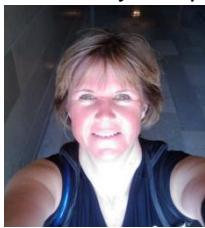


My Half Marathon Plan

www.annecarmichael.com
<http://asicsmom.com>

The Plan

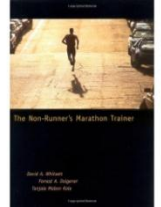
- **Start Early:** Start 12 – 16 weeks out from event with walking/running every other day.
- **Visit Doctor:** Get checked out and cleared to begin the challenge. Schedule additional visit for 2 weeks before and another 2 days after race.
- **Research:** If this is your first time, get a good book to follow and research the topic online too. For beginners and especially if you aren't an avid runner, I recommend this book. *The Non-Runner's Marathon Trainer*. Some of my info comes from there as well as other books and websites. Visit my website www.annecarmichael.com
- **Prioritize:** Be consistent and fight to get your run in according to training schedule.
- **Resources:** Go to www.mapmyrun.com and register – it's free. Then map several places to run in your community. Map is interactive and gives you mileage, elevation, etc. Check it out. For other great tools go to my website http://www.annecarmichael.com/2011_Half_Marathon.html



• **Long Run:** Make Saturday or Sunday the long run day. Each week, run one more mile than the last, working up to two weeks prior to event with a 10 mile run (11 is even better). If you can run 10 miles, you can run 13. That picture to the left is me after my long run last year. I cooled down by walking through the Missouri State Capitol building. It was a great feeling to know I was able to finish the 10 miles and was now pretty well ready for the race. Don't increase your runs each week more than 10% or you may risk injury.

• **Practice:** When doing the long run practice with clothes you will wear and equipment of any kind. I practiced with my Camelbak on as well as Garmin watch and snacks, etc. This will help you think through what you really need and what you can't manage.

- **Pace:** Time or pace yourself to hit the pace you want to achieve at the race. If this is the first time, your goal should be just to finish the race. Once the time limit has passed, there is no official documentation that you finished. Be sure to get in under the clock.
- **Map:** Download the map of the course for 2011 at the NY Road Runners web page for the More Magazine Half Marathon (also a copy of the course is to the right). Plan where you will make bathroom stops. They actually show such on the map as well as water/sport drink pit stops. Figure 1 is last year's course which is the same as the 2011 race – the drink and bathroom stops may be different though so go to the site mentioned and download it from there. Know from training how long you can wait but also allow for time for lines. There weren't any long lines at the bathrooms – maybe 2 – 3 people. Early on the stops will be cleaner than later due to problems other racers have with such. Be very aware of your time – don't stop too much.
- **Hotel:** If you are like me, and from out of town, stay at a hotel that is within walking distance of the start of race. Last year it started near West 63rd street in Central Park. I used the walk from hotel as a warm up – it was 1 mile. Then once there you have to drop bag off which was probably another half mile. After race I walked to East 72nd Street and caught a cab back to hotel. I plan to follow same strategy again. [See Map of area](#)



2010 and 2011 More Mag Half Marathon Course

The Gear

- **Shoes:** Go to running store and ask for help to get the best possible shoe for your foot, based on your arch, etc. Be sure to get a **size larger** than you normally would purchase. This is important for running. I found that out the hard way – bruised one of my toes under the nail – turned it black for 6 months.
- **Clothes:** Buy some moisture wicking running clothes – *Under Armor* is one brand, there are several. They have underwear, shirts, shorts etc. This will help body temperature too.
- **Socks:** Get moisture wicking socks – very important. Most athletic stores have them. I wore 2 pairs with shoes after applying Glide lubricant to feet and around toes. I never had any blisters.
- **Water:** You must stay hydrated. I purchased a Camelbak which holds about 16 ounces of water. It has a small tube that you just uncap and drink from – very easy. One of the best purchases I made.
-

The Mind over Matter Game

- **Think It:** When negative thoughts enter your mind...ends all of them with "...it just doesn't matter."
- **See It:** Visualize what success will look like and see it in your mind.
- **Watch It:** Create 2 videos in your mind that will motivate you. You will be focusing on them during half marathon.
- **Live It:** The Northern part of Central Park was hilly and runners are more spread out at this point. I imagined my family running with me. I pictured my parents (both of whom have passed away several years ago) up ahead cheering me on. This is really important.
- **Record It:** I had my phone with me so I taped myself when I was struggling. I am so glad I did. It is a reminder to me of the impact of negative thoughts. When I uploaded it to YouTube the audio became out of sync with video. I call this my "12th mile madness" [Click here to see.](#)

The Cold and Rain

- **Hypothermia:** At about mile 11 and 12, I was losing my perspective on the race. I believe I was so cold and wet that I was experiencing some effects similar to hypothermia. Hypothermia can hit when your body is exposed to cool, wet conditions for too long. I actually didn't know that I was possibly suffering from such until afterwards. If you ask anyone or find a blog online of the 2010 More/fitness Women's Half Marathon participant, they will usually describe that race as "brutal." I heard that over and over again due to the rain and cold.
- **Impact:** The rain and cold really slowed me down. I couldn't stay warm before race after walking around, stretching jumping up and down, etc., I injured my knee early in event because of stiffer muscles as well as downhill running, took more bathroom breaks, the more you wear, the longer it takes to use restroom too. The slower pace caused me to be exposed to elements longer. I didn't train much in the cold – I will do so this time. I learned a lot.
- **Warmers:** Recently, I found some hand warmers that would have been great for race. www.warmers.com

The Running Form

- **Footing:** Be sure your foot hits the ground –heel and forefoot hitting together. Go to running store and some have ability to video tape your feet in motion. They will use that to determine shoe.
- **Propel:** Most of your energy should be used to propel you forward. If object in front of you is moving up and down – then too much vertical motion is occurring and your running is not efficient.
- **Lean Forward:** Upper body should be slightly tilted forward and arms swing in slightly across the body in a short arc and not forward and backwards – don't carry them to high either. This will also help neck and shoulder muscles keep from tensing up.

The Breathing

- **Strategy:** Breathe with a 2:2 pattern. Two breaths in and two breaths out. This is a very efficient breathing pattern for runners but will take practice. It took me a little while to get used to this pattern but it really did help once I did. Run with your mouth open and breathe through both your nose and mouth.

The Terrain

- **Hills:** Don't do all of your running on treadmill. Central Park has hills – not a lot but enough to cause me to integrate into training. Downhill running is hardest on knees. When running downhill, run as if you are falling forward. Also use weights to strengthen knees so you don't run into knee injury issues during race.
- **Pavement:** Train indoors and out-doors but be sure to guard against injuries. Try to run on even pavement or ground with no dips or holes. Don't leap over puddles or rocks, run around them.
- **Visit Course:** The day before race, walk around Central Park with the race map. We did this so my son and husband could figure out the best vantage point for them. I also walked to race start and area where the finish line would be, to get a perspective of both places.

The Cross Training and Stretching - Prevent Injuries

- **Schedule:** Cross train on off day – lots of leg extensions.
- **Weight Training:** Strengthen knees (very important) and upper body with weight training.
- **Stretching:** Do dynamic stretching exercises before and after a 10 minute warm up and then again after run – IT Band stretch.
- **After Long Runs:** Keep moving for several minutes. Do not just sit down or collapse.

- **Two Weeks Before:** Taper off exercise the following week after long run.
- **Week Before:** Last week run just 1 or 2 miles, Tuesday and Thursday but no more after that till event.
- **More Resources:** There is more to know – See my website for recommended reading from last year's event.

The Necessary Meds (Very)

- **Must Read:** Lomotil - In my training last year, after mile 7, I started in with stomach cramps that led to several trips to the bathroom. The up and down motion upset my system. I went online and found that other runners had same issue. My doctor prescribed Lomotil which took care of that issue. I take two an hour before I run. During half marathon, I took another one after mile 6. I didn't have a problem after getting the medicine.

The Nutrition and Hydration Strategy

- **Hydrate:** Drink 8 ounces of water every 20 minutes.
- **Glycogen Needs:** Eat energy beans (athletic stores sell them- I like this a lot better than Gu that others had recommended). Take 2 or 3, every 3 miles.
- **Blood Sugar:** Eat beef jerky at mile 7.
- **Afterwards:** After long runs (more than 7 or 8 miles, get sport drink and bagel. Then don't eat anything else for 2 hours. Slowly reintroduce other food back into system.

Things to Do the Night Before the Race

- Drink 4 – 6 oz water every hour.
- No alcohol or caffeine no high fiber- Have a good dinner with plenty of carbs.
- Set out race day clothes and supplies. Get two outfits ready for the race: One for cold weather and one for warm weather. See list.
- Pack stuff in Camelback pouch
- Lay out socks, tights, shorts, shirt and bra. Ipod, GPS watch,
- Pin the race number to the shirt and attach the timing chip to the shoes. You'll need four safety pins for race number. It has to be on outside so easily seen by race officials.
- **Camelbak Pouch** – Energy beans, beef jerky, phone, Chap Stick, tissues, germ gel, tape, sunglasses, Glide.
- Room Key
- Charge Ipod
- Charge phone
- Charge watch

Things to Do the Day of the Race

- Eat a high carb breakfast @ 5 am.
- Stay warm
- 1 hour before, walk around staging area (walked to race from NY Hilton. Then walked to bag drop off and back to start. It was a good warm up. The rain made it difficult to stay warm).
- 30 minutes before, walk for 15 minutes to warm up
- Stretch for IT band.
- Jog 3 – 5 minutes just before lining up do a lot of dynamic stretches.
- **Thank the New York Road Runners Club, More Magazine and Fitness Magazine for putting on such a well run event. They had plenty of pit stops with loads of happy and helpful volunteers, great signage and very well organized. They were all easy to spot too with blue and white rain ponchos. It was a great experience.**

Things to Do During the Race

- Set Garmin Watch
- Line up in back
- Run on side
- Pour water on head every hour if hot (obviously, didn't need to do that for this race).

- Drink 8 oz of water every 20 minutes
- Eat energy beans every 3 miles
- Beef Jerky after 6 miles
- Call Jim 100 yards from finish –
- Think about crossing finish line, positive mantras, visualization, prayer, etc.
- Race photographers were closer to the end of the race and at the finish line.
- Here is a YouTube video of the start from last year's half marathon
<http://www.youtube.com/watch?v=VGla2gzslN4>

Things to Do Immediately After You Cross the Finish Line

- Continue walking
- Stretches
- Drink a lot of sports drink then 4 – 6 oz every hour
- Eat bread and fruit
- Eat energy beans
- Get cab back to hotel.
- Ice legs – cold water tub (I was so cold after race I had to take a warm shower which brought on swelling. Knee really hurt so I put a brace on it and wrapped feet – arches). (in 2011, used a lot of ice – swelling wasn't bad).
- Rest and no more food for 2 hours.
- Carb snacks after 2 hours. Then slowly reintroduce other food. I followed this and didn't have any problems.

The Post Race Recovery

- After the race, grab a sport drink and bagel. These are given out by the sponsors/volunteers at the end. Then don't eat anything else for 2 hours. Slowly reintroduce other food back into system. If you eat too much, you'll bring it back up. (I got a little dehydrated in 2011, was nauseas at end of race.
- It takes **2 weeks** to fully recover from a half marathon – 1 day for every mile you ran. I learned this from a member of the New York Road Runners Club. Of all the reading I did, that was something I did not come across. I wasn't prepared for the after race impact on my body. (2010 – in 2011, I was prepared and it wasn't that bad).
- Due to the wet and cold conditions we ran in (2010), I couldn't bear to do the recommended ice soak for legs after race – (as long as you can stand to sit in tub of ice – reduces swelling) – I instead had to take a warm shower to bring my body temp back up. The warm water contributed to swelling in knees and feet/legs. Towards end of race my hands were so cold even with the gloves on, that I could hardly bend fingers to get into my pouch. I have never been as cold as I was that day. I walked around some after shower – went back to Central Park to find my bag I left – limping on injured knee. Then went back to hotel and went to bed. I was extremely tired for several days.
- After 24 hours passed, bruising began appearing on sides of my thighs and hips. Doctor said that was just from unusual stress to those muscle areas. It went away as did swelling and other after effects. (No bruising in 2011)
- To give my injured knee support, I purchased a knee brace and wrapped feet (arches) and ankles with ace bandage for support. (Not in 2011)
- Our flight was to leave 2 days after the race. These pics were taken at the airport. The flight attendant walked passed me and was so alarmed when she saw me, that she called ahead and had a wheel chair meet us in St. Louis so I didn't have to walk to baggage area. Also she let us board early. I wore brace, bandages, etc for the first week after race. (In 2011 not much swelling – no big deal).
- I returned to work on day 3.
- Your immune system really takes a hit from the race. So continue taking vitamin supplements and increase vitamin C. Also drink a lot of fluids.
- Stay away from anyone that is ill and use antibacterial gel generously. Since your body is recovering you are very susceptible to illness during this post recovery period. I didn't get sick though.



The What to Bring List

- Camelbak – had plenty of water for race and supplemented with sport drink sponsors provided at pit stops.
- Energy beans, beef jerky. Every 3 – 4 miles I ate a few energy beans and at half way point, had the beef jerky. Energy beans are to create enough glycogen for muscles. Jerky is to keep blood sugar stabilized.
- Glide is an anti-chaffing rub I used this on feet to prevent blisters also anywhere that clothing rubbed.

- Wear a hat and sunglasses if sunny.
- See packing list for complete details of what to bring. I took a lot but am really glad I did. Was preparing for hot weather but brought clothes for cold too. It was unusually cold with a lot of rain.

The Running Strategy

- Start slowly
- Pace yourself so that you have gas left in the tank for the final miles.
- Speed walk through the water stops.
- Visualize success – positive mantras, visualize family and friends running with me, visualize crossing finish line, play back positive video in head.
- Write your name on shirt or wear something unique so others can spot you. I wore green jacket.
- Run from your heart!
- Dress according to the weather. You might wear a long-sleeve shirt over your T-shirt or singlet and toss it later at an aid station once you warm up and the temperature rises.
- Keep hands and head warm. If it's colder than predicted (say around freezing), wear gloves with mittens over them for extra warmth. Some runners wear tube socks (with the toes cut out) on their arms for added warmth.
- Don't wear anything that is brand new. Everything needs to be broken in for the long run.
- Lubricate. In a marathon, it is especially important to lubricate any areas of the body where there could be friction against the skin (the inner thighs, nipples, bra straps, etc.). Use Body Glide to prevent chafing or blistering. Also use a lip balm before the start of the marathon to keep your lips moist. I only had to use this once.

The Packing Tips

- For out of town races in particular, don't wait until the night before you travel to collect and pack needed items. Rather, make a list of things you wish to take and begin getting them together in the days prior to your departure.
- Plan for all types of weather as conditions can change rapidly. It's better to pack everything you might need rather than having to scurry around a new city looking for clothing and/or accessories at the last minute.
- Carry bottled water with you if you will be flying to your marathon destination. Flying at high altitudes can contribute to dehydration. You should drink 8 ounces for every hour in the air. Be very conscious of your hydration and nutrition days before race.
- It is extremely important that the running shoes and apparel you plan to wear for the marathon are packed in carry-on luggage so that in the event your baggage is lost or delayed by the airline, you will at least have these "essential" items with you.
- Rolling clothes instead of folding is more efficient and things don't get as wrinkled.
- Print boarding passes out night before and place in holder that hangs around your neck (one less thing to have to handle).

The Packing List

(A) The Very Essential Gear Goes in "Carry On" Luggage

- | | | |
|--|--------------------------------------|--|
| • Running Shoes | • Under armor Shirt | receive race number, if applicable) |
| • Socks (anti blister and wicking) | short and long sleeved | • Ibuprofen |
| • Travel Itinerary | • Hood/warm up | • Safety Pins |
| • Prescription Medications | • Phone | • Sweat Bands |
| • Emergency contact list (phone numbers and email addresses) | • Ipod and holster | • ID Tags (for you and your bag) |
| • Camelbak | • Energy Beans | • Insurance card |
| • Glide stick | • Power bars | • Special watch |
| • Shorts | • Gloves | • Band aids |
| • Under armor shorts | • Mittens | • Medical tape to wrap any toes that blister |
| • CWX Tights | • Sunglasses | • Map to More Magazine Expo |
| • Number (pick up at Expo with tags) | • Hat | • Camera |
| | • Rain Jacket | • Knee Brace (not in 2011) |
| | • Kleenex/wipes | |
| | • Shoe Laces (extra) | |
| | • Race Registration Confirmation (to | |

(B) The Other "Must Have" Race Related Items

- Pre- Race food*
- Dry Clothes for after race (headed straight to room – didn't need)
- Your Bag for after the Race (Nuisance – did not need for 2010 or 2011)
- Warm ups
- Water *
- Protein Bars
- Hat
- Flip flops
- Hand Warmers www.warmers.com
- Phone
- Ace Bandages, knee brace or band and medical tape for after race (didn't need in 2011)
- Plastic sandwich and storage bags for ice bags after race.
*food and water was purchased there. I kept it on the list though as a reminder.

...That's all for now...I'll see you at the finish line.