

REBEL RUNNERS – TRAINING GROUP FOR BEGINNER 5K AND 10K RUNNERS

GENERAL INFORMATION FOR THE BEGINNING RUNNER

First and foremost--**CONGRATULATIONS** for making the commitment to train for and run either your first 5K or 10K run! This program is specifically designed to get you ready for the 5K or 10K Amway River Bank Run on Saturday, May 11, 2019. Whatever your reason for setting this goal, trust that **you can do this**. It takes courage, commitment, and perseverance, but the Rebel Runners Coaches will support and encourage you along the way.

If you are a beginning runner, the information below should be helpful to you. It is only a *general overview* on running, however, since it is not possible to cover all the information available on the subject. More specific information can be obtained from various sources, such as magazines, books, or reliable sites on the Internet. However, **we believe your best source is other experienced runners!**

Contact Mike Lapp (mlapp1959@gmail.com) or Francine Robinson (robinsonf1958@gmail.com) for additional information or to sign up for weekly newsletters about upcoming training runs.

Here are the areas you need to consider as you begin your training:

1. **Dressing for Cold Weather Running.** A separate document entitled “**How to Dress for Cold Weather Running**,” with a detailed discussion on the subject, is available from the coaches.

2. **Training Schedules for the 5K and 10K:** These schedules will also be on separate documents. When training for your first 5K, we will have you run your weekday runs based on time instead of distance (for example, 10 or 15 minutes). Then when we meet on Saturday mornings, we will have you run distance. The 10K schedule will list distance for both weekday and Saturday morning runs. Both schedules will also include optional cross-training on non-running days.

Location for Saturday training runs: Meet for our Saturday runs at the **Grand Valley State University Butterworth Lot B** (on Butterworth Street, off Front Ave.) or **GVSU Lot J**, directly behind Lot B (accessed from Emperor Street, also off Front Ave.).

PLEASE NOTE, however, that we will be joining the Amway River Bank Run Community Runs the **first Saturday** of every month (at 8 a.m.) at the David D. Hunting YMCA, 475 Lake Michigan Dr. NW, Grand Rapids, MI. [Non-members of the YMCA park in Dash Lot 7] Refreshments and networking follow the run.

3. **Cross-Training.** When you are training for a particular sport, it is best for your training to be “sport specific.” So please complete the runs as indicated on your training schedule. However, cross-training is beneficial and encouraged for the days in between. This includes anything aerobic, such as swimming, biking, walking, or even playing tag with your kids or grandkids! Cross-training also allows the muscles used most often in running to rest, thereby reducing the possibility of overuse injuries. Weight training (light weights) and abdominal exercises will strengthen your upper body and core. Strengthening these areas will help you utilize better running form. Yoga is yet another beneficial form of cross-training, which can help runners balance strength, increase range of motion, and train the body and mind.

4. **Running Shoes/Gear.** Many sporting good stores carry good quality running clothes and gear. When it comes to **running shoes**, however, it is crucial to get a proper fit. You should get fitted at a store where the staff has been properly trained to assist you. Local running stores that have trained personnel to help you find the right shoe include:

- Strider’s, 4045 Chicago Drive SW, Grandville, MI 49418
- Gazelle Sports, 3930 – 28th Street, SE, Grand Rapids, MI 49512 (with locations in Holland and Kalamazoo as well)
- The Runnery, 5361 Alpine Ave NW, Comstock Park, MI 49321

5. **Nutrition/Hydration:** Although it is always important to eat nutritious foods and stay hydrated, it is especially so for an athlete. This is the time to concentrate on eating foods that nourish your body, since it will enhance your running and keep up your energy level. Although you don't need a big breakfast prior to run, it is good to get some nutrition so that you are not "running on empty." Many runners eat a piece of toast or half a bagel with peanut butter. You can also try oatmeal, yogurt, whole grain pancakes (small), or a banana. Be sure to eat at least an hour before you run to give your food time to digest.

Staying **hydrated** is necessary in order to prevent symptoms such as fatigue, muscle cramps, and headaches. Also, if you're not properly hydrated, your body will not function efficiently. Always drink before and after a run, and as you begin to run for longer periods of time, drink during your training runs as well. Many runners use water belts to carry water or Gatorade. Generally Gatorade is not needed for exercising under an hour. If you use a water belt on cold winter days, wear it under your coat to keep the water in your bottles from freezing.

The danger of overhydration, or a condition called hyponatremia (electrolyte imbalance), is more common in hot weather running and when running longer distances. It is generally not a concern with shorter distances.

6. **Rest:** Another essential part of a training program is adequate **rest**—not just taking a rest day from running, but getting enough rest at night, and especially the night before your Saturday run. If you normally party on Friday nights and find it difficult getting up on Saturday mornings, you might want to consider moving your party night to Saturday!

7. **Saturday Training Runs – Three Main Rules for Success: Fun/Consistency/Attitude**

Rule 1 is a "joint rule" get out there and have fun—BUT STAY SAFE! It may not seem like "fun" when you first start running—particularly in the winter when the air is cold and the roads are slippery. But if you are consistent in your training (rule 2) and have a positive attitude (rule 3), you will have fun! Being consistent in your training, including your weekday runs, will help your body adapt to the physical challenges of running. You will build strength, endurance, and confidence. Above all, keep a positive attitude. Repeat this mantra: "***I am strong; I can do this; one step at a time!***" There are other important rules as well, including these "Rules of the Road":

- **Run single file.** Run facing traffic. If running next to a friend, switch to running single file when you see traffic approaching. You may hear other runners in front of you yell, "**car up.**" This means a vehicle is approaching from the front. If you hear, "**car back,**" this means vehicles are approaching from the rear.
- **Headphones.** While you may enjoy listening to music when you run, **for safety reasons**, we recommend you DO NOT use headphones. You need to be aware of potential hazards around you. Besides, we think talking with your running friends is much more enjoyable!
- **Identification.** Always carry some form of identification. I recommend Road IDs (www.ROADID.com), but you can also carry a driver's license.
- **Safety.** This is covered in handout titled "**How to Dress for Cold Weather Running.**"

The above information should help you get started with your training program. We look forward to running with you, and we hope you will have fun and build new friendships while training with the Rebel Runners!

If you have any questions, please do not hesitate to ask! If we can't answer your questions ourselves, we will use the resources available to us to help get them answered. Have fun, and be careful out there!

Mike Lapp and Francine Robinson, Co-leaders