

# The Importance of **THE LONG RUN**

- The single most important component of the training program
- Prepares the muscles, ligaments, and joints for long-duration exercise
- Trains the muscles to efficiently use energy
- Builds self-confidence and mental toughness
- Burns a tremendous amount of calories
- This schedule may be adjusted to meet individual needs
- Some long runs may feel easier than others based on the given day
- The day before the long run should be a day off or an easy workout
- The long runs become the dress rehearsal for the actual race
- Pace of the long runs should be slightly slower (30-60 sec/mile) than the typical weekly run
- Get a good night sleep the night before a long run
- The meal the night before the long run, as well as breakfast the morning of, are key