

## FAQ

**Q: How much (days per week or mileage) should I run during the week?**

- It depends on several factors: 1. How much mileage you are currently running (you do not want to increase your mileage by more than 10% per week) 2. Injury concerns, - Past or Present. 3. Previous running history – what you think your body can handle.

**Q: Is 3 running days per week enough to run a quality marathon?**

- Yes!! Long run, hill/interval run, steady 5-6 miler with a few fast middle miles mixed in, aka: tempo run is a perfect plan for most novice and intermediate level runners.

**Q: If I run just 3 days, what can I do on other days?**

- 2 days of non-impact cardio. i.e. cycle, swim, elliptical, row steps, - in interval fashion or steady hour
- 2 days of total body strength training in circuit fashion
- Foam roll and stretch daily .
- Strength training and non- impact can be performed on same day.

**Q: How important is strength training?**

- Critical, especially for the rigors of hilly Boston. It protects joints, maintains posture, improves power per stride, reduces injuries, and provides balance in overall

program. Any method words: Body weight based exercise (see strength training for runners) yoga, pilates, free weights, TRX, bands, cross fit. 2 days per week is good.

**Q: What are the 7 most important factors to staying injury free?**

1. Follow mileage increase guideline: no greater than 10% increase in mileage per week.
2. Roll and Stretch daily.
3. Strength train 2x per week minimum.
4. Cardio cross-train
5. Get free injury screening
6. Get to or maintain ideal weight.
7. Listen to body- Recover and Rest are key!!

**Q: How should I pace my long runs?**

- Pace should be moderate, not hard!! You should be able to talk. These long runs are all about slow mileage increases at a pace you can handle. They build physical and mental toughness along with confidence. The long runs are the cornerstone of the program. As you gain experience, pacing strategy can vary. i.e. putting a few fast miles in middle, then backing off or finishing fast.

**Q: Is treadmill ok to train on?**

- Yes, but not as effective as running outside. Stride mechanics are a little different and you do not encounter downhills which are critical for Boston. Make sure if you

do treadmill train, you get outside 1-2x a week or at least on long run.

**Q: How do I determine actual race day pace?**

- Several ways to determine this. The longer training runs in late Feb. and March will help along with road races. Half marathons are good indicators of full performance. Check website for list. For the 3:20 – 5:00 marathoner, half- time time plus 10 minutes x 2 is very reliable prediction for Boston.

**Q: How important is running form/technique?**

- Focus to improve. Key points: shoulders relaxed, fists loose, elbows brush sides, soft foot strike, comfortable stride, nose and belly breathing in unison. Strength training helps along with yoga and focus on relaxation.

**Q: Why are hills so important?**

- Hill are like strength training and intervals wrapped into one. They make you stronger, faster, (hill intervals will improve your long runs by 30-60- sec. per mile) more efficient, mentally tougher and most importantly prep you for Boston. Really roll and stretch calfs, hips, and hamstrings in preparation to run hills.