

# 2020 Spring Training Program and Marathon Preparation Guide

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The Capital Striders  
Central Iowa Running Club  
&



Where You have the Right to B-FIT

Training program prepared by Steve Bobenhouse (Fitness Sports) in conjunction with Joe Henderson & Hal Higdon, both previous editors of Runner's World Magazine

Dear Participant,

Welcome to the 31<sup>ST</sup> year of the Winter / Spring Training Program put on by the Capital Striders and sponsored by Fitness Sports.

The program has seen fantastic participation over the last 10 years with more and more new people joining us each year. We will probably again average around 60 to 80 runners on the weekend runs. Runners for all race distances participate each week.

Some of you may be looking forward to your first running of one of the events of the Drake Relays Road Races, while I know others will be preparing for Boston or any number of other Springtime events. We hope to provide a good base and environment for all of you to get the support that you need to have a positive experience.

We will be basing the mileage in our training program around races scheduled for the last of April or the first weekend in May; however, we will continue the longer program through May for those of you who have decided to run Dam to Dam & or Grandma's Marathon. A small list of other Spring events around the Midwest is also included.

In this training program we will try to prepare you both mentally as well as physically for what race day might bring. Our hope is that after completing the program you will be able to handle whatever challenge may arise during your race. Over the past years this seems to have worked well; but remember, you are an individual. You need to listen to your body and follow its signals.

The program is divided into three basic phases. First a gradual build up to allow your body to prepare itself for the new experiences. Second, the hard peak physical and mental stage where you learn what your body can tolerate for mileage and pace. Then, the recovery phase, probably the most important to a good performance on race day, arguably the hardest for your mind to stick to.

This training guide, the Saturday morning runs, and any other meetings are offered as a part of a program to promote running in Central Iowa. If you would like more copies of this guide contact either the Capital Striders or Fitness Sports. Since we may be sending out information as the program progresses, please fill out the application and sign the release form.

Dana Kramer, Pres.  
Capital Striders Running Club

Steve Bobenhouse  
Fitness Sports Ltd.

## Helpful Tips

1. *The toughest part of a marathon or half is the training.*
2. *Your total weekly mileage should be between 2.5 to 3 times your longest run.*
3. *Long runs are what get you to the finish line. Don't miss many.*
4. *On long runs, use the first few miles to warm up. Talk, stay relaxed.*
5. *Try to maintain an even pace on your long runs. Don't race.*
6. *Learn to judge your pace. If you want to run a 1:45 half then you need to experience what a sub 8 minute pace feels like.*
7. *Drink plenty of fluids before, during & after your runs.*
8. *Proper tapering over the last few weeks can increase your strength*
9. *If possible, get to know the course. Don't be surprised.*
10. *Remember, a number of the people who you will be running with have a great deal of experience. Take advantage of it.*
11. *Cross training is a good way to workout while you recover. Swimming and cycling are excellent alternatives for easy days.*

## Points to Remember

1. *The motivation comes from within you. Set goals*
2. *You might want to keep a diary of your feelings and body's reactions to the training.*
3. *Don't push hard on days after a long training run.*
4. *Watch your diet, but do not try to lose weight in the last few weeks.*
5. *No surprises on race day. Try out shoes, food, drinks & clothing before hand.*
6. *Eat well throughout training but especially the last few days.*
7. *First time marathoners should be out to finish and enjoy the run. It's easier to improve on a slower performance.*
8. *Listen to your body. Listen to your body. Listen to your body.*
9. *Don't get caught up in pre-race celebration, Rest & stay out of the sun.*
10. *Be open to the possibility of injury. You may need to wait for another day*
11. *Your family and living partners will be going through this with you. Be considerate.*
12. *Post marathon, give your body time to recover..*

## The Capital Striders & Fitness Sports

### Daily Half Marathon Training Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
	Rest	Easy	Mod	Hard	Easy	Pace	V Easy	Mileage
1/5	0	2-3	3	4	3	6	8	26-27
1/12	0	3-4	3	5	3	6	13	33-34
1/19	0	3-4	3	4	3	7	14	34-35
1/26	0	4	3	5	3	7	12	34
2/2	0	3	4	5	3	6	16	37
2/9	0	5	4	3	3	8	17	40
2/16	0	5	4	6	3	8	12	38
2/23	3	5	4	5	3	8	16	41
3/1	3	5	4	3	4	6	18	40
3/8	0	5	6	7	4	6	13	41
3/15	0	5	5	7	4	8	20	49
3/22	3	5	5	8	5	8	12	46
3/29	3	6	5	6	5	7	20	52
4/5	0	4	5	8	5	3	12	37
4/12	0	4	4	4	3	3	0	18
4/19	Drake 1/2	0	4	5	3	4	Drake Relays	

### Daily Marathon Training Schedule

You should have 20-25 mpw base when starting this program

	Rest	Easy	Mod	3	Easy	Pace	V Easy	Mileage
	0	2	0	2	2	2	4	13
1/5	0	2	2	4	0	2	5	13
1/12	0	2	0	4	2	2	6	16
1/19	0	2	0	3	2	2	5	15
1/26	0	3	0	3	0	3	6	15
2/2	0	3	2	3	0	2	6	16
2/9	0	2	2	4	0	3	7	17
2/16	0	3	3	5	0	2	7	19
3/23	0	2	3	5	0	3	8	21
3/1	0	3	2	6	0	4	7	21
3/8	0	2	3	5	0	3	10	24
3/15	0	3	4	6	0	4	11	27
3/22	0	3	3	6	0	5	7	24
3/29	0	4	3	5	2	3	10	28
4/5	0	5	4		0	3	0	18
4/12	Drake 1/2							

## 2020 Winter / Spring Group Run Schedule

Whether you are training for a 5K, a marathon, Drake Relays Half or just want to have company out there on your long runs, come join the Capital Striders and others on Saturday mornings.

Saturday morning runs will begin at Meredith Hall, 29<sup>th</sup> & Carpenter, on the Drake Campus. Initially runs will start a 7:30 AM. Starting on March 14<sup>th</sup> and continuing through May we will meet at 7:00 AM.

<u>Saturday</u>	<u>short</u>	<u>long</u>	
1/11	4	8	
1/18	5	13	
1/25	6	14	
2/ 1	5	12	
2/ 8	6	16	
2/15	6	17	
2/22	7	12	
2/29	7	16	
3/ 7	8	18	
3/14	7	13	
3/21	10	20	
3/28	11	12	
4/ 4	12	20	*Loop the Lake
4/11	10	12	
4/18	13.1	13.1	*Drake Half
4/25	??	??	
5/ 2	10	16	
5/ 9	8	20	
5/16	10	12	
5/23	??	??	

\*No Saturday Morning Group Run

Monday night's Run with the Animals starts in April. 6:00pm from Campbell Park in Clive.

(The Summer/ Fall Group will start mid June 2020.)

## **Late Spring Marathons & Half Marathons in the Midwest**

### **April**

18 – Free State Trail Mara & Half., 100K Trail Runs, Clinton Lake St, Park, Meridan, KS. 816-810-0440. <http://psychowycoco.com/id1.html>

18 - [Kewash Trail Half Marathon](https://secure.getmeregistered.com), YMCA on the Square, 110 South Iowa Ave., Washington, IA. <https://secure.getmeregistered.com>

18 - Garmin Marathon & Half., Olathe Chamber of Commerce, P.O. Box 98, Olathe, KS 6605. <http://ozrun.org/>

18 - Spring Chance BQ.2 Marathon, Geneva, IL PO Box, St. Charles, IL. 60174. <http://www.bq2races.com/spring-chance-bq>

19 – Drake Relays Road Races, Half Marathon & 5K, Drake Univ. Campus, Des Moines, IA. <http://godrakebulldogs.com/>

25 – Pine Line Trail Mara, Chamber of Com, 104 E. Perkins, Medford, WI., 54451. [www.facebook.com/pages/Pine-Line-Marathon-2017](http://www.facebook.com/pages/Pine-Line-Marathon-2017)

25 – Frisco Railroad Run Marathon, Half, 50M, 50K, 10M, 50K Relay in Willard, MO. [www.friscorailroadrun.com](http://www.friscorailroadrun.com)

25 – Christie Clinic Illinois Mara & Half, Relay, 5K. Champaign / Urbana, IL. [www.illinoismarathon.com](http://www.illinoismarathon.com)

25 – Run for the Lakes Marathon, Half., 10K & 5K., Nisswa, MN. Sarah , P.O. Box 384, Brainerd, MN., 56401. [www.runforthelakes.com/](http://www.runforthelakes.com/)

?? – River Rat Marathon, Half., 5K & Relay. Box 325, Yankton, SD, 57078. [www.riverratmarathon.com/](http://www.riverratmarathon.com/)

25 – Kentucky Derby Marathon & Half., Kentucky Derby Fest., 1001 S. Third St., Louisville, KY., 40203. 800-928-3378.

### **April**

26 - UI Community Credit Union Run CRANDIC Marathon & Half Marathon, Cedar Rapids, IA. <http://www.runcrandic.com>

### **May**

2 - Wisconsin Marathon & Half Marathon, 5K Kenosha, WI. <http://www.wisconsinmarathon.com>

3 – Lincoln Mara & Half-Marathon, Lincoln Running Club, Lincoln NE. [www.lincolnrun.org/marathon.htm](http://www.lincolnrun.org/marathon.htm)

2-3 – Des Moines Women’s Half Marathon & 5K, Rip Roar Events, Des Moines, IA. <https://www.desmoineswomenshalf.com/>

2-3 - Eau Claire Marathon & Half Marathon, Relay, 5K, 2M, Eau Claire, WI. <http://www.EauClaireMarathon.org>

3 - Cincinnati Flying Pig Marathon & Half-Marathon, Relay, 10K, 5K Cincinnati, OH. <http://www.flyingpigmarathon.com>

9 - Lake Wobegon Trail Marathon, St. Joseph, MN <http://www.lakewobegontrailmarathon.org>

16 – Brookings Marathon, Half Marathon, Relay & 5K, Brookings, S.D. <http://www.brookingsmarathon.com/>

**30 - Dam to DSM, 20K Des Moines, IA. <http://damtodsm.com/>**