

2007
Ride The Wave Training Manual



Ride the Wave Leader: Tom Arbogast

Ride the Wave Training Program

Ride the Wave is a 10-week training program consisting of training runs occasionally preceded by speakers. During the first couple of weeks, we will gradually build mileage and intensity. Regardless of one's physical condition, the goal of the program is to help you stay injury free, run faster and gain endurance.

The Ride the Wave program was created to help prepare runners for the Lake Run Club's May 12K race. Over the years, Ride the Wave has evolved to also assist runners in improving 5k times, or to prepare them for the shorter Lake Run-- 4.37-mile course. Regardless of which course you choose, we will make every effort to give you the tools and training tips to help you be the best runner you can be!

As a runner, you should set a series of goals that you would like to accomplish. A goal for RTW could be performance related such as taking time off your Lake Run or 5K times, or your goal could be more social by making a few new running friends, or perhaps it is more health related by losing a few pounds from the winter season. Set your goals high and write them down. Review your goals periodically and adjust if needed.

In order to meet your goals, you need to consider the following factors. Your success will probably be related to several items in this list.

1. Remaining injury free throughout the 10 weeks of training
2. Adhering to a training schedule
3. Having enough time per week for additional miles or workouts
4. Maintaining a proper diet
5. Maintaining a positive attitude
6. Experimenting with different training techniques and find out what works best for you.
7. Setting goals based on your level of fitness coming into Ride the Wave program
8. Willing to endure some discomfort and push your physical limits
9. Setting realistic goals
10. Having favorable weather conditions for training and racing

Time Requirements

In order to be successful in the Ride The Wave training program you will need to allocate additional time to train (beyond the Wednesday night RTW training sessions). There will be times when you will have to jostle a hectic work and family schedule. Be creative and squeeze in a run when you can.

Safety Issues

For the most part running is a fairly safe recreation activity. However, there have been cases where people have been attacked or worse yet hit by an automobile. Consider the following tips when running.

1. It is best to run with a friend, or at least tell someone where your going and when you expect to be back.
2. Carry some form of identification and medical information
3. Take some spare change to make a phone call, or take a cell phone
4. Alter your running route
5. Consider carrying mace or pepper spray for worst cases
6. Wear bright colored clothes
7. Stretch before and after
8. Drink plenty of water before, during and after activity
9. Wear reflective clothing when running in the evening
10. Change your running shoes frequently

Ride The Wave Training Overview

The Ride the Wave training program is broken down into three phases. The first phase is the **Building Phase**. The building phase will focus on proper stretching, gradually building mileage and learning about different training techniques. Each phase will be three weeks long.

The second phase of the training program is called the **Practice Phase**. The practice phase will focus on additional mileage and intensity. The practice phase will also introduce you to hill and track workouts.

The last phase is the **Preparation Phase**. The preparation phase will focus on pre-running the Lake Run course. During this phase you will be peaking in your weekly mileage, perhaps being able to run longer or

faster than you imagined! We will also focus on proper rest and nutrition for the upcoming lake run.

Towards the end of the manual, you will find the training plans for the rest of the week. They are divided by each phase; you will do each set of the workouts three times. Additionally, there is different workout for three different levels or experience and/or fitness level. Choose the one most appropriate for you. If you have questions, please ask either your group leader or the RTW program leader.

Building Phase

In reality, it is a difficult task to have a weekly training plan that is “one size fits all.” In the past, some people joined Ride the Wave were not running consistently, or had taken a couple months off. Other runners were running 20 miles a week, perhaps more. During the building phase, if you start to become tired, err on the side of resting. Don't double up on workouts or run prior to Wednesday night runs. As the weather starts to turn warmer, you may be tempted to over do it.

During the **Building Phase** the focus is to gradually build mileage while avoiding injuries and aches and pains along the way. If you are not running at all just prior to starting RTW, don't plan to immediately jump to 20-30 miles a week. The focus for the first three weeks is on *building* mileage, not jumping to some pre-determined mileage. Our training schedule starts on Mondays. We typically run at least 3 - 5 miles each Wednesday and gradually increase it each week.

Ride the Wave Practice Phase

The next phase of the training program is called the **Practice Phase**. This phase will focus on additional mileage and intensity. The practice phase will also introduce you to hill and track workouts. If you re not currently up to the recommend miles from the building phase, **add 10-15 % to your current weekly base mileage**. In other words, if you re running 10 miles, add 1 to 1-1/2 miles during this phase with a goal of 11-12 total miles per week.

During this phase our Wednesday runs will be more intense. We will introduce speed workouts and hill repeats. The *hill workouts* consist of running hill repeats at Jersey Hill. We run our hill repeats at Ewing Park located on Jersey Avenue in Normal. For the short course runners we typically run a series of quick burst runs up the hills; some of the long course groups will run laps around Ewing Park incorporating the same hill as the short course runners but in a different context. During these training sessions, it is important to focus on using your arms and quick leg turnover.

Speed workouts are typically conducted at a running track, like Illinois Wesleyan University. Speed workouts should be somewhat stressful and you should be running at 85% of your ability. We typically recommend the following speed workouts for the **Practice Phase**.

Start → Finish

1 mile Warm up	2 laps 800 meters	1 lap Recovery 400 meters	2 laps 800 meters	1 lap Recovery 400 meters	2 laps 800 meters	1 mile Cool down
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Your group leader may alter your speed workout depending on your ability or progress. We start the speed workouts with an easy 1-mile warm up run. After the warm up and ample stretching, you will run two laps around the track, which is 800 meters. If done correctly, you should be fairly taxed. If you can hold a conversation during the run, you're probably running too slowly.

After you have completed the first repeat, you will jog or walk one lap around the track to recover. In theory, your recovery should match the time of your repeat. In other words, if you ran two laps in 4 minutes, your recovery should be around 4:00 minutes. As you get into better shape, you'll notice that you'll be able to recover quicker and run your repeats faster. Bar none, by just adding one speed workout per week you will become faster!

If you cannot complete three repeats, then you are probably running the sets too fast or not giving yourself ample recovery time. On the next page is a chart showing per lap times for different mile times; you can use this chart to help run your speed workout sessions. For example, an 8:00 mile time would result in a 6:00 ³/₄ mile, a 4:00 ¹/₂ mile, and a 2:00 ¹/₄ mile.

Track workout split times:

1-mile time

<u>Mile Time →</u>	<u>6:00</u>	<u>7:00</u>	<u>8:00</u>	<u>9:00</u>	<u>10:00</u>	<u>11:00</u>	<u>12:00</u>
¾ Mile (3 Laps)	4:30	5:15	6:00	6:45	7:30	8:15	9:00
½ Mile (2 Laps)	3:00	3:30	4:00	4:30	5:00	5:30	6:00
¼ Mile (1 Lap)	1:30	1:45	2:00	2:15	2:30	2:45	3:00

During the **Practice Phase** we will also train using **tempo** and **hill** workouts. Tempo runs are similar to speed workouts, with a moderate intensity. We start with a 1-mile warm up and then pickup the pace for 3-5 minutes. The pickups should be roughly 65-75% of your maximum. After the 3-5 minutes of intensity, we back off slightly and maintain pace. Again, if you have to walk during the tempo runs, you may be running too hard or the duration is too long. Ask your group leader for assistance.

Ride the Wave Preparation Phase

The last phase is the **Preparation Phase**. The phase will focus on pre-running the Lake Run course. During this phase you will be peaking in your weekly mileage, perhaps being able to run longer or faster than you imagined! We will also focus on proper rest and nutrition for the upcoming lake run.

During this phase, you will pre-run the course and can discuss and work on race strategies. You should be focusing on putting in the miles and practicing what we are teaching. Consider racing local 5k s, perhaps shooting for a PR.

Your mileage should peak during the week beginning April 16th. During the week beginning April 23th, you should focus on eating right and backing off the miles. Getting an extra hour or two of sleep is very beneficial.

On the Wednesdays April 18 and April 25 we will be running the Lake Run courses at Lake Bloomington. You will run with your groups on the course you will be running during the Lake Run on May 5.

Training Plans

Intro Plan for the Building Phase (do for 3 weeks) starting 2/28/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	2-3 miles	RTW Training Night	2-3 miles	Rest	2-3 miles	Cross Train	9-12 miles

Intermediate Plan for the Building Phase (do for 3 weeks) starting 2/28/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	2-3 miles	RTW Training Night	2-3 miles	Rest	4 miles	Cross Train	10-15 miles

Experienced Plan for the Building Phase (do for 3 weeks) starting 2/28/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	4 miles	RTW Training Night	4 miles	3 miles	5 miles	Cross Train	20-22 miles

Intro Plan for the Preparation Phase (do for 3 weeks) starting 3/21/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	3 Miles	RTW Training Night	4 miles	2 miles	3-4 miles	Cross Train	15-20 Miles

Intermediate Plan for the Preparation Phase (do for 3 weeks) starting 3/21/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	4 miles	RTW Training Night	4 miles	4 miles	5 miles	Cross Train	20-25 Miles

Experienced Plan for the Preparation Phase (do for 3 weeks) starting 3/21/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	5 miles	RTW Training Night	5 miles	5 miles	5 miles	4 miles	25-30 Miles

Intro Plan for the Practice Phase (do for 3 weeks) starting 4/11/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	3 miles	RTW Training Night	4 miles	3 miles	Cross-Train	5 miles	18-25 Miles

Intermediate Plan for the Practice Phase (do for 3 weeks) starting 4/11/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	4 miles	RTW Training Night	5 miles	5 miles	Cross-Train	6 miles	25-32 Miles

Experienced Plan for the Practice Phase (do for 3 weeks) starting 4/11/07

Mon	Tues	Wed	Thurs	Friday	Sat	Sun	Total
Rest	5 miles	RTW Training Night	5 miles	6 miles	Cross-Train OR 4 miles	8 miles	25-38 Miles

TRAINING LOG

(Week #:) Date: _____

Monday Miles Run Pace <table border="1" style="width: 100%; border-collapse: collapse;"><tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr></table> Comments: <hr/> <hr/> <hr/> <hr/>			Friday Miles Run Pace <table border="1" style="width: 100%; border-collapse: collapse;"><tr><td style="width: 50%; height: 20px;"></td><td style="width: 50%; height: 20px;"></td></tr></table> Comments: <hr/> <hr/> <hr/> <hr/>		
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