



Online Course Outline

Title: *More than Miles – Complete Training for the Half-Marathon and Marathon*

Date: **Live Online; Monday, January 09, 2006 - Monday, April 24, 2006**

(Can't make it on Mondays? All classes are archived for later viewing at your convenience.)

Price: **\$199**

Website: <http://learn.uvm.edu/marathontraining> to register.

Training for up to 10 to 20 hours per week, for 16 weeks, totaling 400 miles or more, takes a mental and physical toll on your body. Beginners and experienced runners alike discover things about themselves they never knew – whether it's the persistence to reach a major goal or a weakness that leads to an injury. Such a commitment also makes a major dent in your daily life, leaving little if any time for travel to and from a conventional class.

This live online class, summarizing and sorting out the many, often confusing, facets of successful training for distance running, is an ideal solution. Log on at your convenience and receive theoretical and practical information that will make your experience more successful and enjoyable. Receive support and motivation from regular contact with others to deal with the physical and mental highs and lows that accompany such an arduous task - 'shared misery' is strong medicine.

While numerous books and websites are readily available, many are incomplete, highly technical, or overly generic. More importantly, they lack the critical motivational components. This course boils down information from the best sources, fills in the gaps, and adds the motivation and real-life experience necessary to prepare you for one of the greatest journeys of your life.

Audience:

- People attempting a marathon or half-marathon for the first time
- Marathon/half-marathon runners having run a few races looking to expand their knowledge or improve their finish times or race experience
- Experienced runners seeking a broader or deeper understanding of the sport
- Anyone seeking knowledge and guidance on distance running

Objectives

- **Learn safe and effective training**
 - Develop a customized training plan for your goals and abilities
 - Appropriate shoe and gear selection
 - Find your training zone and pace
 - Safe running with weather, animals, cars, etc.
 - Understand your running style vs. classic and emerging methods
- **Keep your body in perfect tune**
 - Strength and flexibility exercises

- Cross-training to improve running and avoid boredom
- Nutrition and hydration
- Injuries, symptoms, and treatment alternatives
- **Understand the big picture**
 - The marathon in context with your life – goals and objectives
 - Distance running history and statistics – where do you fit in?
 - Health effects and weight loss considerations
- **Develop a friendly support network**
 - Share experiences, get support, and ask questions in a non-threatening environment
- **Integrate training into your life - manageable mileage and long runs**
- **Stay motivated with psychology, mental training, and inspiration**
- **Learn essential strategies for an enjoyable, stress-free marathon**

Pre-requisites:

- Internet connectivity
 - (See http://learn.uvm.edu/?Page=live_online_demo.html for details)
- No prior running experience is required to participate in the class
- Participants planning to train for a marathon or half-marathon while taking the class should have a 15-20 mile per week base of running, or appropriate mix of other aerobic activity and running (covered in more detail the first week of class)

Class Schedule

9-Jan: Overview of marathon preparation: Class logistics; review of syllabus and schedule; fact vs. opinion in the running world; marathon training prerequisites; beginning fitness level; introduction to training schedule design; choosing a marathon; personal goals and commitment; early training tips

16-Jan: Training schedules: Completion of training schedule design; periodization and training phases; elements of weekly and daily training; the importance of rest; the training log; integrating training with everyday life; schedule adjustments; mental preparation for training

23-Jan: Complementary training: Flexibility, strength, and cross-training for marathoners; stretching and strength exercises

30-Jan: Running gear, accessories, and weather: Shoe selection vs. foot type; active wear clothing and fabrics; comfort and safety accessories; electronic accessories; safe running

6-Feb: Judging pace and effort: Finding the right training zones; estimating effort; measuring pace; using heart monitors

13-Feb: Biomechanics and running form: Classical running style; avoiding common mistakes; review of the latest 'Pose' and 'Chi' running methods; whether to consider adjusting

20-Feb: Common injuries and prevention: Symptoms of the most common running injuries; basic self-treatment; grading injuries and determining when to seek help; **Guest:** physical therapist

27-Feb: Nutrition and hydration: Important nutrients for runners; hydration for everyday runs; electrolyte loss and replenishment; hydration strategy for the marathon; weight loss and body composition concerns

6-Mar: Approaching the peak: Preparing for peak training weeks; review of key training principles; assessing progress towards goals; the perfect 'long run'

13-Mar: Motivation: Putting the marathon in perspective; the human spirit and extreme endurance sports; charity running; **Guest:** *Team-in-Training* regional director

20-Mar: Physiology of running: Your body as a running machine; training adaptations and expected changes; running and health benefits; limits to running performance; **Guest:** exercise physiologist

27-Mar: Mental training: Basic psychology of marathon goal setting, training, perseverance, and attainment; overcoming adversity and setback; training the mind for race day; **Guests:** mid-life marathoners turned Ironman tri-athletes

3-Apr: Distance running then and now: The history and growth of distance running; modern-day events and statistics; keeping it under control - cautionary advice for the final weeks

10-Apr: Race day readiness: All-important preparation tactics for the big day, including: equipment checklist, nutrition and hydration, mental preparedness, travel planning, sleep and rest planning, logistics, avoiding those long porta-potty lines, etc.

17-Apr: Race recovery: Immediate and short-term activities to recover quickly from the marathon: nutrition, cross-training, and returning to running; life after the marathon; looking ahead to the next challenge

24-Apr: Effective tapering, review, and race-day motivation: Putting the final touches on a successful training program; tapering during the remaining weeks while protecting hard-fought fitness gains; review of key points to prepare for the big day; motivational tips for the race

Questions?

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