



RUNTEX UNIVERSITY

THE LONG RUN

The 5K/10K is fast approaching and now that your body has become used to running and your aerobic system is working well, it is time to do your over-distance weekend. The best way to gain strength and confidence is to run farther than your race distance then follow it up the next day with a shorter run. The short run gets the kinks out and extends the training into another day. You will feel like you are running the last 3 miles of the long run again.

When you go for a long run, it's a different mind set than running a steady state run or intervals. It is very much like a recovery run. It is very important to keep the pace very easy and rhythmic. In a normal training run, you start easy and try to improve the pace. In over-distance runs you want to keep the effort the same and let the pace change based on how you feel and your heart rate. There are no penalties for walking and sometimes walking can actually improve your overall time by keeping you aerobic.

You will want to have your own water or electrolyte drink on a waist pack. Fluid replacement drinks like cytomax or powerade work well. You can also try energy sources like GU or Power Gel, which help get you through the long run/walk without hitting the wall. It is necessary to drink early and often because it takes 30 minutes to get fluids and energy replacements into your system. Don't wait until you feel you need it.

On Sunday when you do your 3 miler, make sure to take it easy. You will feel very stiff at the first, so you will either start very slow or walking and you will be amazed how well your body will loosen up and you will get into a normal stride. Avoid sprinting at the end. Keep your pace all the way to the end. Then eat and drink all you want. Be sure to give your body plenty of protein to help it rebuild from the long run.

Take two days off before the long run to ensure your body is hydrated, fueled and rested. After the weekend you will take the first part of the next week easy. From there, we will go back to normal training.

