



2010 Fall Marathon Training Program

Welcome to the Green Bay Running Clubs 2010 fall marathon training program. Last years training program was a great success, so we're bringing it back. If you have any suggestions for making the program better, please send all your comments to Jim Aniol at aniolicje@sbcglobal.net .

If you enjoy the training program we hope that you will become a card carrying member of the Green Bay Running Club to help defray the cost of the program, and enjoy the other benefits of membership.

There are three essential components to this program.

1. The weekly training programs which will begin on Saturday June 12. We may be using the Nike Run Club Marathon Schedule that was created for the Chicago Marathon because it's free, I'll review it when it becomes available. We will have schedules for beginner, intermediate and advanced runners on our website.
2. The McMillan Running Calculator. The calculator is helpful in predicting your attainable marathon goal time based on current races, or determining your training paces based on your marathon goal pace. Here is the link to the calculator <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>
3. Gatorade and Waterstops. The water stops will be unmanned and will have water and Gatorade. Please deposit the cups in the garbage cans at the water stop, do not carry the cup and drop it on the ground. This year we're looking for volunteers to drop off the Gatorade & water. On your week you will drop off the coolers, cups & garbage cans, and the person dropping off the coolers the following week will do the pick up. The club will supply the Gatorade, cups and garbage cans. Water stops will be placed on the training route so that the beginners will hit it at their turnaround point and the intermediate and advanced runners will hit it once on the way out and once on the way back.

Workouts:

- a) Most of our long runs will begin from Voyageur Park in De Pere or Mountain Bay Trail in Howard. Our first run on Saturday June 12 is a favorite of area runners starting at Voyageur Park and running to Scray hill and back, here's the route <http://www.mapmyrun.com/route/us/wi/de%20pere/632124624165374251> . All of the runners will take the same route.
 - i) Beginning marathoners will turn around at the 4 mile mark at Ledgeview Park to run 8 miles.
 - ii) Intermediate marathoners will turn around at the 5 mile mark at Ice House Coffee on G to run 10 miles.
 - iii) Advanced marathoners will turn around at the 6.5 mile mark just over Scrays Hill to run 13 miles. A little more than the schedule, but who can avoid running to the top?
- b) Speed work – when and where do you want to do it? Ashwaubenon or West De Pere