

Training Tips

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10 tips for training for the Race to Robie Creek®:

1. Complete one long run or walk every week on hills.
2. Gradually increase the long run or walk every other week until you've completed 11-16 miles.
3. Alternate hard workout days with easy workout days.
4. Train on dirt roads or trails.
5. Drink plenty of water on your runs. A pound of weight lost equals a pint of water.
6. Train during the warmest part of the day to adjust to warmer race day temperatures.
7. Increase your weekly mileage no more than 10% per week.
8. Drink a fluid replacement drink within 30 minutes of completing a long training run or walk to aid recovery.
9. Complete your last long run or walk by April 1.
10. Gradually decrease your workouts the last two weeks before the race to rest for the big day.

What is a Workout?

- A workout is 25% PERSPIRATION and 75% DETERMINATION. Stated in another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.
- A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.
- A workout is a personal triumph over laziness and procrastination. It is the badge of a WINNER- The mark of an organized, goal-oriented person who has taken charge of his, or her destiny.
- A workout is a wise use of time and an INVESTMENT in excellence, It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.
- A workout is a key that helps unlock the door to Opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.
- A workout is a form of REBIRTH. When you finish a good workout you don't simply feel better; YOU ARE BETTER ABOUT YOURSELF.

Points to remember – Before you Begin

by Tim Severa-YMCA (2002)

Congratulations on setting a goal to do the Race To Robie Creek®. Whether you are doing it just to finish or you have a specific time goal or place goal, you are now committing yourself to doing the toughest half marathon in the Northwest. Please read the entire points to remember, so that you will be prepared for this tough race. I don't think you have to devote your whole life to running to complete this race, but you need to do some other alternate exercises to make your Race to Robie Creek® a good experience.

- Tempo runs should be done at a good effort at about 80%. Running slightly less than race pace for a period of time, which is on your schedule, does tempo runs. As your program gets you in shape you will run faster. Be honest with yourself.
- [Fartlek](#) runs are short periods of running at race pace or slightly faster to prepare you for the race day event. Rest between fartlek should be equal to fartlek time or less if you can handle it. Keep the recovery active, jogging slow not walking.
- Stretching is very important. Stretch out easy before and after you run. Concentrate on hamstrings, quads and calves. Also the lower back. Concentrate on stretches more after the run than before.
- Doing abdominal work 4-5 days a week and strength training workout twice a week will help you in this race. (A basic workout is included in this schedule). Vary the workouts you do.
- Be careful running downhill. Try to keep your feet planted under your weight and not out in front of you. Practice your downhill running on gradual soft surface hills and try to bring your heels to your butt.
- Long runs are probably the most important run for this schedule. Don't miss these runs. Be sure that you run your long runs at an effort that isn't too demanding. Remember just running for that length of time is hard. Every 3rd week run your long run a little more aggressive.
- Hill Repetitions Long Hill reps should be 2-3 minutes long on a less steep slope. Short hill repeats should be done on a steeper slope for 30-50 seconds.
- Easy aerobics can be running or anything that gets your heart rate up. Take a day off as needed. Easy runs should be done on flat surfaces.

Key Points About Your Training Schedule

by Tim Severa-YMCA (2002)

1. Be sure you've been running prior to starting this schedule. A weekly mileage of 15-25 miles should be minimum. If you haven't running at all, then be sure to reduce the amount of training by listening to your body. Rest when your body tells you it's needed.
2. Stretching is very important for this training schedule to work. Light stretching prior to your run and lots of stretching after each run, especially hard runs. Always be sure to do enough warm-up with strides and additional stretching prior to speed workouts, especially in cooler weather! Be sure not to bounce when stretching and hold your stretches at a low pain level for 8-15 seconds each.
3. Be sure to set a realistic goal for yourself. Racing prior to your final goal is good but be sure you don't do it too much. 3-4 times during this schedule would be great. Run races shorter if possible than your goal race. The St. Patrick's and the Bandanna Basic 5 miler on March 24th would be excellent races to test your speed and a good work out. If you a fast time goal you definitely should do some racing.
4. Easy run 30-45 minutes can be substituted by riding a bike, aerobics or any aerobic exercise. Be sure to stretch well!
5. Yoga is an excellent choice to help your flexibility! Make sure you hum your mantra!
6. Weight training should be done. Two times a week as adequate with 2-3 sets of 12 reps (to failure on an overall body program). Keep it simple and short! Do a 10-15 minute aerobic exercise before you start a weight lifting session.
7. Tempo runs are a medium-hard effort for the time required. It is not a race pace. Slightly under that pace so you can relax. Doing these uphill is a great way to do both your Tempo run and you hill running at the same time.
8. Keep your heart rate up to race heart rate, when doing fartleks or track intervals. This would be 80-90% or max. The rest between should be equal to the amount of the interval takes or less on longer intervals and longer on short intervals. Be sure to keep this active rest.
9. All hard workouts should be done after a good warm-up and a few strides to loosen up with. Upon completing a workout you should do at least 10 minutes easy jog to cool down followed by thorough stretching.

Sample 14 Week Training Program

WEEK 1

Mon Easy 35 min run
Tue Easy 35 min run in hills

Wed Easy 30-35 min run
Thur Easy 35-40 min in hills
Fri Day off or alternate exercise
Sat Long run 50-55 min flat run or hills
Sun Day off or alternate exercise

WEEK 2

Mon Easy 35 min run
Tue Easy 35 min run in hills
Wed Easy 30-35 min run
Thur Easy 35-40 min in hills
Fri Day off or alternate exercise
Sat Long run 50-55 min flat run or hills
Sun Day off or alternate exercise

WEEK 3

Mon Easy 35 min run
Tue Easy 35 min hill run (15 min tempo)
Wed Easy 40 min run
Thur Short hill sprints (6 X hills)
Fri Easy 35 min run
Sat Long run 1 hr 5 min in hills
Sun Easy 20 min run or day off

WEEK 4

Mon Easy 35 min run
Tue 45 min hill run (20 min tempo)
Wed Easy 40 min run
Thur 50 min run (4 X long hills)
Fri Easy 20 min or day off
Sat Long run 1 hr 10 min in hills
Sun Day off or alternate exercise

WEEK 5

Mon Easy 35 min run
Tue 45 min run (6 X short hills)
Wed Easy 50 min run (VALENTINES DAY)
Thur 45 min hill fartlek (5 X 3 min)

Fri Easy 20 min run or day off
Sat Long run 1 hr & 20 min hills
Sun Day off or alternate exercise

WEEK 6

Mon Easy 35 min run
Tue 19 50 min hill run (25-30 min tempo uphill)
Wed 20 Easy 50 min run
Thur 21 45 min run (4 X long hills)
Fri 22 Easy 20 min or day off
Sat 23 Long run 1 hr and 20 min hill run
Sun 24 Day off or alternate exercise

WEEK 7

Mon Easy 35 min run
Tue Hill run 50 min (your favorite run)
Wed Easy 55 min run
Thur 45 min fartlek (5 X 3 min hills)
Fri Easy 20 min run or day off
Sat Long run 1 hr and 30 min hills
Sun Day off or alternate exercise

WEEK 8

Mon Easy 35 min run
Tue 45 min hills (5 X long hill - sprints)
Wed Easy 55 min run
Thur 45 min hills (25 min tempo uphill)
Fri Easy 20 min or day off
Sat Long run 1 hr & 45 min hills or St. Patrick's Day Run.
Sun Day off or alternate exercise/ Long Easy Run 1:30 if you race

WEEK 9

Mon Easy 35 min run
Tue Hill run of your choice (45 min)
Wed Easy 1 hour run
Thur 45 min hill fartlek (6 X 2 min)
Fri Easy 20 min or day off
Sat Long run 1:50 to 2 hrs hills
Sun Day off or alternate exercise

WEEK 10

Mon Easy 35 min run
Tue 45 min hills (5 X long hill)
Wed Easy 1 hr run
Thur 45 min hill fartlek (5-6 X 3 min)
Fri Easy 20 min or day off
Sat Speed workout (Run the YMCA Basic 5 Miler)
Sun Easy 20 min or day off

WEEK 11

Mon Easy 35 min flat
Tue 50-60 min hill run (your favorite) run hard!
Wed Easy 30-35 min run
Thur 45 min fartlek (6 to 8 X 2 min) 15 min cool down
Fri Easy 20-30 min run
Sat Long run 1:50 to 2 hrs hills
Sun Easy run 35min or day off

WEEK 12

Mon Easy 35 min run
Tue 1 hr run in hills (tempo run 30 mins)
Wed Easy 35 min run
Thur Run 45 min fartlek (8-10 x 1 min fast and relaxed)
Fri Easy 30 min run
Sat Long Run some hills & some Flat 1:40-1:50 mins
Sun 20 min easy or day off

WEEK 13

Mon Easy 40 min run
Tue 1 hr 10 min (6 X 2 min hills hard)
Wed Easy 35 min
Thur 50 min fartlek (hills) how you feel
Fri Easy 35 min run
Sat Long run 1 hr hills
Sun Easy 25 min or day off

WEEK 14 Race WEEK!!!

Mon Warm-up 15 min, do 8 X 2 min at (easy fast pace)
Tue Easy 40 min flat run
Wed Easy 35 min hill run
Thur Easy 25 min run

Fri	Day off (get psyched)
Sat	RACE DAY !!!!!!!!!!!!!!!
Sun	REST!!!

Disclaimer: The Race to Robie Creek® does not endorse any training program. There are many training plans and programs available to you. This training information is just an example of some ideas to help you in your training. The Race to Robie Creek®, The Rocky Canyon Sail Toads, Ink., nor any of its members accept any responsibility for any damages, injuries, or death caused by any information contained within or anyone's use of that information. All information is provided in good faith. You should consult your doctor before starting any program of physical activity and each participant should use their own best judgment when participating in physical activity and/or any training program. By using this information you agree to indemnify, defend, and hold both The Race to Robie Creek® and The Rocky Canyon Sail Toads, Ink. harmless from and against any claims, actions, demands or other proceedings brought against us by yourself, your heirs, and/or a third party.