

WEEK

15

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 6 Miles	Pool Foot Exercises	Run 5 Miles	3 Miles Intervals	Rest	Run 12 Miles

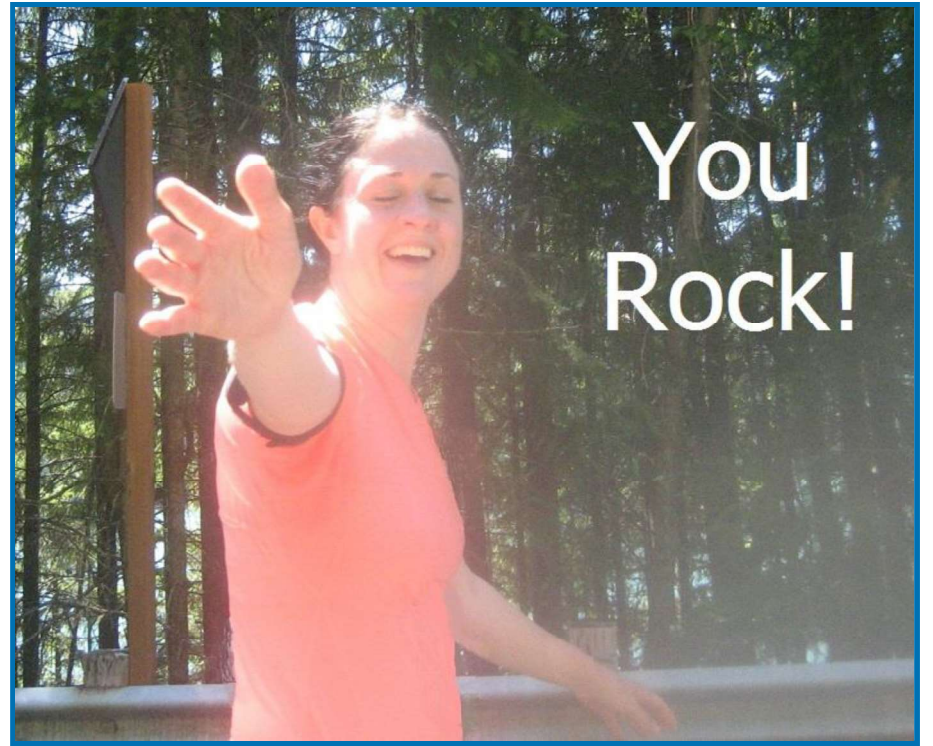
■ Feeling Strong



Step back this week in preparation for your longest training run next week. You probably feel stronger and healthier than ever before in your life. Congratulations on making it this far.

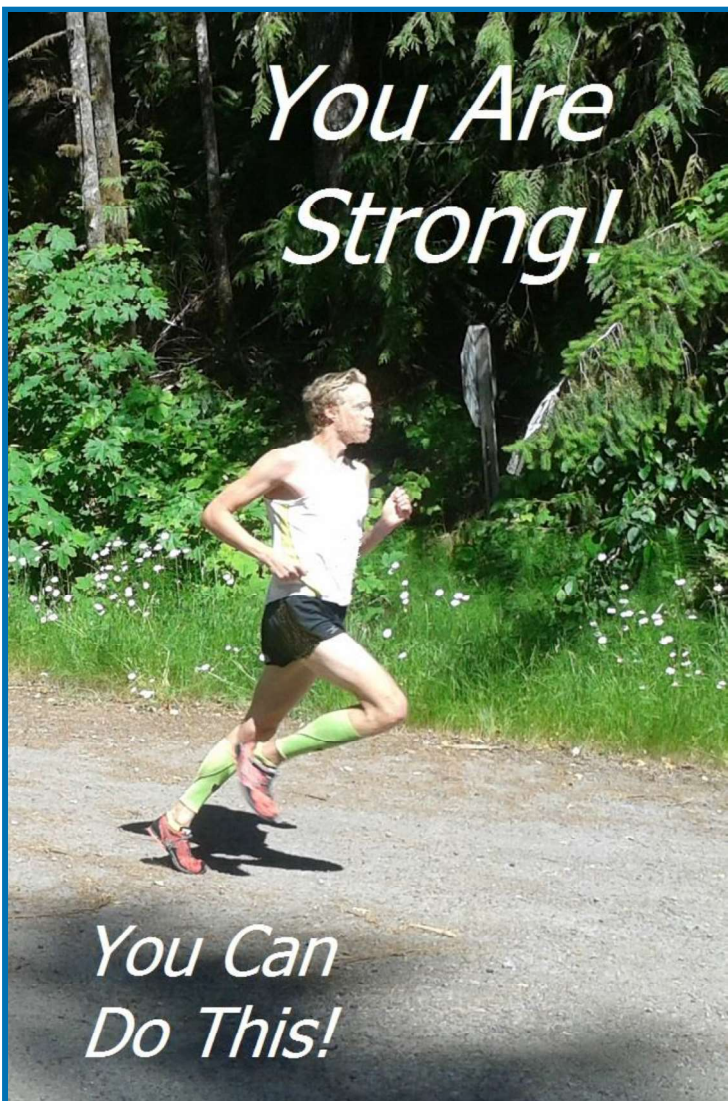
Now you need to:

- Review your training journal
- Reassess your nutrition plan
- Make sure you get enough rest
- Ask a PT about persistent aches
- Stretch/do Yoga to open your joints
- Stay hydrated



A More Critical Look at Your Stride

Since you do not have to add any distance this week, focus some energy on improving your “light, easy, gliding” stride. Film yourself running to get a better look. Then ask yourself the following questions to help adjust for efficiency, safety, and comfort.



Foot Strike

Do I land on my heels or closer to the ball of my foot? Landing on the mid-foot will allow you to cushion your steps more, relieving stress on the front of your calves and your quads.

Chicken Arms

Are my shoulders and arms tense or raised up? Using tense, “chicken arms” will waste energy and cause tension in other parts of your body. Swing your arms and shoulders comfortably, allowing your torso to rotate slightly.

Initiate Movement from the Core

Do I use my hip muscles like a motor, extending my legs out comfortably? If you are not engaging your hip flexors and gluts to initiate a fluid swing in your stride, you are probably overworking your feet and legs. Ask your coach how to better activate those core muscles.