

2015 RUNNING GROUP CROSS FIT LACEY

Questions: cflacey.endurance@gmail.com

Options: 5 mile, 13.1 mile, and 26.2 mile
(Beginner & Intermediate options)

We are offering a running program for all types that encourages the use of Strength and conditioning with specific running workouts to maximize performance while reducing injury.

We adhere to the Pose running method, for more information you can visit the following websites:

<https://posemethod.com/pose-method/>

<http://crossfitendurance.com>

Days to remember: All events are hosted at Training Day Crossfit Lacey 1210 Franz Street Lacey, WA 98503

January 16, 2016: 3pm Informational Meeting

January 23, 2016: 9am Nutrition Seminar

February 6, 2016: Gym open at 7 am, stretching and warm up begins at 7:30am, **Run leaves around 8 am**

The Plans

5 miler Beginner Training Plan

The 5 mile beginner training plan is meant for those who are intending to either walk run or run the Capitol City 5 mile run or spend 14 weeks working to comfortably run 5 miles.

This is intended for those who currently have little to no experience with running or have not been running at all within the last year and seek to improve their overall endurance and experience.

5 miler Intermediate Training Plan

The 5 miler intermediate training plan is meant for those that are comfortable with running short distances and could at least run a 5k if they had to. The goal is to complete 5 miles, improve form and perhaps shed some time off that 5 mile. It is suggested that a person complete 5 miles before attempting the half marathon packet

Half Marathon Training Plan

The half marathon training plan is for anyone who has a history of running and feels comfortable running 5 miles at the start of the training plan. The Galloway method is allowed for those that are not looking to run the entire race. This is for experienced runners that are comfortable being on their own on the road. Mobility and stretching are musts for those seeking to complete a half marathon and this distance should not be taken lightly.

Beginner Marathon Training Plan

This plan is meant for those that have perhaps never or have only done one marathon in their life time and are not currently running mileage over 10 miles. Do not take the word "beginner" as a beginner in running. This is definitely for someone with experience in running but maybe not in the marathon distances. Its strongly encouraged to have ran a few half marathons before attempting this distance. Mobility and stretching are a required practice for those seeking to complete a marathon safely

Intermediate Marathon Training Plan

This plan is for anyone who is currently running half marathons successfully and is fully comfortable with the time and dedication required for training for a full marathon. A regular stretching and mobility routine are necessary. This is for someone who is mildly competitive in distance running and is perhaps looking to improve their times on distance races.

Getting Started

Suggestions: Upon receiving this packet, if you have a few weeks before the start of your training plan, it is suggested to begin walking and or running short distances on your own up to the starting distance if comfortable. The intervals below provide a great starting place.

1. 30 seconds of jogging followed by 60 seconds of rest repeated up to 20 minutes
2. :30 jogging :45 rest
3. :30 jogging :30 rest
4. :45 jogging :45 rest
5. :60 jogging :60 rest

6. 2:00 jogging :60 rest
7. 3:00 jogging :60 rest
8. 4:00 jogging :60 rest (Galloway pace)

These walk/run intervals can be directly applied to the distances for the start of the packet itself and during any weekly runs.

Intervals to try and progress as you feel comfortable could look like this finishing at 4 minutes jogging with 1:00 rest. This is known as the Galloway Method of running which helps reduce injury and increase cardiovascular strength for those who are working on building a foundational base. For more information <http://www.jeffgalloway.com>

Training Plan

1. Make sure you make the long run on Saturday no matter what. If you can't make the group try and get the run in later that day or by the end of the weekend.
2. try to get your runs in during the week especially if you are not doing another type of fitness.
3. if you miss a run, do it the following day, if you can't, then just resume the training plan wherever you are at.
4. if you miss a few weeks of training, please talk with Rachel about what course of action to take when getting back into your plan.
- 5.

Strength Training

It is advised to strength train on 2 days out of the week when you are not running allowing for 2 full days of rest

A simple strength training routine that can be done with no weights can look like this and progress in repetitions

* for assistance in movements, look at youtube videos with basic description or ask Rachel for clarification and demonstration

Air squats 3x10

Lunges 3x 10 on each leg

Leg lifts 3x 10

pushups 3x10 (start on knees)

sit ups 3x10

** progress all movements to 3x15, then 3x20 then 4x20 then 5x20
weights can be added when you feel ready, although doing them movements without weights is still beneficial.

** there is much more for strength training, please consider joining a gym and/or working with a trainer to add moderate strength training to your routine. Strength training is meant to assist in

running, not keep you from running so keep the intensity manageable especially if just starting out.

Personal training is provided at Crossfit Lacey and program building can be done to create a lifting program that you can do on your own.

Of course we would love to encourage anyone who is not a member to try it out! we offer a great foundations class and integrating Crossfit into your routine is an excellent way to stay strong and prevent injury year round.

Please email us or message us on Facebook for more information.

Stretching and Mobility

This should not be under the “suggestion” area because **mobilizing and stretching are necessary!** I have worked with so many athletes that spend little to no time working on their mobility and stretching and unfortunately feel the consequences. Sometimes a few simple stretches and movement preparation are all you need to keep from having knee pain, back pain, pulling a hamstring or tweaking a quad.

Unfortunately **90% of runners experience some sort of injury during the year** and often times it prevents them from racing. This is the most “dangerous” sport out there simple because many do nothing to prevent injury. We will be discussing in detail simple ways to prepare our body for running as well as allow it to recovery properly.

Stretch and Mobilize at least 3 days a week, especially on days that you run

Spend between 20 seconds to 60 seconds on any one muscle group. You can stretch and mobilize multiple times a day.

If you have a desk job, it would be a great idea that at least 2 x through out the day you get up and stretch, do a few squats, toe touches etc.

Main muscle groups to focus on:

Gluteal (Butt) muscles, Hamstrings, quads, Calves, Hip flexors, Back, and Shoulders.

We offer a stretching classes at Crossfit Lacey called Hussel and Flow which are offered every other Wednesday night at 7:45 until 8:30 PM for and \$8 drop in rate.

Resources

BOOK: Becoming a Supple Leopard by: Dr. Kelly Starrett

His youtube channel and website: Mobility WOD

<http://www.mobilitywod.com>

<https://www.youtube.com/user/sanfranciscocrossfit>

You will be provided with a mobility ball at the beginning of the training and will be shown various mobility exercises to do to help release various muscle and fascial tension that will increase your range of motion... stay tuned !!!

Pacing

Not every run needs to be a Person Record (PR). This is almost always true on Saturday runs when we increase mileage. Times you may see increased pace will be mid week runs (when you feel fresh and push yourself) and saturday runs when you drop mileage. AGAIN THIS

DOESN'T MEAN IT WILL ALWAYS HAPPEN! Listen to your body and push when you feel good, and hold back when you are fatigued and running in uncharted territory for your personal distance.

Document your distances, times, and how you feel. This is a great way to see progress or detect issues with hydration, nutrition and rest.

Running can be addictive... I know some of you might think I am crazy for saying that. However, you may feel strange on days off or on days you are not running because you enjoy it so much. Try not to give in on rest days and go for a run when you shouldn't. It will come back to haunt you. Instead, maybe do a lower intensity workout such as biking or walking.

INTERVALS AND HILLS

On your training plan, weekly runs are at whatever pace you feel comfortable at. However, if you wish to work on foot strength and increasing your speed we have options for hill runs and Interval work that are to be used **instead** of the initial option. Please do not run more to just do more mileage. Trust the process especially if you are having aches and pains.