

## The Betsy Farris Memorial Run is just around the corner

Race day is getting nearer and I hope you are busy preparing. I've enjoyed running and competing for 48 years and would like to pass along some training ideas. I hope they help make your run more fun. I have kept the guidelines simple and easy to understand. Always remember, training **doesn't** have to be complicated in order to achieve good results.

First: \*Know the requirements of the event you have entered: the 5k is 86% aerobic, the 10k is 92% aerobic and the half-marathon is 98% aerobic.

(\*Every event is heavily weighted to endurance, which is best developed through regular, easy running. The absolute first requirement is to get to the point where you know you can cover the distance.) If your goal is just finishing your chosen event, there is no reason to do anything but run distance. If a little more performance is the goal, the following recommendations should allow you to be a little faster on race day.

Second: For every 10 miles a week you cover, you should run an easy to moderate effort for the aerobic percentage specified for your event.

You should run a little faster for the remaining percentage: 5% of your mileage should address speed and should be done as shorter distance intervals, and be about 3 minutes long. The speed should be in the range of 5K-10K race pace. The remainder should address stamina which should be done as a continuous block of running, and should be run at your expected pace for the race you have entered. Do this run at about 1/3 of your race distance. **Never run hard unless it is fun!** If all you do is run distance, you have addressed the biggest part of the Roots and Blues events you have entered, and you will be better for it.

Third: Remember, gradual adaptation is best, whether it is just more mileage or faster running. Improvements in mileage and speed should always be controlled in order to avoid injuries from too much, too soon. I encourage you to have fun running the Betsy Farris Memorial Run and hope you achieve the goals you have set.

Steve Stonecipher-Fisher

Tryathletics/Betsy Farris Memorial Run Sponsor  
1984 U.S. Olympic Marathon Trials Competitor

