



A RUNNING EXPERIENCE CLUB

2009 Marathon and Half Marathon Training Program

Welcome to A Running Experience Club's Marathon and Half Marathon training program geared towards the Long Beach International City Bank Marathon (LBICBM) events which will take place on Sunday October 11, 2009. We at A.R.E.C. are committed to providing you with the experience and knowledge gained from members with numerous past marathons and half marathons, in addition to a comprehensive mileage-training program and the mental preparation necessary to complete this courageous goal.

The training runs will commence on Saturday May 16 at 7:00am in the parking lot adjacent to Joe's Crab Shack located at 6550 E. Marina Dr. in Long Beach, and will continue every Saturday thereafter at 7:00am until race day, unless otherwise noted on the following page. Suggested training programs for both the full and half marathon distances are outlined on the provided tables with columns for daily and total weekly mileage, and rest days. Our Saturday "long runs" are definitely the most important part of the training, though the remainder of the schedule may be modified as needed to fit any hectic lifestyle.

Following certain Saturday training runs outlined on the next page, we will also be offering valuable information through seminars/clinics with guest speakers in the fields of holistic chiropractic/sports medicine, podiatry, foot type/shoe selection and sports yoga. You will notice a couple of location changes and races to spice things up a bit, so put these on your calendar as well. A weekly email will be sent out to all participants with the upcoming route's course description and a web link to the course.

Participation in the program is only \$25 per individual (or \$40 per household) and includes membership in A.R.E.C. (running from Jan. – Dec.), a club water bottle and towel, a monthly newsletter, all of the organized club runs, a pre-marathon pasta party and much more! A membership form may be found in the training packet or on the club's web site (www.arec-lb.com). Checks must be made out to A.R.E.C. and may be sent to the address on the filled out form or presented at any of the training runs.

Please be aware that a full marathon (26.2 miles) is really not for the beginning runner. Ideally, one should have been running for at least 3-6 months and be currently running at least 15 miles per week prior to starting this program. If you do not meet this benchmark, you might want to consider training for the half marathon (13.1 miles) instead. If you are unsure, we can discuss your most appropriate option.

For further information regarding the training program or if you have any specific questions, please contact club President and Road Runners Club of America (RRCA) certified coach, Todd Rose by phone at (562) 252-6462, or e-mail him at toddrunsarec@aol.com. We look forward to assisting you in this potentially life-changing experience!

And don't forget about A.R.E.C.'s year-round Wednesday evening fun run/walk, and Saturday morning trail runs from November through April. Go to the A.R.E.C. home page at www.arec-lb.com for details. We hope to see you soon and keep on running! All the best,

The A.R.E.C. Board of Directors

Special Dates on the Training Schedules

1. **June 6** – The half and full marathon trainees are going to find out where their fitness levels are today by running the Wrigley River Run 5K or 10K, respectively. The race is in Long Beach and registration can be done at www.wrigleyriverrun.com or by sending in one of the entry forms provided on Saturdays. This will also give you good experience as to what races are like (preparation, crowds, pacing, etc.) albeit on a much smaller scale than the LB Marathon. Let's all get out there and support each other!
2. **June 13** – Plan to stick around after relatively short 5 and 8 mile runs to listen to Dr. Michael Day, a Holistic Chiropractor and Sports Medicine doctor in Long Beach speak about nutrition, stretching, muscle balance and more. The seminar should begin at about 8:40am, and bring a beach chair to be comfortable. Learn more about Dr. Day at www.daywellness.com. Don't miss this!
3. **June 18** – The Summer Solstice 5-Miler (a.k.a. The Watermelon Run) will take place in El Dorado Park in Long Beach at 6:00pm. Parking is off of Spring St. and there is a small charge for parking. This race is completely voluntary, but 1) will be another good barometer for where your fitness is at, 2) provides great race experience, 3) is local and 4) is a lot of fun. Plus you get a watermelon after the run! Entry forms will be provided at Saturday runs. Represent A.R.E.C. by wearing a shirt or singlet!!
4. **June 27** – We will meet at the Runner's High store (5338 E. 2nd St.) instead of Joe's at our usual 7:00am for 7 and 10 mile runs. Upon everyone's return, be prepared to go inside for a 45 minute seminar given by store manager Thom Lacie on the subject of foot types and shoe selection. Thom has provided this talk for A.R.E.C. the last several years and has generously agreed to do it again. He has been in the running business a long time and knows what he is talking about. High arches, flat feet, heel strikers, pronators, supinators, curved last, motion control, stability or cushioned shoes... what does it all mean and how do you know what shoes to buy for you? Even if you have heard this talk before, this is some great information that is worth hearing again! The talk should begin no later than 9:00am.
5. – **July 18** – Following 6 and 10 mile runs, Long Beach podiatrist Dr. Richard Graves will be providing valuable information about common running injuries (especially foot related), diagnosis, treatment and prevention. The seminar should begin at about 9:00am, and bring a beach chair to be comfortable. Learn more about Dr. Graves at www.drrichardgraves.com. Another can't miss!
6. **August 15** – Following 8 and 12 mile runs, we will walk across Marina Dr. to the grassy area for an hour of sports yoga with Jason Stubblefield from the 24 Hour Fitness on Bellflower/Spring. Yoga is a great complement to runners and provides flexibility, strength, balance and improved mental focus. Please bring your own mat/towel with you, and a \$5+ donation to Jason would be greatly appreciated.
7. **August 29** – Six weeks prior to your goal race is a good time to do a competitive run equaling about half the distance of said goal race to force you to run at peak speed and again provide immediate feedback related to your fitness level. Therefore we will be simulating 10K and ½ Marathon races starting and finishing at Joe's. Treat this like a real race: prepare like you would leading up to the race; eat properly, get up early, arrive early, warm up with easy jogging, stretch and be ready to run hard at 7:00am!