



Participant Introduction to Training

Indy Runners and Walkers Spring Half Marathon Training Program



- 1) **Logistics:**
 - a) Walkers meet every Tuesday at Hinkle Fieldhouse and start out the door at 5:45pm.
 - b) Runners meet every Tuesday at Hinkle Fieldhouse and start out the door at 6:00pm.
 - c) Groups will line up in the hall based on training times. Find your group, but you are not locked into the same group from week to week.
 - d) The walkers will do the same distance as the runners for runs/walks up to 7 miles. When the runners do 8 or more miles on Tuesday, the walkers will do a shorter Tuesday walk then meet in Broad Ripple at 8:00am on Saturday morning to do a longer walk.
 - e) Ask your pacers questions. They love to talk about running/walking!
 - f) Butler home games or bad weather may force postponement of scheduled runs/walks.
- 2) **Dress properly (especially for winter)**
 - a) Avoid cotton in winter
 - b) Dress for 20 minutes after you start running or walking because your body will warm up. Thin layers are better than one heavy layer.
 - c) Buy shoes at run/walk specialty stores. Their sales people are trained to help runners/walkers: Athletic Annex, Runners Forum, Endurance House
 - d) Take old shoes into store when you are shoe hunting (then don't run in your old shoes)
- 3) **What is training, i.e., getting in shape**
 - a) Our program is a "stair step" program to increase your endurance at one constant pace. Speed programs are different.
 - b) The key will be one "long run/walk" a week on Tuesdays (Saturdays for longest walks)
 - c) The benefit of what you do today will not be for 2-3 weeks!
 - i) When you increase your distance (or speed) beyond what you are used to, your body will tear down cells and grow new ones that are stronger (and hold more glycogen and oxygen). This training process is often referred to as: "tear-repair."
 - ii) Doing that too fast is a major reason for injuries, hence we use the incremental "stair step" approach.
 - iii) Don't forget to rest, especially the day after your long run/walk.
 - iv) After the longest run/walk (11 miles), we will be tapering until the 500 Festival Mini Marathon. Your training is basically over; just stay loose with shorter slow runs/walks.
 - v) Look for the Indy Runners tent at the 500 Festival Mini Marathon tent area, before and after the race (your gear bag can be safely kept there)
- 4) **Injuries**
 - a) With a little rest or help, most injuries are temporary and shouldn't keep you from achieving your goal: to complete the Mini or other spring half marathon without pain.
 - i) Examples: Shin splits, side stitches, sore knees, heel spurs
 - ii) If you are ill, back off your training. You will have plenty of time to recover.
 - b) A trained professional will often be here after your run/walk for injury advice
- 5) **You are now a member of Indy Runners**
 - a) Check out the year-round club run/walk schedule on the website: Sundays, Tuesdays (when the training program is over), Wednesdays, Thursdays, and Saturdays.
 - b) Most other club activities are free to members. Take advantage of them!
 - c) Make friends and find weekend running buddies at your speed.
 - d) We are low key and informal. Bring friends at any time.
- 6) Looking for more information on Indy Runners? See our website (indyrunners.org) and Facebook page (facebook.com/indyrunners).