

Welcome to the Galloway Training Program!

Benefits

Most folks who get into a regular exercise program find that they are healthier, have more energy, are sick less often, and maintain a more positive attitude. You'll find personal resources that you didn't know were there. Above all, you'll have FUN, as you meet the members of your group and share many uplifting experiences.

Medical Check

Prior to this program, check with a physician who knows the effects of strenuous exercise. You need to make sure that there are no factors that would put you at risk for exercise related cardiovascular problems. Those with the following risk factors should especially check with their physician: diabetes, more than 50 pounds overweight, have smoked cigarettes, high cholesterol, hypertension, or an immediate family member with any cardiovascular disease. You must be sensitive to the first signs of any cardiovascular problem that includes any irregular heart rhythm, shortness of breath, pain in the heart area and any unnatural reaction of your cardiovascular system. If this happens during any of your exercise sessions, slow down and get help immediately. Although we have emergency contact information available, it is always good to carry some sort of ID with emergency contact information on every run. .

Safety

Never assume that you are safe. Keep watching for traffic and jump off the road when needed. Do not follow anyone into a dangerous situation - you are responsible for your own safety. Run on the left side of the road whenever possible so you will see oncoming traffic. Again, be sure to wear your ID at all times and list any problems and contact phone numbers.

Go Slow!

The long runs will train you to go the distance. The slower you run, the faster you'll recover. It may be annoying for you when your group leader forces everyone to walk at regular intervals - especially in the beginning of the run. But keep in mind that these breaks will keep the legs relatively fresh throughout the run and get you to the end without being overly fatigued. The rest provided by the program is designed to protect you - don't run more than is noted on your schedule - and don't try to jump back into the program too quickly when you've been sick or injured.

Hydration

Drink about four to six ounces of water every hour. If you're sweating a lot, you can drink more than this. Avoid alcohol or caffeine as much as possible as both will dehydrate

Wear Your Galloway Shirt!

Always wear your Galloway shirt with pride. Not only does it make it easy for us to identify you but it's great advertising!

Eating

For those training for a full or half marathon, use the long runs to fine-tune your food intake routine before the event itself. Many marathoners find that eating half an energy bar (or other low-fat energy snack such as a bagel) one hour before exercise will give them the energy they need. Others do not eat before the run at all. Still others need a snack during the run. You may need to try different options more than once before your system becomes adjusted to what works best for you. Again, your system will work out the best time-table for food intake and energy. 65

Program Summary

IN GENERAL...

- You can run a marathon in 28 to 32 weeks.
- You will join the fitness elite - one tenth of one per cent of the population have completed a marathon
- By supporting one another, you keep the spirit and motivation high.
- We work together to get everyone to the finish line.
- Your pace group will become a strong unit.
- We encourage group nicknames and other FUN aspects.
- Only one in 20 people make it to the starting line of a marathon when training on their own rather than with a group. Because of group support and fun, Galloway has a 98% completion rate!

RULES

- Your safety is your responsibility - stay out of traffic.
- Avoid medical problems - get help at the first sign of problems.
- Take walking breaks early and often.
- Drink water every time it is available.
- Support others and work together.
- Don't add more to the schedule.
- Make it fun and everything else will come.

VICTORY CELEBRATION

This gathering will be held about one to two weeks after the marathon.
Humorous awards can be presented.
Highlights of each group's experience will be announced.

VISUALIZE

The group works together to become a strong unit of support.
Group members spread positive energy to each other.
The energy you put into the program will bring you many times the return.
This is YOUR program - you make it happen.

TRAINING PACE

The pace is slow - one that you can do easily.
The slower you run - the faster you recover (normally at least two minutes slower than 10K race pace).
If your group is too fast, shift to a slower group.

WALK BREAKS

You must take them - they're not optional.
They allow you to go farther without breaking down
You'll recover faster.
They do not take away any of the endurance of the run.

RACES

Races should be run only on non-long-run weekends.
The recommended distance would be either five miles or a 5K.
Recommended races will be announced.

Selecting the Best Shoe

If you only visit your favorite running store every six months, you will seldom find your tried and true shoe models still hanging around. Even when the model is still in existence, production changes often leave it fitting or working like a different shoe from the one with which you had success.

Most runners have made their share of shoe buying mistakes and consequently have a closet of little worn shoes to show for it. With the advent of discount shoe stores, the number of shoe mistakes seems to be increasing.

The constant search for a bargain leads most runners to a highly rated shoe at a great place from a discount store or mail order outfit at least once. Most of these bargains, however, have disappointed their owners.

The best advice is to get the best advice - spend a few more dollars and solicit the advice of a grass roots running store. These folks use the equipment daily and are trained to find the store that best "fits" the needs of the customer. Moreover, they are in touch with the shoe gossip grapevine. They can often steer you away from a costly bargain.

One shoe specialist, Kirk Rosenbach of Ansley Mall's Phidippides in Atlanta, recently spoke of the subject of shoe fitting. I will pass the information along to you in order to help you avoid shoe-buying mistakes.

- Spend Time. Set aside an hour for your running shoe purchase. Don't go if you are in a rush. There are lots of little problems that will often come out only when you have time to compare products. You must walk and run in the store. Do not be rushed into a shoe-buying decision.
- Don't pick someone else's shoe. Just because it worked well for a friend does not mean it will work for you. The best shoe for one runner can actually be injurious to another. More than any other sport shoes, running shoes are designed to accommodate specific types of feet. You must find what works for you.
- Bring your worn out shoes. Your current running shoes and socks will help your shoe expert determine wear and fit. Experienced shoe salespeople can collect vital information from a pair of worn running shoes. They can "read" your wear pattern and determine how your needs have been met by your current shoe. You will need socks to simulate the exact fit you desire. If you wear orthotics or use a foot device of any type, bring it along too.
- Sales questions. Your store staff person should ask you about your running history, upcoming goals, terrain, past injuries, etc. The more information gathered and processed, the better your chance for a good fit. A knowledgeable salesperson can help you avoid problem shoes and cut down the searching time.

- **Foot exam.** The staff person should examine your foot for width and foot type. Whether your foot is floppy or rigid will determine what type of shoe will work for you. Shoes must be fitted to the shape and function of your feet. The care taken by a trained salesperson can result in a better shoe for you.
- **Fitting to the shape of your foot.** Common sense will lead you to a good fit. Pressure places are susceptible to blisters that can produce pain while you are running. Avoid them! A loose fit, however, will allow the shoe to slip on your foot that can also cause blisters. When the foot slides excessively, you will lose energy on the push-off.
- **A snug fit.** Your foot should feel secure on the heel and across the breadth of your foot (the widest part). It is fine to pull the laces so that the shoe is snug, but do not pull it until it hurts or puts pressure on any part of the foot. A snug fit will give your foot a feeling of security without discomfort.
- **Lacing the Shoe.** How and where you tie the shoelace will determine how snug it will fit your heel. You can adjust the laces on a normal shoe so that you can tie the shoe tight and yet provide room for your foot by loosening other laces. Many of today's shoes have an optional lace hole at the top that will allow you to pull the lace even tighter.
- **Selecting the right "last".** The shape of the shoe is determined by the "last" or form around which the shoe is made. The two predominant shapes today are the "straight" and the "curved" lasts. A perfectly straight right shoe will look the same as a perfectly straight left one. A much-curved shoe, by contrast, bends strongly to the inside. For more information, refer to Galloway's Book on Running. Variations of these two configurations have been successful, an example being New Balance and Tiger. If you have a curved foot and you wear a straight shoe, you will feel pressure on the inside of your big toe and will tend to roll off the outside.
- **The Selection Process.** First, select two to three shoes that work best for your foot function, rigid or floppy. Once you have narrowed down the candidates, you are ready to compare the fit of each shoe. Finally, stand around, walk around and RUN in each shoe to see how it actually performs. Spend some time in the shoes and you'll tend to get a much better fit.
- **There are so many shoes with different configurations that your chances of finding one that matches your foot are excellent.** Do not buy one that pinches or rubs against your foot. On the other hand, a larger size will not support your foot and will allow it to slide around inside.

Dealing with the Weather

The weather can present us with more than a challenge: it can put one at serious health risk. Preparation, training, and precautions can lower the chance of problems. 69

COLD

- Dress in several thin layers instead of a few thick ones. Before you start sweating, take off a layer and tie it around your waist in case you need it later.
- Walk/run into the wind going out and with the wind on the return.
- Cover up your extremities - ears, hands, etc.
- Be sure not to overdress, as this can lead to heat problems.
- Lycra and similar products will keep your legs warm in cold weather.

HOT & HUMID

- Most exercise should be done as early as possible. The coolest time is usually two hours before sunrise, followed by the two hours after sunrise.
- Dress with loose-fitting, light-weight clothes - you may want to try some of the new, high-tech fabrics. These fabrics allow for a faster evaporation/cooling effect. It's okay for the top to have some cotton - to absorb moisture.
- Drink water throughout the day, every day. Normally, drink a minimum of four to six ounces of water every hour, throughout the day. If you are sweating, drink more. Don't drink more than eight ounces at one time. This overloads the system and may cause you to become more dehydrated.
- As much as possible, avoid caffeine, alcohol and salt. These will dehydrate you.
- At the first sign of the following heat symptoms, stop exercising, cool off and get help immediately: rapid and intense heat buildup in the head, cessation of sweating, hot and cold flashes, clammy skin (sometimes with "goose bumps"), loss of concentration and control, nausea, and other signs listed by medical experts.

Running Injury Free

PREVENTION

Training

- Every other day.
- Don't increase mileage more than 10% per week.
- Never sprint (run all out).

- Ease into longer or faster running.
- Run the long ones extra slowly.
- Don't run a long one and a race on the same weekend.
- Never run fast at the end of a run - warm down slowly.
- Insert enough rest days each week and monitor weekly mileage.

Other

- Don't overstretch or perform the wrong stretches.
- Monitor shoe midsole wear - don't go from worn out shoe to new one.
- Stay on stable surface.
- Don't over stride (especially when going uphill, downhill or when you are tired).

TREATMENT

Rules

- Be sensitive to your "weak links."
- When in doubt, don't run for one to two days.
- If it doesn't go away, see a physician.

It is an injury when...

- There is swelling,
- There is loss of function,
- The pain stays for a week, or
- The pain gets worse.

Treatment

- Don't stretch.
- Use ice massage.
- Use compression if there is inflammation.
- Talk to a doctor about anti-inflammatory medications if swelling persists.
- Get a massage

Stay Active

- Choose an alternative exercise that doesn't aggravate your injury.

The more your alternative exercise simulates running, the less fitness you will lose during recovery. Talk to physician about massage.