

2015 ALPINE RACES HALF MARATHON TRAINING PROGRAM

This 14-week training program will get you from an aerobic fitness level of running 2 miles to finishing the Alpine Half Marathon. You can use this training program to help you build up your mileage by just one mile on the weekend long run for two weeks then on every third week you back off the mileage and rest up for the following weekend mileage increase. By steadily increasing your mileage you are less likely to get injured before your half marathon. You will be both physically and mentally stronger just knowing that you have done all the physical and mental training needed to get you through the distance of the half marathon. What better way to go through the experience than with the camaraderie of other fellow runners of your level? The experienced group leaders will guide you through your weekend group training runs as they share their experiences with you. There will be group leaders of many different speeds from an 8:30 pace per mile to the 12:00 pace per mile. Don't worry if you think you might be too slow to run with a group because you won't be. No runner will ever be left to run on his own. The group leaders are there to answer your questions and help you get through each weekend run. All weekend training runs will provide water and Gatorade at every 2 to 3 miles along the course.

To give you the opportunity to receive all the educational clinics we are offering a two hour session full of clinics on Tuesday, May 26 from 6:00 p.m. to 8:00 p.m. at Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047. You will also have the opportunity to register and pick up your packet at 6:00 p.m. before and during this session. The session will include clinics on Training Methods and Goals, Injury Prevention by NovaCare, Nutrition for Endurance Runners, Shoe Selection and Apparel! Our speakers are experienced runners and experts in their field.

Requirements:

You should be able to have a fitness level of running up to 15 minutes consistently. You should consult with your medical professional before attempting any physical challenge. Be prepared to run the week after the clinic so wear comfortable clothing and a good pair of running shoes!

You will receive:

- Educational lectures given by marathon runners who are professionals in their field on Training Methods and Goals, Injury Prevention by NovaCare, Nutrition, Shoe selection and Apparel, Site Logistics and Race Day Strategy & Recovery
- Alpine Runners Discount at Road Runner Sports Specialty Running Shoe Store
- 13 Saturday morning small group runs lead by friendly experienced group leaders at various paces
- 14-week training schedule
- 13 mid-week Tuesday and Thursday group training runs
- Handouts
- Alpine Runners Technical Running Shirt
- 2015 Membership to the Alpine Runners
- Race entry fee is not included – register now at www.alpinerunners.com

Registration and Packet Pickup

Register online at www.alpinerunners.com

You may register and pickup your packet at the educational training sessions on Tuesday, May 26 starting 6:00 PM during the entire session. If you do not or cannot pick up your packet, there will be an additional \$10.00 fee for packet mailing.

Half Marathon Training Program Educational Session Date and Location:

Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047

Tuesday, May 26, 2015 6:00pm through 8:00pm

6:00pm – Packet Pick-Up

Clinic Schedule

6:00pm – Training Methods and Goals

6:30pm – Injury Prevention

7:00pm – Nutrition for Endurance Runners

7:30pm – Shoe Selection & Running Apparel

Half Marathon Training Program Weekend Training Runs

Lake Zurich – Lake Zurich Senior High School, 300 Church St.

Saturdays 7:00am, June 6 thru September 5, 2015

Training Program Coordinator and RRCA Certified Running Coach:

Beth Onines

847-209-8843

beth@illinoisruns.org