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The Training Program

The GK Hero's Run training program is based on a physical conditioning program developed by Olympic athlete and world-renowned marathon trainer Jeff Galloway (www.JeffGalloway.com). The training method combines run and walk breaks with an endurance building schedule. 98% of those who have completed and followed the program have gone to complete a marathon. The goal of GK Hero's Run is to assist each runner/walker in completing a marathon, not finish first. The training program is geared to both beginners and experienced runners.

The Basics

The GK Hero's Run recommends six important principles to marathon training:

- 1) *Long Runs* - Designed to build your endurance. Long runs should be ran at least 2 minutes slower than your actual racing pace. Runners should be able to carry a conversation during long runs.
- 2) *Walk Breaks* – Allows you to go further less fatigue. A valuable tool in building endurance, it allows your legs to stay fresh longer and enables you to increase the distance of your runs. Walk breaks are to be walked at a brisk pace to keep the heart rate up and ease the transition of running after the break. Adding 1-2 minute walk breaks to your long runs will dramatically increase your endurance limits. (A schedule for walk breaks will be provided.)
- 3) *Pace Group* – You will be assigned running groups according to your 3 mile time. This group will be like your second family. You will be running with them for the next six months. Together, you will have fun, keep each run safe, and build memories that will last a lifetime.
- 4) *Cross Training* – This is an optional part of the training program. However, it is strongly recommended and is known to reduce the risk of injury and increase cardiovascular endurance. Make sure that your cross training is a “non-pounding exercise.” (i.e. cross country ski machines, swimming, cycling, pilates, yoga)
- 5) *Fuel* – Providing your body with the right foods and fluids will allow you to maintain your comfort and energy level. It is a very important part of your training program. Get your body used to eating healthy!
- 6) *Positive Attitude* – Training for a marathon is not just physical commitment, but mental as well. You need to train yourself to think that you do the impossible. As you train and run, think about the cause of the run and remember “We run because we care.”

The Materials

Running is a great sport which requires very little equipment. There are a few essentials to marathon running. The following are not required but highly recommended.

- 1 Running shoes – Shoes must be at least half a size bigger. Runners are strongly encouraged to visit a specialized running store where a trained shoe specialist can evaluate your feet and meet your needs. Run with Us and Snail's Pace are great recommendations.
- 2 Water bottle – All runners are required to carry a water bottle during group runs. Runners are recommended to purchase a bottle that is carried on a nylon belt around your waist or water pack. Be sure to get a water bottle belt that has pockets to carry keys, snacks, and money.
- 3 Running apparel – Always go for comfort. Most runners will mean clothes made with CoolMax or DriFit. This type of material will move moisture away from the surface of your skin to prevent chafing and keep runners cool.
- 4 Running socks – If you are prone to blisters, choose socks that are designed especially for running. CoolMax double layer or synthetic material socks are best to keep moisture away from the skin to prevent blisters. Running socks are designed to fit appropriately to give support to the foot.
- 5 Skin protection – Sunscreen with at least 18 SPF is highly recommended. BodyGlide is designed to prevent athletes from chafing. Chafing occurs when wet material rubs against the skin. Applying BodyGlide on your feet and toes can help prevent blisters.
- 6 Running watch – A watch with a variable interval timer is useful in maintaining your pace during your individual mid-week runs. During the group runs on the weekend, your running head (pace group leader) must wear a watch in order to keep the training pace and run/walk ratio. The Timex Ironman Triathlon 100 Lap Watch is recommended.

The Schedule

The schedule consists of two individual running sessions of 30-45 minutes during the week PLUS longer groups run on either Saturday or Sunday. Training begins promptly early morning on weekends. (Note: as the heat increases during the summer sessions, group training runs may be altered to an earlier time.)

PreMarathon Preparation

The last 48 hours before the marathon will have a big impact on your marathon performance. This time should be used to store energy, relax, hydrate your body, and relax. Exercise your mind to cross the finish line! Keep yourself calm. Remain positive and focused and enjoy the experience of a lifetime. Don't make bad decisions that can affect what you have worked so hard for.

This is not the best time to start altering your diet. Don't make any unscheduled changes in your training routine. Most importantly, don't stay out too late and get a good night's rest.

Two days before the marathon, begin to hydrate your body. Drink at least 4-6 ounces of water every waking hour. Avoid alcohol, caffeine, and excessive salt. These substances cause dehydration. However, it is important that you have adequate sodium to prevent hyponatremia. Eat plenty of low and non fat carbohydrate snacks. Avoid large, heavy meals the afternoon and evening before the marathon. Also avoid foods that are high in sugar content.

PreMarathon Checklist

- Get the weather forecast for marathon day.
- Clip your toenails
- Drink four to six ounces of water or sports drink every waking hour
- Eat light high-carbohydrates snacks rather than one heavy meal
- Relax, laugh, and enjoy the moment
- Go over your route for getting to the starting line and meeting up with your running group
- Plan what you are going to wear
- Lay out gear: filled water bottle, gels, energy bar, keys, salt packets, extra money, BodyGlide, etc.
- Attach your running chip to your shoelace
- Plan for wet cool, wet, or warm weather.
- Put the name on the front of your singlet so that you can be recognized and cheered as a HERO!
- Pin your race bib to your singlet
- Establish plans to meet family and friends at the end of the race.
- Set a back up alarm clock

Marathon Checklist

- Wake up at least 3 hours before the marathon to allow yourself time to eat, drink, dress, and check last minute details
- Drink four to six ounces of water every waking hour
- Eat a breakfast that your body is familiar with. Don't experiment
- Apply BodyGlide to your body
- Use the bathroom before your leave for the marathon
- Arrive at the marathon no later than one hour prior to the

- start of the race
- Warm up and walk around the area 30-60 minutes before the marathon.
- Make a final bathroom stop.
- Line up with your running group at the back of the crowd of runners. You don't need to stay in the front and compete with the others.

Race Day Tips

- Take the first five miles SLOWLY
- Enjoy the marathon – You are a hero and will accomplish this goal. Take the time to capture every moment of it.
- Take every walk break even in the beginning. Make sure you walk at the side to display courtesy to other runners.
- Stay hydrated by drinking 8 ounces every 20 to 30 minutes.
- Consume salty snacks like pretzels
- Remember to thank volunteers at the water stations and along the way
- Be careful of where you discard cups and extra clothes
- Take each walk break as a gift...ENJOY it with the marathon experience: smile and take pictures
- If you feel tired, shorten your stride
- Look out for the red GK Hero's run volunteers for snacks and drink replenishment
- Remember to encourage and cheer other runners around you.

Crossing the Finish Line

- Raise your arms high in victory with pride
- Smile, there will be an official photographer to take your picture
- After crossing the finish line, walk at least a mile to flush out the lactic acid
- Drink adequate fluids and eat plenty of carbohydrates and salty snacks
- Look for the ANCOP/GK Hero's Run tent and celebrate
- However tempting, do not soak in a hot bath. For the first 48 hours cold water and ice are recommended.
- Treat yourself to a relaxing massage, you deserve it.
- Be proud you are a hero

GK Hero's Run Manners:

- Be courteous to the team and arrive to group runs ON TIME.
(Late arrival + Late starts = Running in the summer heat)
- *ALWAYS encourage another GK Hero when you pas them during a run. A simple "Good job!, You can do it" can make a mile of a difference!*
- *Remember to stay on the right side of the path, no more than two abreast, and move over to let others pass you by*
- *Running heads (pace group leaders) must model the correct pace.*
- *Running backs (safety support) must always stay at the back of each running group*
- *Enjoy your pace group. Crossing the finish line is a physical and mental accomplishment. Encourage one another and converse...no Ipods, Discmans, MP3 players etc. are allowed on group runs.*

Important Websites:

ANCOP, USA
 GAWAD KALINGA
 Runners World
 Marathon Resource
 Running Resource

www.ancopusa.org
www.gawadkalinga.org
www.runnersworld.com
www.jeffgalloway.com
www.americanrunning.org