



## INTRODUCTION TO TRAINING & TERMS

We admit that the idea of completing a running event that covers a 72 -mile course is a bit intimidating. Yet, one of the beautiful things about our Ville to Ville Relay is that you don't have to do it all by yourself. This is an event that is accessible to nearly everyone – from the dedicated jogger to the serious racer.

The key, of course, is to be properly prepared...and run a few hills.

Our best and easiest advice is to train as if you were planning to run/race a 15K. In fact, we are confident that if you are just prepared to cover a 5K, your legs will hate you after the relay. Also, it is wise to keep in mind that you will break your total distance into two runs in the relay. Therefore, we suggest that you add a few “double sessions” to your training routine leading up to the relay. This little trick will go a long way in preparing your body – and your mind – for the double-leg experience that awaits you at the Ville to Ville.

Many folks have asked for a little direction for their training. Although there is no “official” training program of the Ville to Ville, included are two options you might consider. These 12-week training schedules assume the runner is already in decent shape. Further, they are only guides for your training. Use them – or don't use them – at your own risk. Also, don't forget to run some hills...this part of the country has some serious elevation changes.

The programs are broken down into two categories: Rookie and Veteran.

Rookie = runs casually a few days a week so you can drink beer guilt-free

Veteran = runs 5 days/week; races a few times/year; drinks beer to celebrate good runs

Finally, below are a few key principles before getting started.

- I. Get your physician's okay before beginning this or any exercise program.
- II. All workouts should include:
  1. Warm-up – A 5-15 minutes warm-up should precede every session and is used to prepare the body for the upcoming work.
    - \*A warm-up involves:
      - a. Large muscle group movements
      - b. Easy and dynamic stretching
  2. Aerobic Phase
  3. Cool-down– A 5-15 minute cool-down should follow each aerobic session. It allows the body to gradually return to its normal state.

\* A cool down involves:

- a. Slower movement allowing the heart rate to drop below 100 beats/minute
- b. Easy stretching

III. On the Veteran schedule, we often list the workout in terms of minutes versus distance. For example, 5 miles simply means – go run 5 miles; whereas, 10E / (3x) 6F\*1E / 10E means – warm up with 10 minutes of easy jogging; then run 3 efforts of 6 minutes fast each separated by a 1-minute easy jog between; and finish with an easy 10 minute cool down.

IV. Remember: For training to have maximum benefit, exercise within your target heart zone. Roughly, this equates to  $220 - \text{your age} \times 0.70$ . Usually, this figure is between 120–145 beats/minute.

#### Brief Explanation of Terms

Term	Distance	Pace	Recovery	Typical Workout
Strides	100 meters	Fast, but relaxed	60–90sec	5 miles easy 6 x strides
Cruise Intervals	1000 meters – mile	5K race pace + 24 secs/mile; 10K race pace + 10 secs/mile	short	6x mile w/1 min rest
Tempo (Steady)	3 – 5 miles	5K race pace + 24 secs/mile; 10K race pace + 10 secs/mile	N/A	4 miles steady
Repetitions	200–400 meters	mile race pace or faster	Long	8 x 200 meters w/600 meters jog
Intervals	400 meters – mile	5K race pace	Medium	5 x 800 meters w/400 meters jog
Double Sessions (two runs in one day)	Varies	Moderate	Several hours	5 miles moderate AM; Rest 4 hour; 5 miles moderate
Fartlek	Varies	Varies	Varies	6 x 3 mins fast/3 min easy; 6 x 5 mins fast/1 min easy; 7 x 1 min fast/5 min easy