1917-jm Eagle River WI. 54521; 800-359-6315 or www.journeysmarathon.org

9 - *Fargo Marathon*, The Fargo Marathon, PO Box 2623, Fargo ND. 58108-2623; 701-277-1627 or www.fargomaarathon.com

16 - *Berryman Trail & 50 Miler*. Potosi, MO. David White, 1590 Highway HH, Chamois, MO. 65024 or 573-763-5035

17 - *Chicago Marathon & Half Marathon*, 2355 Robert, Schaumburg, Il., 60073; 224-757-5425 or www.allcommunityevents.com

17 - *Cellcom Greenbay Marathon & Half Races*, 808 Potts Avenue, Suite A, Green Bay, WI. 54304 or www.cellcomgreenbaymarathon.com

24 - *Med City Marathon & Half Mara*. Rochester, MN. Wally Arnold, 940 Somerby Parkway NE, Bryon, MN. 55920. 507-254-2703 or www.medcitymarathon.com

