



Rite Aid Cleveland Marathon Training Tips

- Remember the 10% rule: don't increase total miles per week by more than 10% or long runs greater than 2 miles per week. This helps avoid overtraining by allowing your soft tissue and bones to slowly adjust to weekly increased forces. Too much too soon leads to breakdowns.
- Adding a day of cross training to your marathon training schedule helps decrease stress on your legs. Try swimming or biking.
- Don't forget rest is equally as important as getting in your "long" runs. Two days of rest is recommended for the average marathon runner. If you feel tired, take the day off! You will recover and have a better run the next day.
- Strength training for major leg, upper body and core muscles helps decrease the risk of injury and promotes efficient running form, especially after the 20-mile marker when fatigue becomes a factor.
- Running shoes last for 300-500 miles. Don't run in worn out shoes.
- Buy several pairs of your favorite running shoes. Manufacturers change models frequently. Don't get caught looking for your favorite shoes for race day!
- A Recovery Plan after your run is essential, particularly with "long" runs. Recovery should include: hydration, refueling, rest and gentle active isolated stretches. Many runners forget the Recovery Plan and end up fatigued or injured and never reach their running potential.
- Active-Isolated Stretches aid recovery by reducing tightness and improving circulation to over worked muscles.

- A healthy diet and hydration replace lost minerals, fluids, protein and glycogen stores. Lean protein and complex carbohydrates eaten together provide the best refueling source of energy. Protein provides the building blocks to muscle and carbohydrates replace energy stored in the muscle.
- Hydrate well with quality fluids. Avoid colas. Check the color of your urine. If you are well hydrated it should be pale yellow.
- Get good sleep! Seven to eight hours is recommended. Some runners need a few nights of up to 10 hours depending on training intensity.
- Avoid running with persisting pain. Pain is our body's natural warning system. Rest and ice work well on over use injuries. See a Sports Medicine doctor or Sports Specialist if the pain persists.
- Don't try anything new on race day. Long runs should be the time to experiment with things like sport gels or drinks. Do they agree with you or not? If you have a sensitive stomach, practice eating what you would eat on race day before your long runs.
- Have fun with your training!
- Visualize success!
- Be proud of your accomplishments no matter how fast or far you run!

For specific training information contact:

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