



EWING
For Health. For Hope. For Autism.

TEAM



CONGRATULATIONS!

Whether you realize it or not, you will soon become a member of an Elite Society! In less than six months you will have accomplished what most consider a milestone; you will have successfully completed a marathon or half marathon. However, the race you will have completed is not just an ordinary race, it is the P.F. Chang's Rock 'n' Roll Arizona Marathon and ½ Marathon, one of the most well recognized running events in North America! With perfect running conditions, picturesque views, live bands and cheerleaders supporting you every step of the way, it seems more like a party than a race! On January 17, 2010, you will cross the finish line with a smile on your face, a medal around your neck, a colorful t-shirt on your back, but most importantly, an unforgettable experience to remember for the rest of your life.

Now that we have you all excited and ready to conquer the world of running, let's talk about how you are going to get to the finish line. You have already taken the first step and made a commitment to participate in the marathon or half marathon. Congratulations! Ewing recognizes and applauds this commitment by providing you with your race entry, airfare, hotel accommodations and transportation to and from the race. Now that all the logistics have been taken care of, it is time to start training! Included in this packet you will find a day-to-day marathon, half marathon and walking training manual that has been specially designed for you, a first time marathon runner. If you are returning for your second or third time, you will find an intermediate and advanced training schedule to help you improve your fitness and decrease your finishing time. Please take the time to look at this training manual and feel free to ask questions. You will also find the following articles that will help you become the best runner you can be:

1. "The 30/30 Plan"- How to get yourself into running shape
2. "Choosing the Right Shoes"- How to chose the right shoe for your feet
3. "Stretching for Runners"- Specific stretches for runners
4. "38 Best Foods" - A nutritional guide to improve your running
5. "Nutrition for Training & Racing"- What to eat while training and running
6. "Websites for Runners"- Helpful resources for fitness information, race information and more.

* All of this information is also available on Lotus Notes under the Wellness Center.

As a member of the Ewing 'Team in Training' you will have all the tools necessary to properly prepare you for the challenge you are about to take. However, this is not a one-way street, you must follow the training program closely and take care of your body in order to be successful. We can tell you how to train and reach your goals, but it is you who ultimately has to make the day-to-day decisions on how you treat your body.

At the onset, let us lend one piece of advice: Do not look at training as a chore but more as a journey to a lifetime of fitness.

Rock ON!

30/30 PLAN By HAL HIGDON

Here's a simple 30/30 plan to get you going, featuring 30 minutes of exercise for the first 30 days. Start here before beginning your marathon or half marathon training program. Full marathoners should start the training schedule on August 28; Half marathoners should start on September 26.

1. Walk out the door and go 15 minutes in one direction, turn around, and return 15 minutes to where you started:
30 minutes total.

2. For the first 10 minutes of your workout, it is obligatory that you walk:
No running!

3. During the middle 15 minutes of the workout, you are free to jog or run—as long as you do so easily and do not push yourself. These 15 minutes should be completed as follows: jog for 30 seconds, walk until you have recovered, and then repeat. Jog, walk. Jog, walk. Jog, walk.

4. For the last 5 minutes of your workout, it is obligatory that you walk:
Again, no running!

5. Once comfortable jogging and walking, adapt a 30/30 pattern: **Jogging 30 seconds, walking 30 seconds, etc.**

Follow this 30/30 pattern for 30 days.

If you train continuously (every day), you will complete this stage in a month; if you train only every other day, it will take you two months. Do what your body tells you. Everyone is different in his or her ability to adapt to exercise. When you're beginning, it is better to do too little than too much.

If you continue this 30/30 routine for 30 days, you will finish the month able to cover between one and two miles walking and jogging. You are now ready to progress to the next stage of your training as a beginning runner.



GLOSSARY OF TERMS AND ABBREVIATIONS

Glossary of Training Terms & Symbols

- R: Rest day. Do no running or other strenuous physical activity.
- EZ: An easy or recovery run done at a comfortable pace.
- XT: Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- LSD: Long, slow distance runs of 1-1/2 to 3 hours in duration. These runs may include brief breaks for walking, stretching, hydrating and bathroom visits. Beginners often cover these runs at their goal marathon pace, or slightly slower.
- RACE: Occasional racing improves your fitness, and accustoms you to the realities of race day. Choose a race which will work on your footspeed and turnover—most likely a 5K or 10K.



NOVICE HALF MARATHON SCHEDULE

Congratulations! Committing to run the half-marathon is a big step, and one that will take you on a journey unlike any you've experienced before. There are many miles between that first step and crossing the finish line, but have no fear, we're with you the whole way. This training schedule has been designed specifically for you, the beginning half marathoner. It's easy to see how many miles you need to run and how hard you will run them day by day. There's no guesswork. Just follow the program and you'll arrive at the starting line well prepared on race morning.

Remember: If this is your first half marathon, your goal should be to finish—that's accomplishment enough. If this is not your first half marathon, then your goal might be to try and beat your last half marathon time. This schedule assumes that you've been running at least 12-15 miles a week for several weeks.

WEEK ONE OCTOBER 26

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	3M Run	2M Run or XT	3M Run	Rest	30 Min XT	4M Run	12

WEEK TWO NOVEMBER 2

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	3M Run	2M Run or XT	3M Run	Rest	30 Min XT	4M Run	12

WEEK THREE NOVEMBER 9

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	3.5M Run	2M Run or XT	3.5M Run	Rest	40 Min XT	5M Run	14

WEEK FOUR NOVEMBER 16

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	3.5M Run	2M Run or XT	3.5M Run	Rest	40 Min XT	5M Run	14

WEEK FIVE NOVEMBER 23

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	4M Run	2M Run or XT	4M Run	Rest	40 Min XT	6M Run	16

WEEK SIX NOVEMBER 30

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	4M Run	2M Run or XT	4M Run	Rest or Easy Run	Rest	5K Race	15

WEEK SEVEN DECEMBER 7

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	4.5M Run	3M Run or XT	4.5M Run	Rest	50 Min XT	7M Run	19

WEEK EIGHT DECEMBER 14

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	4.5M Run	3M Run or XT	4.5M Run	Rest	50 Min XT	8M Run	20

WEEK NINE DECEMBER 21

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	5M Run	3M Run or XT	5M Run	Rest or easy Run	Rest	9M Run	23

WEEK TEN DECEMBER 28

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	5M Run	3M Run or XT	5M Run	Rest	60 Min XT	9M Run	22

WEEK ELEVEN JANUARY 4

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	5M Run	3M Run or XT	5M Run	Rest	60 Min XT	10M Run	23

WEEK TWELVE JANUARY 11

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Stretch	4M Run	3M Run or XT	2M Run	Rest	Hydrate! Rest!	RACE!	22

ADVANCED HALF MARATHON SCHEDULE

This schedule is only for those people who have already completed a half-marathon and feel they can move on from the novice training schedule.

WEEK ONE OCTOBER 26

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch + Strengthen	3M Run	20 Min/10K pace	3M Run + Strength	Rest	3M Run	5M Run

WEEK TWO NOVEMBER 2

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	3M Run	30 Min/10K pace	3M Run + Strength	Rest	3M Race Pace	6M Run

WEEK THREE NOVEMBER 9

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	3.5M Run	20 Min/5K pace	3M Run + Strength	Rest	4M Run	5K Race

WEEK FOUR NOVEMBER 16

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	3.5M Run	35 Min/10k pace	3M Run + Strength	Rest	3M Run	7M Run

WEEK FIVE NOVEMBER 23

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	4M Run	40 Min/10k pace	3M Run + Strength	Rest	3M Race Pace	8M Run

WEEK SIX November 30

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	4M Run	20 Min tempo	3M Run + Strength	Rest/Easy Run	Rest	10K Race

WEEK SEVEN DECEMBER 7

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	4.5M Run	40 Min/10K pace	3M Run + Strength	Rest	4M Race Pace	9M Run

WEEK EIGHT DECEMBER 14

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	4.5M Run	45 Min/10K pace	3M Run + Strength	Rest	5M Race Pace	10M Run

WEEK NINE DECEMBER 21

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	5M Run	20 Min/5K pace	3M Run + Strength	Rest/Easy Run	Rest	8M Run

WEEK TEN DECEMBER 28

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	5M Run	45 Min/10K pace	3M Run + Strength	Rest	5M Race Pace	11M Run

WEEK ELEVEN JANUARY 4

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	5M Run	40 Min/10k pace	3M Run + Strength	Rest	3M Race Pace	12M Run

WEEK TWELVE JANUARY 11

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Stretch & Strengthen	4M Run	3M Run	2M Run	Rest	Walk/Stretch	RACE!

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ADVANCED HALF MARATHON SCHEDULE

MONDAY: Do extra stretching this day, or try yoga. Strength training can include core exercises, ie. Push-ups, sit-ups, light weights with high repetitions.

TUESDAY: These are easy runs at a comfortable pace. If running with someone, you should be able to talk comfortably. If you can't carry a conversation while running, reduce your speed.

WEDNESDAY: These are speed workouts. To help you improve your speed. This exercise is one continuous run with no rest. These runs start with a ten-minute warm-up, where you increase your speed to your 5K or 10K pace during the middle of your run and then cool down for the last five minutes of the run. I.e. Thirty-minute tempo run starts with a ten-minute warm-up, which leads into a 15-minute tempo run and then a five-minute cool down. This is the thirty-minute run. Make sure to hydrate after this workout and take extra time to stretch.

THURSDAY: Do these runs at a comfortable pace. Think of this as a recovery run from yesterday's speed workout. Add strength training on this day to work on some of your core muscles. Light weights or push-ups and sit-ups.

FRIDAY: Rest days.
Relax and do some stretching.

SATURDAY: These runs can either be an easy run or a run at an expected race pace. When the schedule reads "Race Pace," this means to run the given distance at your expected half marathon race pace. I.e. If you would like to run a nine-minute mile on the average for your half marathon, then this will be your expected race pace.

SUNDAY: This will be your long run of the week. These runs are key to building up your endurance to the half-marathon distance. Do these runs at a comfortable pace. Practice hydrating and using energy gels on these runs.

Training schedule provided by www.halhighdon.com



NOVICE FULL MARATHON SCHEDULE

Congratulations! Committing to run the marathon is a big step, and one that will take you on a journey unlike any you've experienced before. There are a lot of miles between that first step and crossing the finish line, but have no fear, we're with you the whole way. This training schedule has been designed specifically for you, the beginning marathoner. It's easy to see how many miles you need to run and how hard you will run them day by day. There's no guesswork. Just follow the program and you'll arrive at the starting line well prepared on marathon morning.

Remember: If this is your first marathon, your goal should be to finish—that's accomplishment enough. If this is not your first marathon, then your goal might be to try and beat your last marathon time. This schedule assumes that you've been running at least 12-15 miles a week for several months.

WEEK ONE **SEPTEMBER 28**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	4-EZ	R/XT	4-EZ	Rest	4-EZ	R/XT	15

WEEK TWO **OCTOBER 5**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	4-EZ	R/XT	4-EZ	Rest	5EZ	R/XT	16

WEEK THREE **OCTOBER 12**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	5-EZ	R/XT	4-EZ	Rest	6-EZ	R/XT	18

WEEK FOUR **OCTOBER 19**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	3-EZ	R/XT	3-EZ	3-EZ	3-EZ	R/XT	15

WEEK FIVE **OCTOBER 26**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	5-EZ	3-EZ	4-EZ	Rest	7-EZ	R/XT	22

WEEK SIX **NOVEMBER 2**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	5-EZ	2-EZ	6-EZ	Rest	8-EZ	R/XT	24

WEEK SEVEN **NOVEMBER 9**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	6-EZ	R/XT	4-EZ	3-EZ	Rest	10-LSD	26

WEEK EIGHT **NOVEMBER 16**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4-EZ	4-EZ	R/XT	4-EZ	Rest	8-LSD	20

WEEK NINE **NOVEMBER 23**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	4-EZ	7-EZ	Rest	4-EZ	Rest	12-LSD	27

(WEEK TEN - SIXTEEN ON NEXT PAGE)

NOVICE FULL MARATHON SCHEDULE

WEEK TEN NOVEMBER 30

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	R/XT	7-EZ	3-EZ	4-EZ	Rest	14-LSD	24

WEEK ELEVEN DECEMBER 7

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	R/XT	7-EZ	R/XT	3-EZ	Rest	16-LSD	26

WEEK TWELVE DECEMBER 14

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	R/XT	3-EZ	8-EZ	Rest	Rest	18-LSD	29

WEEK THIRTEEN DECEMBER 21

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	5-EZ	3-EZ	R/XT	4-EZ	Rest	20-LSD	32

WEEK FOURTEEN DECEMBER 28

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	8-EZ	Rest	4-EZ	Rest	13-LSD	Rest	28

WEEK FIFTEEN JANUARY 4

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	5-EZ	Rest	4-EZ	3-EZ	9-LSD	Rest	24

WEEK SIXTEEN JANUARY 11

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
3-EZ	3-EZ	Rest	5-EZ	2-EZ	Rest	26.2- RACE!	

ADVANCED Full Marathon Schedule

This is only for those people who have completed at least one full marathon.

WEEK ONE SEPTEMBER 28

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	3M Run	5M Run	3M Run	Rest	5M Race Pace	6	22

WEEK TWO OCTOBER 5

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	3M Run	6M Run	3M Run	Rest	6M Race Pace	11	29

WEEK THREE OCTOBER 12

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	3M Run	6M Run	3M Run	Rest	6M Run	12	30

30

WEEK FOUR OCTOBER 19

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	3M Run	5M Run	3M Run	Rest	6M Race Pace	9	26

WEEK FIVE OCTOBER 26

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	4M Run	7M Run	4M Run	Rest	7M Race Pace	14	36

WEEK SIX NOVEMBER 2

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	4M Run	7M Run	4M Run	Rest	7M Run	15	37

WEEK SEVEN NOVEMBER 9

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	4M Run	5M Run	4M Run	Rest	7M Race Pace	11	31

WEEK EIGHT NOVEMBER 16

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	4M Run	8M Run	4M Run	Rest	8M Race Pace	17	41

WEEK NINE NOVEMBER 23

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	5M Run	8M Run	5M Run	Rest	8M Run	18	44

WEEK TEN NOVEMBER 30

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	5M Run	5M Run	5M Run	Rest	8M Race Pace	13	36

WEEK ELEVEN DECEMBER 7

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
R/XT	5M Run	8M Run	5M Run	Rest	5M Race Pace	20	43

(WEEK TWELVE-SIXTEEN ON NEXT PAGE)

ADVANCED Full Marathon SCHEDULE

WEEK TWELVE **DECEMBER 14**

Mon R/XT	Tues 5M Run	Wed 5M Run	Thur 5M Run	Fri Rest	Sat 8M Run	Sun 12	Total Miles 35
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WEEK THIRTEEN **DECEMBER 21**

Mon MilesR/XT	Tues 5M Run	Wed 8M Run	Thur 5M Run	Fri Rest	Sat 5M Race Pace	Sun 20	Total 43
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WEEK FOURTEEN **DECEMBER 28**

Mon R/XT	Tues 5M Run	Wed 6M Run	Thur 5M Run	Fri Rest	Sat 4M Race Pace	Sun 12	Total Miles 32
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WEEK FIFTEEN **JANUARY 4**

Mon R/XT	Tues 4M Run	Wed 5M Run	Thur 4M Run	Fri Rest	Sat 3M Run	Sun 8	Total Miles 24
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WEEK SIXTEEN **JANUARY 11**

Mon R/XT	Tues 3M Run	Wed 4M Run	Thur Rest	Fri Rest	Sat 2M Run	Sun RACE!
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Monday: Rest day or light cross training.
Cross training can be swimming, cycling and yoga. No heavy weight training.

Tuesday: Easy run at conversational pace.
If you can't carry a conversation you should slow down.

Wednesday: Longer midweek runs. This will help build endurance. Do some extra stretching after these runs.

Thursday: Easy runs
at conversational pace.

Friday: Rest day.
Relax and do some stretching.

HALF MARATHON WALKING SCHEDULE

Walking 13.1 miles is not easy. If it were, there would be little challenge to an event such as the half marathon. On the big day, most individuals should be able to walk 13.1 miles in around four hours—that is, with proper training. If this is your first time competing in a half-marathon, or if you are on a road to recovery from an injury, use this walking plan to get in shape for the half marathon so you can ultimately cross the finish line.

WEEK ONE **OCTOBER 12**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	4M Walk	R/XT	10

WEEK TWO **OCTOBER 19**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	6M Race Pace	R/XT	12

WEEK THREE **OCTOBER 26**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	6M Run	R/XT	12

WEEK FOUR **NOVEMBER 2**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	6M Race Pace	R/XT	12

WEEK FIVE **NOVEMBER 9**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	7M Race Pace	R/XT	13

WEEK SIX **NOVEMBER 16**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	7M Run	R/XT	13

WEEK SEVEN **NOVEMBER 23**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	4M Walk	Rest	7M Race Pace	R/XT	14

WEEK EIGHT **NOVEMBER 30**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	30 min XT	4M Walk	Rest	8M Race Pace	R/XT	16

WEEK NINE **DECEMBER 7**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	30 min XT	4M Walk	Rest	8M Run	R/XT	16

WEEK TEN **DECEMBER 14**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	30 min XT	4M Walk	Rest	8M Race Pace	R/XT	16

(WEEK ELEVEN-FOURTEEN ON NEXT PAGE)

HALF MARATHON WALKING SCHEDULE

WEEK ELEVEN DECEMBER 21

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	30 min XT	4M Walk	Rest	5M Race Pace	R/XT	13

WEEK TWELVE DECEMBER 28

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	30 min XT	4M Walk	Rest	5M Race Pace	Rest	13

WEEK THIRTEEN JANUARY 4

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	30 min XT	3M Walk	Rest	5M Race Pace	Rest	11

WEEK FOURTEEN JANUARY 11

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Rest	2M Walk	2M Walk	Rest	Rest	Rest	RACE!

Monday: Rest days - No workout.

Tuesday: Warm up. Then walk at a moderately fast pace (slightly faster than normal pace). Follow your workout with a cool down.

Wednesday: Warm up. Start walking at a comfortable, but determined training pace for the designated mileage, focusing on walking with good technique, then cool down.

Thursday: Warm up. Then walk at a moderately fast pace (slightly faster than normal pace). Follow your workout with a cool down.

Friday: Do easy cross training for 30 minutes, or opt to take a day of rest.

Saturday: Distance/Endurance walk. Walk the designated mileage at a comfortable pace. Make sure to hydrate during these long walks. Look at the nutritional information in lotus notes for what to drink during a race or long run/walk. Hydrate with something other than water.

Sunday: Recovery. Walk at a comfortable pace or participate in easy cross training for 30 to 45 minutes. Remember, this is a recovery day and you should include stretching and hydrating.

FULL MARATHON WALKING SCHEDULE

Congratulations on committing to an incredible event! This training schedule is for the first-time marathoner with no specific time goal. In order to prepare for this training, please begin with the 30/30 walking plan before starting this marathon training schedule.

WEEK ONE **OCTOBER 12**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	3M Walk	3M Walk	XT	4M Walk	EZ XT	13

WEEK TWO **OCTOBER 19**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	4M Walk	3M Walk	XT	6M Race Pace	EZ XT	16

WEEK THREE **OCTOBER 26**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	4M Walk	XT	8M Walk	EZ XT	19

WEEK FOUR **NOVEMBER 2**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	5M Walk	XT	10M Race Pace	EZ XT	22

WEEK FIVE **NOVEMBER 9**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	5M Walk	XT	12M Race Pace	EZ XT	24

WEEK SIX **NOVEMBER 16**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	5M Walk	XT	14M Walk	EZ XT	26

WEEK SEVEN **NOVEMBER 23**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	5M Walk	XT	10M Race Pace	EZ XT	22

WEEK EIGHT **NOVEMBER 30**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	6M Walk	XT	16M Race Pace	EZ XT	29

WEEK NINE **DECEMBER 7**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	6M Walk	XT	19M Walk	EZ XT	32

WEEK TEN **DECEMBER 14**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	6M Walk	XT	21M Race Pace	EZ XT	34

(WEEK ELEVEN-FOURTEEN ON NEXT PAGE)

FULL MARATHON WALKING SCHEDULE

WEEK ELEVEN **DECEMBER 21**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	6M Walk	XT	18M Race Pace	EZ XT	31

WEEK TWELVE **DECEMBER 28**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	4M Walk	3M Walk	4M Walk	XT	12M Race Pace	EZ XT	23

WEEK THIRTEEN **JANUARY 4**

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Miles
Rest	3M Walk	20M Walk	3M Walk	XT	8M Race Pace	EZ XT	34

WEEK FOURTEEN **JANUARY 11**

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Rest	2M Walk	20 Mins	Rest	20 Mins	Rest	RACE!

Monday: Rest days - No workout.

Tuesday: Warm up. Then walk at a moderately fast pace (slightly faster than normal pace). Follow your workout with a cool down.

Wednesday: Warm up. Start walking at a comfortable, but determined training pace for the designated mileage, focusing on walking with good technique, then cool down.

Thursday: Warm up. Then walk at a moderately fast pace (slightly faster than normal pace). Follow your workout with a cool down.

Friday: Do cross training for 30 minutes, or opt to take a day of rest.

Saturday: Distance/Endurance walk. Walk the designated mileage at a comfortable pace. Make sure to hydrate during these long walks. Look at the nutritional information in lotus notes for what to drink during a race or long run/walk. Hydrate with something other than water.

Sunday: Recovery. Do easy cross training for 30 to 45 minutes. Remember, this is a recovery day and you should include stretching and hydrating.

Notes: Warm-up time consists of the first five to ten minutes of your workout, which should be done at an easy effort. The cool-down is the last five to ten minutes of your workout, which should also be done at an easy pace. Stretching will require additional time.

CHOOSING THE RIGHT RUNNING SHOES



There are three selection considerations when purchasing a running shoe that will meet one's biomechanical needs. The first consideration involves foot type (high arch, flat foot or normal arch). Next, it's important to analyze the runner's foot strike (heel striker, forefoot striker or mid-foot striker), and lastly, stride pattern (pronater, supinator or neutral). The information presented below is general in nature. For more information, consult your local specialty running store.

Considerations for Selecting Running Shoes

-Purchase running shoes from a specialty store or from someone knowledgeable about matching the correct type of running shoe based on your foot type and stride pattern.

-Try on shoes later in the day when your feet have swelled to their maximum size.

-In selecting the correct size of shoe you need, be sure that there is approximately a half-inch of space between the front of the shoe and your longest toe.

-When trying on shoes, be sure to bring the socks you normally run in so your shoe fits properly.

-Analyze the need to purchase running shoes based on the number of miles your old pair has on them. Do not base your need for new shoes by observing how much tread remains on the outer sole. The mid-sole of many running shoes break down at 400 miles (or earlier depending on a number of factors) and offers little or no protection after that period of time. It is important to keep in mind that running shoes provide the first line of defense against the potential of injury.

-Consider purchasing two pairs of running shoes. Flip-flopping their use every other day increases the life expectancy of each pair.

-Purchase a new pair of shoes that you will use during the actual event approximately four to six weeks prior to the race. These shoes should be the same model that you've found works well for you during your long runs. The key point here is to have sufficient time to break the new pair in (by logging 60-70 miles including one long run) prior to your race.

Care of Running Shoes

-Wear your running shoes only for running. They will last much longer if you follow this important guideline.

-Do not machine wash or dry your running shoes. If your shoes become dirty, hand wash them with commercial shoe care products.

-When your running shoes become wet, stick bundled up newspaper inside to accelerate the drying time.

STRETCHING FOR RUNNERS

According to physical therapist **Debbie Pitchford**, proper stretching is essential to training for a marathon or half marathon. Make the following stretching exercises a part of your training regiment, and in turn, you will increase your speed and flexibility and decrease your injury risk.

Warm Up and Cool Down: Stretching is a crucial pre-cursor to any run because it increases blood flow to the muscles. But stretching during your cool-down may be even more important. After running, stretching helps to remove lactic acid from the muscle, which in turn reduces muscle soreness and promotes flexibility. Stretching afterwards also will help you relax.

Don't Overstretch: While stretching can promote flexibility, stretching too far actually can damage the muscles—particularly if you're recovering from an injury. A healthy muscle can elongate up to 1.6 times its length but generally doesn't respond well to that much stretching. By overstretching, you create an automatic myotatic reflex that actually will cause the muscle to recoil to protect itself from tearing and injury. Also, don't bounce while stretching. Holding your stretch in a static position works best.

Combine Stretching & Strengthening:

A good time to do your stretching exercises is while resting between lifts during your strength training. Strength training will not decrease your flexibility as long as you do it properly and perform your lifts through their full range of motion.

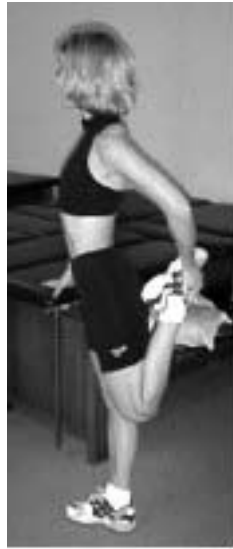
Use MICE Rather Than RICE: Health professionals frequently promote RICE as one way of treating an injury: Rest, Ice, Compression and Elevation. But Pitchford promotes MICE. "Move it," she says. This is because immobilizing a muscle can lead to decreased blood flow and muscle atrophy. If you stretch properly while recovering from an injury, you can speed that recovery.

Resist Aging: Pitchford believes it a myth that aging is the only factor that causes us to lose flexibility. "It's lack of exercise," she says. "Studies show that a sedentary lifestyle is a bigger factor in decreasing flexibility than aging." If you stay active aerobically and use stretching to maintain your flexibility, you will look and feel younger because of the way you move.

Finally, the key to the exercises presented below is to **maintain good form**. Don't look sloppy stretching. The 90-degree angles featuring straight backs and carefully positioned limbs that work in the strength exercises promoted by personal trainer Cathy Vasto also work well in many of the stretching exercises promoted by Pitchford. Pitchford's five fantastic stretching exercises follow. (Hold each stretch for 10 seconds, repeating 10 times.)



STRETCHING FOR RUNNERS



Quadriceps Stretch:

The quadriceps is the muscle in the front of the thigh, important for lifting your knees and increasing your speed. It is the “quads” that often go at the end of marathons, causing runners to come shuffling across the finish line because they have a hard time lifting their feet off the ground. To do this exercise while standing, simply grab hold of a stationary object for balance with one hand and use the opposite hand to grasp the leg around the ankle, lifting it toward your buttocks. Pitchford points out several form faults: “You want to keep your back straight and not allow the knee to drift forward ahead of the stance leg. A lot of runners slouch forward, which effectively negates the stretch’s effectiveness.”

An even more effective way to do this exercise, however, is lying on a bench, using a towel wrapped around the ankle to pull your foot toward your buttocks. You should position yourself on the edge of the bench with the foot of your dangling leg forward, knee bent, leg relaxed. As with the other stretching exercises, hold each stretch for 10 seconds and repeat as many as 10 times for each leg.



STRETCHING FOR RUNNERS



Quadriceps Stretch Positions

Hamstring Stretch: This is the exercise that got me ready to run the Klondike Relay. Most runners do this exercise by putting their foot on a waist-high stationary object (or a hurdle if at the track) and slowly leaning forward, reaching down the shin until they feel a stretch in the hamstring. The hamstring is the muscle that runs from just below the knee up into the buttocks. It's the muscle that lifts the lower leg and bends the knee after the quads have lifted your knees. Sprinters pull this muscle more than distance runners, but as I discovered, even straining your hamstring can limit your ability to run fast



The best way to do this exercise, however, is not with your foot on a stool, but rather while lying on your back. This is how Pitchford taught me the hamstring stretch. Lie on your back, keeping the back flat and your eyes focused upward. Grasp the back of one thigh with both your hands and (leg bent) pull that thigh into a 90-degree position vs. the floor. Then slowly straighten your knee. After you've gotten used to doing this exercise, you can achieve a better stretch by pulling your thigh closer to your chest—but don't overdo it!



STRETCHING FOR RUNNERS



Hamstring Stretch Postions

Piriformis Stretch: The piriformis muscle is responsible for lateral rotation of the hip. It is particularly important to athletes who have to change direction, such as tennis players and running backs in football. Although runners run straight ahead, keeping the piriformis muscle loose is important for overall flexibility. Lying on your back, cross your legs just as you might while sitting in a chair. Grasping the "under" leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.



STRETCHING FOR RUNNERS



Piriformis Stretch Position

Gastroc Stretch: This push-off exercise is the one you most often see runners doing before races. Typically, they lean against a wall to stretch the calf muscles—but they don't always do it right, claims Pitchford. The gastroc muscle, along with the soleus, is located in the back of the calf. It is the calf muscle that actually propels your leg across your grounded foot while running. Lean against a wall or other stationary object, both palms against the object. The leg you want to stretch is

back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf. "It is important to keep your back foot straight and angled 90 degrees from the wall," says Pitchford.

STRETCHING FOR RUNNERS



Gastroc Stretch Position

Soleus Stretch: "This is the stretch that most runners forget," says Pitchford. "They stretch their gastroc muscles (as above) without realizing there's a similar stretch for the soleus." The soleus is the other major muscle in the calf, located in front of the gastroc. It is important for planting the foot on the ground before your push off.

Position yourself similar to the gastroc stretch with back straight and palms against the wall. The difference is that you start in a "seated" position with your legs bent, your buttocks dropped. Gently lean into the wall until you feel the stretch in your lower calf.

TEAM

Stretching is important, says Pitchford, not only because it will make you a better runner, less likely to get injured, but it can also help you to maintain flexibility to do all the other activities in your life.

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38 BEST FOODS

GRAINS

1. Oatmeal: A serving of oats provides plenty of slow-release carbohydrates, which will give you more sustained energy than, say, processed sugar. Oatmeal has also been shown to lower cholesterol. Have it for breakfast or anytime, and add skim milk and dried fruit for extra nutritional punch. Instant oatmeal offers much the same benefits as rolled oats, but avoid presweetened brands, which have a high sugar content.

2. Dark bread: Breads that are dark in color, such as pumpernickel and whole wheat, contain more fiber and whole grains than lighter breads. This holds true for bagels, too.

3. Quinoa: This product is similar to rice but it's more delicate and flavorful--and cooks in half the time. "It's a great carbohydrate-packed alternative to rice or pasta," says Chris Rosenbloom, Ph.D., associate professor of nutrition at Georgia State University in Atlanta. A six-ounce serving contains 132 calories, 23 grams of carbohydrate, 4 grams of protein, and 2 grams of unsaturated fat.

4. Buckwheat pasta: Also known as soba noodles, buckwheat pasta offers more whole grains and is higher in minerals and carbohydrates than regular pasta. Add to soup, or use in a vegetable stir fry, suggests Rosenbloom.

5. Whole-wheat pasta: This comes with a heartier flavor, more whole grains, and about three times the fiber as regular pasta. As with oatmeal, pasta provides slow-release carbohydrates, which are perfect for distance runners who need sustained energy.

FISH

6. Shrimp: Don't worry about the cholesterol content of shrimp, because it's cholesterol that originates from plants and is not well absorbed by the body, says Rosenbloom. Shrimp is also high in muscle-building protein, low in saturated fat, and contains several important minerals (phosphorus, calcium, potassium). Stir fry your shrimp with vegetables and pasta, and sprinkle on some low-sodium soy sauce for a complete meal.

7. Crab: As with shrimp, crab is rich in protein, and has a benign form of cholesterol that isn't readily absorbed.

8. Salmon: Salmon is an excellent protein source, but its main benefit is its omega-3 fats, which contribute to healthy cell membranes and are associated with reduced heart-disease risk. Eat salmon as steaks or filets, baked or grilled, in pasta or salads, as burgers or sandwiches, in chowder or gumbo. Even canned salmon is great for you, says Runner's World nutrition columnist Liz Applegate, Ph.D. "You get extra calcium from the small bones. Just toss it into salads, sandwiches, or chowder."

9. Mackerel: Pretty much the same deal as salmon--high in protein and omega-3's.

10. Sardines: A different taste and texture than salmon, but loaded with omega-3's. An excellent, tangy appetizer on crackers or French bread.

11. Cod: A good protein source. "This fish is great for people who are not typically fish eaters," says Rosenbloom. "It's mild, without that strong fishy flavor." It's also easy to prepare. Buy it fresh, or defrost a frozen filet, roll it in cornmeal batter, then fry it in olive or canola oil.

12. Tuna: High in protein and omega-3s. Tuna now comes in pouches you don't have to drain (you'll find it near the canned tuna). This version tastes fresher than canned, says Applegate. Toss it in pita bread with lettuce and tomato and you'll have an excellent sandwich.

38 BEST FOODS

FRUIT AND VEGETABLES

13. Bananas: Versatile, convenient, “pre-wrapped,” and incredibly consistent taste-wise, bananas come packed with carbohydrates and potassium. The latter helps regulate muscle contractions, and needs to be replenished because it is lost through sweat. “When bananas blacken, cut them up into chunks, and put them in the freezer,” says nutritionist Nancy Clark, R.D., author of *The Sports Nutrition Guidebook*. “Then mix them in a blender with skim milk. It’ll taste just like banana ice cream—you’ll think it’s Häagen-Daz.”

14. Oranges: One orange provides all the vitamin C you need in a day, so you’ll be well-fortified against upper-respiratory infections that can be more common during periods of intense training. Plus, vitamin C’s antioxidants will protect you from the muscle damage and soreness.

15. Strawberries: Rich in Vitamin C, low in calories, and they taste amazing—either fresh or frozen. Versatile as snacks, with cereal, or on salads. Or use frozen berries to make delicious, nutrient-rich smoothies.

16. Cantaloupe: Half a melon provides a day’s worth of vitamins A and C. It’s filling, too, as just 100 calories’ worth will satisfy you. Melons are rich in beta-carotene, an antioxidant vitamin that can lower both cancer and heart-disease. Great as a post-run snack, or with cottage cheese for a light lunch.

17. Fruit kabob: Put a row of fruit, fresh or canned, on a skewer, and dip it in plain yogurt for a tasty carbo-protein snack, suggests dietitian Lisa Dorfman, R.D., of Miami, author of the *Vegetarian Sports Nutrition Guide*.

18. Beans: The salmon of the vegetable world, beans are excellent for you. Varieties such as pinto, lentil, garbanzo, and split pea come with protein, fiber, and iron, and they’re low in fat. They’re a perfect accompaniment to soups and stews, or serve them with rice for a complete carbo-protein meal.

19. Baby carrots: These come with the same multitude of benefits as regular carrots—low-fat, vitamin A, and fiber—but they don’t require peeling as do regular carrots, says dietitian Alysun Deckert, R.D., of the University of Washington Medical Center in Seattle.

20. Broccoli: For a healthy dose of vitamins and potassium, steam up some broccoli, or sauté it in garlic and oil. Just make sure it’s still crunchy, otherwise it’ll lose some of its nutrients.

21. Asparagus: A good source of potassium and Vitamins A and C, asparagus can be eaten raw by itself or in salads, but it’s best steamed or sautéed.

22. Lettuce: The darker the better. Lettuce will boost your intake of Vitamins A and C, plus fiber and iron.

23. Sweet potato: Packed with carbohydrates and vitamin A, sweet potatoes are a meal in themselves if you add toppings such as nuts, yogurt, or fat-free sour cream and chives, suggests Ellen Coleman, R.D., author of *Eating for Endurance*.

DAIRY

24. Skim milk: This nonfat alternative comes loaded with protein, carbohydrates, calcium, and potassium. What’s more, protein from milk is absorbed particularly well, says Penn State University nutritionist Kristine Clark, Ph.D., who adds that “no one over the age of 2 needs any kind of milk but skim.”

25. Low-fat yogurt: Any kind, plain or with fruit, provides calcium, protein, and plenty of energizing carbohydrates. An excellent grab-and-go food.

38 BEST FOODS

26. Low-fat cheese: Versatile choices such as provolone, mozzarella, and feta cheese are excellent for salads, sandwiches and pizzas. Provides calcium and protein.

27. Milk-based soups: Add skim milk to soup, advises Clark, to increase protein intake. Tomato and broccoli are two tasty options. What's more, these soups are considered "volumetric," in that they fill you up on fewer calories.

MEAT/POULTRY

28. Lean roast beef: With an abundance of vitamin B, iron, and zinc (which aids in healing and sexual function), lean roast beef is the most nutrient-dense red meat, says Clark. As with bread and lettuce, the darker the meat, the more nutrients it contains.

29. Top-round ground beef: The top cuts of beef and sirloin are the leanest and provide needed protein. Try using this as an accompaniment—not the main dish—so your portion is smaller. Or put it in a stir fry or burrito, suggests Applegate.

30. Chicken: For good lean protein—though with not as much iron as red meat—eat chicken baked, grilled, or broiled, but not fried (too fatty).

31. Lamb: There's plenty of protein, iron, and zinc in a lamb roast. Just make sure you trim away the fat after cooking.

PROTEIN ALTERNATIVES

32. Soymilk: Often fortified with calcium and vitamin E, soymilk is an excellent protein source, plus it comes with powerful disease-fighting phytochemicals. Also, a great alternative for those who are lactose intolerant.

33. Tofu: Made of soybean curd, tofu supplies all the healthful benefits of soymilk. Use it in stir fries, or crumble it into salads to boost your protein intake.

34. Nuts: Nuts contain heart-healthy fat and lots of minerals, says Applegate, so you should eat them several times a week. Add them to dried fruit, such as cranberries, for a tasty, filling, good-for-you trail mix.

35. Peanut butter: Go for the natural kind, with oil on the top and no added ingredients. Though high in fat (about 16 grams per serving), it's healthy fat, and peanut butter contains no cholesterol. Try it on bananas or toasted raisin bread for breakfast.

SNACKS

36. Rice cakes: They're crunchy, tasty, easily digested, and full of carbohydrates, says Dorfman.

37. Baked potato chips: Lower in fat than regular chips, baked chips weigh in at just 110 calories per 1 ounce serving, with no saturated fat.

38. Dark chocolate: "I eat chocolate every day," says Applegate. "Runners are allowed up to 200 calories of their favorite treat daily." For example, 55 M&Ms, 20 peanut M&Ms, or one Hostess cupcake.

NUTRITION FOR TRAINING AND RACING

FUELING UP FOR EXERCISE

What you eat in the hours before exercise has a significant impact on your training and racing performance. Choosing the correct amounts of carbohydrate, fluids and other nutrients can provide the following benefits:

- **Increase liver glycogen levels**
- **Enhance glycogen stores in the muscles**
- **Provide fuel early on during exercise**
- **Prevent hunger during longer training sessions and races**

Eating prior to exercise requires striking a balance between consuming an adequate amount of carbohydrates and preserving gastrointestinal harmony - while some can eat copious amounts before a tough workout with no ill effects, others must pay close attention to what, when and how much they ingest before exercise. Items lower in fiber that are easily digested are generally wiser choices for most athletes, especially prior to running. Energy bars, gels, high-carbohydrate drinks and sports drinks can all be consumed shortly before exercise with or without "real" foods.

Two hours before working out, consume up to one gram carbohydrate for every pound of body weight. Sports bars and gels can provide up to 30 to 50 grams of carbohydrate per serving. Sports drinks, with their carbohydrate and sodium content, are more useful prior to exercise than plain water. Consume 16 to 32 ounces of fluid one hour before exercise and another eight to 16 ounces 20 minutes before exercise.

POST-EXERCISE REFUELING

After a race or workout, your main objective is to begin the recovery process as soon as possible. It's crucial to consume enough carbohydrate, protein and fat over the course of the day, particularly in the 30 minutes to two hours after training or racing. That re-fuel will provide a vital jumpstart to your recovery - and leave you primed for your next workout. Poor post-workout nutrition, on the other hand, can leave you drained, glycogen-depleted and cranky. So to promote full recovery and efficient glycogen replacement, consume half a gram of carbohydrate per pound of body weight soon after exercising. Both liquid carbohydrate, in the form of concentrated-carbohydrate drinks (which have the added benefit of providing hydration), and solid carbohydrate adequately refuel the body after exercise. You should also emphasize higher-glycemic carbohydrate sources (such as bagels, concentrated-carbohydrate drinks and potatoes) immediately after working out, which will stimulate the release of insulin more quickly.

PRACTICAL USES OF SPORTS NUTRITION PRODUCTS

Sports drinks

- Provides fluid, varying types of carbohydrate and electrolytes such as sodium.
- Consume 16-24 ounces in the hour before exercise.
- Consume 4-8 ounces every 15-20 minutes during exercise.
- Consume after exercise with a more concentrated source of carbohydrate.

Carbohydrate gels

- Provides carbohydrate and some sodium in a semi-solid form.
- Consume one packet in the hour prior to training and racing.
- Consume one packet during exercise with 16 ounces of fluid.
- Consume as part of a recovery nutrition plan supplying 50 to 100 grams of carbohydrate.

Sports bars

- Easily digested food that supplies mainly carbohydrate but also varying amounts of protein and fat. Some varieties are higher in protein. Generally low in fiber, but this varies among products. Tolerated well during endurance exercise. Consume as part of a pre-training or competition meal or snack providing over 100 grams of carbohydrate.
- Consume in the hour before exercise if tolerated.
- Consume during ultraendurance events if solid food is required and tolerated.
- Consume as part of your immediate post-exercise recovery nutrition plan.

NUTRITION FOR TRAINING AND RACING

High-carbohydrate drink

- Provides 80 to 100 grams of carbohydrate per serving.
- Consume one to two hours before exercise and as part of a carbohydrate-loading regime.
- Consume for post-exercise recovery.
- During exercise provides a more concentrated source of carbohydrate for ultraendurance distances.

ENERGY GELS: A FULL-FLAVORED WAY TO SUSTAIN ENERGY

Many athletes are discovering that energy gels are a better way for them to receive the carbohydrates needed to sustain their energy levels. Energy gels are easy to use, quick to digest and with flavors like vanilla orange and apple cinnamon, they can taste pretty good. Here's an overview of energy gels to answer questions regarding usage, effectiveness and ingredients.

What are energy gels?

Energy gels are best described as a hybrid of sports drinks and energy bars. Combining aspects of both, gels are power-packed with a super concentrated dose of carbohydrates contained in a palatable and viscous consistency. Because of their quick absorption into the bloodstream, many athletes prefer gels because they are not "heavy on the stomach." Gels are unlikely to cause gastrointestinal distress, which can sometimes be associated with drinks or bars. The majority of energy gels are sold in 1.1-oz. foil packets. Depending on the brand, gels provide 100 - 110 calories per serving and between 24 - 28 grams of carbohydrates. Each serving of gel provides enough 'fuel' to supply about 30 - 45 minutes of energy during physical activity.

Energy Gel Product	Serving Size	Total Calories	Total Carbohydrates	Complex Carbohydrates	Simple Sugars
Carb-BOOM	1.4 oz	107	27g	24g	2-3g
GU	1.1 oz	100	25g	21-22g	3-4g
Power Gel	1.4 oz	110	28g	21-23g	5-7g
Clif Shot	1.1 oz	100	23-24g	10-11g	12-13g

How do energy gels work?

Fat and carbohydrates are the two best sources of energy found in the human body. Fat is the largest source, while carbohydrate stores lag behind significantly. Carbohydrates, however, provide the best and most readily-available source of energy for the body during exercise.

So how does carbohydrate ingestion improve endurance performance?

During activity lasting longer than 60 minutes, glycogen levels begin to diminish. There is a progressive shift from muscle glycogen over to blood glucose as the body's primary fuel source. When muscle glycogen levels are low, the consumption of carbohydrate serves to maintain proper levels of blood glucose and delay the onset of fatigue. In addition to this mechanism, carbohydrate ingestion also exerts its benefits at higher intensities of exercise by delaying and/or preventing muscle glycogen depletion (otherwise known as glycogen sparing).

When should energy gels be used and how often should they be consumed?

Energy gels can benefit competitive athletes, recreational athletes, diabetics and anyone else looking for a quick source of energy. They are ideal for sports like triathlons, running, cycling, swimming, tennis, soccer, football....the list goes on and on. In order to gain the performance advantage of carbohydrates, it is recommended that 30-60 grams be consumed per hour during physical activity. This translates into one to two servings of energy gels during each hour of exercise.

For first time gel users, determining the optimal timing and amount of energy gel to take can be confusing. As a general rule, it is recommended the following 'dose schedule' be used as a guide.

For activity lasting less than two hours:

- Consume one gel 30-60 minutes prior to the start of the activity
- Take a second gel 45-60 minutes into the activity (during half time of the soccer match, at the six to eight mile mark of the half marathon, etc)

For activity lasting more than two hours:

- Consume one gel one hour into the activity
- Take subsequent gels every 30-45 minutes for the duration of exercise

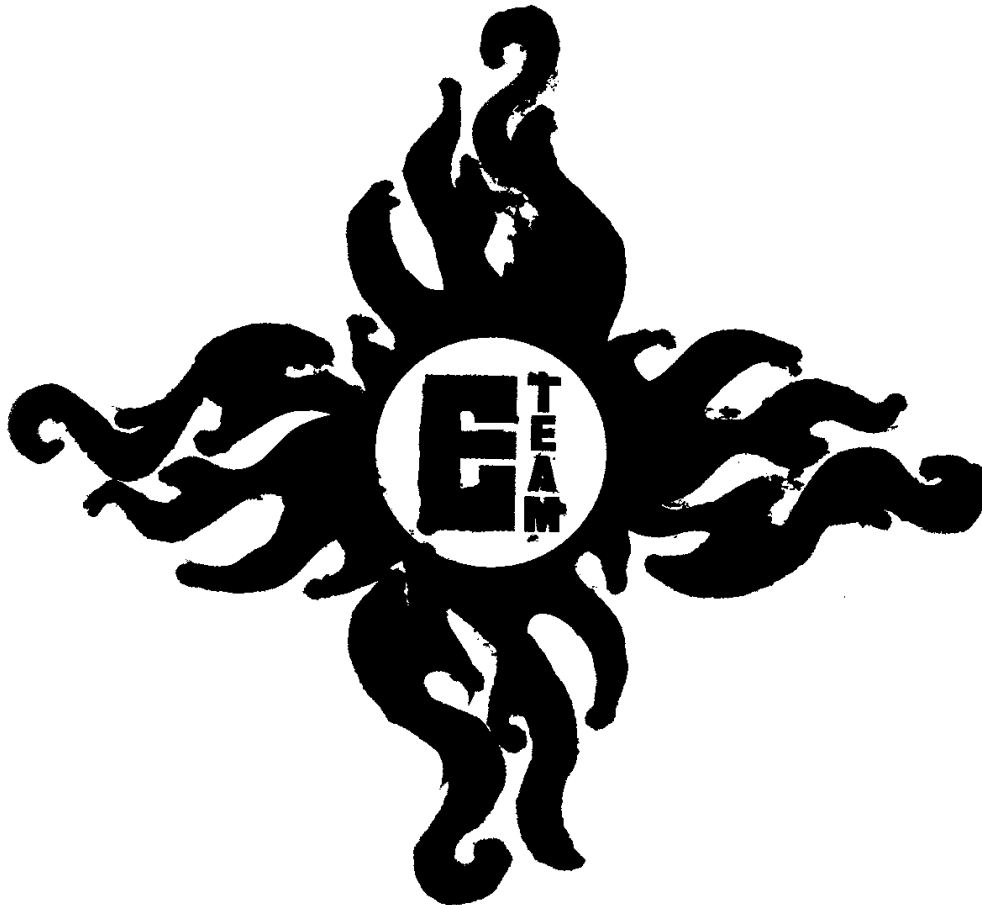
Tips and tricks to remember:

Find a gel and a flavor that tastes great since you'll be using them successively on sizzling hot, humid days, cold rainy mornings and every kind of weather in between.

Keep in mind that every athlete is different. You'll need to experiment to find your body's optimal regimen for gel intake. Pack gels with you on several training sessions and try taking them at different times and in different amounts to determine what system works best for you.

If you plan on being out for a long endurance workout or event and don't have an easy way to carry five or six gels, consider purchasing a gel flask. Gel flasks are small plastic containers similar to water bottles that can be clipped on shorts, attached to a handlebar or slipped in a pocket. They hold four to six servings of gel and are an efficient way to carry your fuel.

Water, water, water! With any type of exercise it's very important to stay properly hydrated. Water helps replenish fluids lost from sweating and provides optimal absorption for the carbohydrates. Roughly 8-10 ounces of water should be consumed along with each serving of gel. Make sure to have a water bottle, or time the consumption of a gel with a water source nearby.



Websites for Runners

www.competitor.com

You can find information on all the Rock 'N Roll Marathons across the country. You can also find information on their triathlon, mountain biking and muddy buddy races all over the country.

www.active.com

This is a great site if you're looking for an athletic event in your area. Whether it's an inside sport or an outside sport, active.com will usually have a listing of all these events close to where you live. This is also one of the best portals for registering for events across the country. You will also find great information on training, nutrition and general fitness.

www.coreperformance.com

This is the place for athletes. You will find the best information on nutrition, specific training schedules (for a fee) and training equipment. It also has great tips on almost every sport. This site has some of the best trainers in athletics. If you want to train like a pro athlete, visit Core Performance.

www.runnersworld.com

As the website name reads, this is the place for runners... and walkers. Training schedules, running equipment information, nutrition and weight loss, motivation and much, much more will be found here.

www.mapmyrun.com

If you have every run or walked a course and been curious as to what this distance is, this website will calculate you distance traveled for you. You can map your favorite runs and mark where water stations are and view what the distance is. You can also see what runs, walks or hikes other people have mapped for a specific location. This is great if you travel.

www.athlinks.com

This website is a networking site for athletes. You can find running and walking clubs in your area. This is great if you don't have family or friends that enjoy your passion for fitness. It's always best to train with friends who are preparing for a common goal.

www.charity.active.com/teamewing

Your Team Ewing headquarters! Sign up for the P.F. Chang's Rock 'n' Roll race and as a fundraiser here. View our FAQ's, fundraising tips, nutrition information and much more.

WILL
ROCK
FOR
WATER
—TEAM EWING