

Lincoln Running Company's: Beginner 9 Week Training aka "HELP!! I signed up for the M2M Relay & I have no idea what I am doing"

Training plan setup by Ann Ringlein of the Lincoln Running Company, Lincoln Track Club, and Nebraska Wesleyan Cross Country. Ann has competed in a number of relay races and understands how to train to for this type of race and what to expect on race day. Training for this race should include hill workouts, running twice a day, and possible running of different surfaces to get used to varied terrain throughout the day. These activities should get you ready for the Market To Market Relay by preparing your legs for running and stopping.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 9	3 easy	3 or off	5 easy	Off	4 hilly	5 easy	Off	15 to 18
Week 8	3 easy	3 or off	3 easy	Off	4 hilly	5 to 6 easy	Off	15 to 19
Week 7	3 easy	3 or off	3 evening	4 hilly morning	Off	6 to 7 easy	Off	16 to 20
Week 6	3 easy	3 or off	2 morning 3 evening	4 hilly morning	Off	6 to 8 easy	Off	18 to 23
Week 5	3 easy	3 or off	2 morning 3 evening	5 hilly morning	Off	7 to 9 easy	Off	20 to 25
Week 4	3 easy	3 or off	3 morning 3 evening	5 hilly morning	Off	7 to 9	Off	20 to 25
Week 3	3 easy	3 or off	3 morning 3 evening	5 hilly morning	Off	8 to 10	Off	22 to 27
Week 2	3 easy	3 or off	3 easy	4 hilly	Off	5 to 6	Off	15 to 19
Week 1	3 easy	3 easy or off	Off	3 easy	Off	Race Day	Off & EAT & ICE!	

Narrative: What is important at this level is to get in the miles. You don't need to run as fast as you think you should, you don't need to run as far as you think you should, but you need to run more often than you think you should! Consistency is the key here.

Midway through the schedule you'll notice that you will be running twice a day, then again the next morning. This is to get your body used to performing close intervals. Training specificity it's called.

One very important element for an event like this is nutrition. Fueling yourself after that first morning run will set you up well for the remaining other 2 or 3 runs. Immediately after the first run fuel yourself with some good carbohydrates and a bit of protein and the next 2 runs will go better.

Tapering the last two weeks is also crucial. Even if you haven't gotten in all the miles you will still need to back off the last two weeks. At that point in training there is nothing more you can do to help, but adding more stress could definitely hurt you!

Hilly: Doing a hilly route on the second day in the morning, and then again the day after a long run is just to add a bit more of a challenge and will likely encounter hills during the course.