

2017 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 Wednesday, May 24 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 handouts at 6:00 p.m. before and during this session. The session will include clinics on Training Methods and Goals, Injury Prevention, 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 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 or 13 Sunday morning small group runs lead by friendly experienced group leaders at various paces
- 14-week training schedule
- 13 mid-week group training runs on Tuesdays, Wednesdays and Thursdays
- Handouts
- The opportunity to purchase Alpine Runners Technical Running Shirt of your choice
- 2017 \$25.00 Single Membership or \$35.00 Family Membership includes your training program with all the other club members benefits
- Become a member of the best running club you want to be a part of
- Race entry fee is not included – register now at www.alpinerunners.com

Registration and Handout Pickup

Register online at www.alpinerunners.com

You may register and pickup your handouts at the educational training sessions on Wednesday, May 24 starting 6:00 PM during the entire session. If you do not or cannot pick up your informational handouts just contact Beth to give them to you on the first Saturday or

Sunday group run.

Half Marathon Training Program Educational Session Date and Location:

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

Wednesday, May 24, 2017

6:00pm through 8:00pm

6:00pm – Handout 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 – Northwest Suburbs, Saturdays 7:00 a.m. June 10 thru September 2, 2017

Group runs the streets of Lake Zurich meeting at Lake Zurich High School

(lower parking lot), 300 Church St.

Schaumburg – Northwest Suburbs, Sundays 7:00 a.m. June 11 thru September 3, 2017

Group runs in the Forest Preserve trail in Busse Woods – Entrance just east of Route 53 about

¼ mile on Golf Rd. parking lot south of entrance

Marathon Training Program Mid-Week Training Run

Lake Zurich – Paulus Park, 200 S. Rand Rd.

Tuesdays 6:30 p.m. all year long

Lake Zurich – Paulus Park, 200 S. Rand Rd.

Wednesdays 6:30 p.m. all year long

Barrington – Cuba Marsh, ½ mile west of Ela Rd. on Cuba Rd., Barrington

Thursdays, 6:30 p.m except after sunsets then we go back to Paulus Park.

Training Program Coordinator and RRCA Certified Running Coach:

Beth Onines

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