

La Chute Road Runners

March 2008

Half Marathon Training

by Dave Rutkowski

This year one of my A-priority races will be the Tupper Lake Tinman. The distances are daunting, but doable. They consist of a 1.2 mile swim, 56 mile bike and a half marathon. I will train for the half marathon a little differently than if it was a race all by itself, but most of the basics of the preparation are the same.

This winter through February the main concentration will be on base building. Since I have to also consider both swimming and biking, I must be careful not to over train. Some of the endurance will also come from time on the bike, and in the pool. Having said that, my experience in running the "half" tells me that the long runs must go beyond the 13.1 mile distance. This will train my body to be prepared to handle the time and distance required.

The beginning of the training cycle will consist of easy running and stretching and will last about 6 weeks. Mileage will be increased every three weeks but by no more than 10 to 15%. In training for just the half, I think that the long run should be equal to about 25-30% of the week's total mileage. My actual percentage will probably be greater due to the time biking and swimming as stated earlier. This phase will last about 6 weeks once my long run gets out past 8 miles.

Next, speed is more of a factor. Here running repetitions with full recovery become the centerpiece of the week's quality effort. I also think that near the middle of this training period it is important to start some threshold training. And near the end of this portion of the training, some intervals can be helpful. I think that reps done on hills are fantastic. Don't stay away from the hills; they can very well be a major part of your race course. Stick with this for another 5 or 6 weeks.

In the final weeks building up to the "A-Priority" race, I'll do long intervals and more Lactate Threshold running at about 25 to 30 seconds slower than the current 5k race pace. An occasional 5k or 10k would be a good replacement for long threshold training efforts.

Finally, a 2 to 3 week taper is in order. Don't let your legs go stale by cutting back completely, but keep in touch with your speed. In this time period, you should either run hard or very easy. No medium efforts here.

Continued on the next page.

Treasury Report

As of February 9th, the club has \$692.62 in its regular savings account. In the scholarship fund there is \$9,476.73.

[The Adirondack Runners](#)
[Albany Running Exchange](#)
[Hudson Mohawk Road Runners](#)
[La Chute Road Runners Club](#)
[Northern Lights Track Club](#)

- Fred LaPann Memorial, 5 mi, 02/16/2008
(The race will be held Saturday, in Hague)
- Celebrate Life Half Marathon, 03/2/2008
- Shamrock Shuffle, 5 mi, 03/2008

In summary, I think it is important to train not strain. And as stated earlier, don't beat yourself up training. Be smart about it. If you are running too slowly or too fast during a certain phase of training, you are wasting your time and may get nothing out of the workout, or worse; become injured.

The half marathon race is quite similar to the 15k, except you must be able to hang on longer. If you have the right foundation, you can survive nicely. To paraphrase Daniels, remember to run the first 9 or 10 miles with your brain and the remainder with your heart.

Here is how I differentiate between Threshold, Reps, and Intervals.

Threshold: Run at about 85 to 90% or comfortably hard, about 25 to 30 sec per mile slower than 5k race pace. Start with a couple of miles of warm up then run initially for 2 or 3 miles. Each week the length of the threshold run can be increased by one-half to one mile. Do not run these too fast! These can be run the day after repetitions. That's right, back to back intensity days. Brian Kiely has used intense Wednesdays after Tuesday races very effectively for his Cross-country runners.

Intervals: Hard, but not all out. Recovery equals run time according to Daniels. The "bread and butter" in my half marathon training is the long interval. I start with 800 meter intervals and work up to 1000 meters then on to mile intervals. The recovery should be active....keep moving, albeit slowly. I use a slow 200 recovery jog.

Repetitions: Here recovery is total. Reps are fun faster than intervals and should be closer to or just a tad faster than race pace.

So what is the pace run? If I can run a 5k in 24:30 then my 1000m Intervals should be run at about 4:54 according to Daniel's "Running Formula." This amounts to about 29 sec/100meters. It is easy to run these too fast and will be counterproductive. Reps should be run at about 1:50 per 400 meters. I'll do "Threshold" runs at about 8:35 per mile. Training should not beat you up!

I have the road near my home measured and marked in 100 meter intervals in one direction and quarter mile intervals in the other direction. Anal? Perhaps, but it has served me well. **GET THEE TO THE TRACK**, don't guess and waste your efforts or your season.

Time

to

Renew

Your

La Chute

Membership

Mail to:
Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883
Form on last page



Polar Cap

Dave Burrows finished 15th in 26:13, good enough for 3rd in his age group and Fred Herbst finished 34th in 29:12. The race is 4 miles long and was held on Feb. 2nd.

Website of the Month

<http://www.letsrun.com/>

LetsRun.com is a running web-site founded by identical twin brothers Weldon and Robert Johnson with the goal of increasing each visitor's enjoyment of the what we think is the world's greatest and simplest sport, running. Often, increased enjoyment results from improved performance and thus one of the primary purposes of LetsRun.com is to make everyone a better runner.

LetsRun.com was started in the spring of 2000 and has grown into the #1 site on the internet for the serious runner. Its message board is THE place that runners from all over the world go for the latest news, results, and gossip in the running world.

About running, it has been said that "you either understand it or you don't." However, the people behind LetsRun.com believe that just about everyone can experience the joys of running, if only they would give it a chance. So it is our desire to help every runner, from the beginner to the elite athlete, to get the maximum enjoyment out of their running.

time/mile	10 miles	(12.427 miles) 20K	(13.109 miles) 1/2 mara.	15 miles	(15.534 miles) 25K	(18.641 miles) 30K	20 miles	(26.219 miles) marathon
4:45	47:30	59:02	1:02:16	1:11:15	1:13:47	1:28:33	1:35:00	2:04:32
5:00	50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
5:15	52:30	1:05:15	1:08:49	1:18:45	1:21:33	1:37:52	1:45:00	2:17:39
5:30	55:00	1:08:21	1:12:06	1:22:30	1:25:26	1:42:32	1:50:00	2:24:12
5:45	57:30	1:11:27	1:15:23	1:26:15	1:29:19	1:47:11	1:55:00	2:30:45
6:00	1:00:00	1:14:34	1:18:39	1:30:00	1:33:12	1:51:51	2:00:00	2:37:19
6:15	1:02:30	1:17:40	1:21:56	1:33:45	1:37:05	1:56:30	2:05:00	2:43:52
6:30	1:05:00	1:20:47	1:25:13	1:37:30	1:40:58	2:01:10	2:10:00	2:50:25
6:45	1:07:30	1:23:53	1:28:29	1:41:15	1:44:51	2:05:50	2:15:00	2:56:59
7:00	1:10:00	1:27:00	1:31:46	1:45:00	1:48:44	2:10:29	2:20:00	3:03:32
7:15	1:12:30	1:30:06	1:35:03	1:48:45	1:52:37	2:15:09	2:25:00	3:10:05
7:30	1:15:00	1:33:12	1:38:19	1:52:30	1:56:30	2:19:49	2:30:00	3:16:38
7:45	1:17:30	1:36:19	1:41:36	1:56:15	2:00:23	2:24:28	2:35:00	3:23:12
8:00	1:20:00	1:39:25	1:44:53	2:00:00	2:04:16	2:29:08	2:40:00	3:29:45
8:15	1:22:30	1:42:32	1:48:09	2:03:45	2:08:09	2:33:47	2:45:00	3:36:18
8:30	1:25:00	1:45:38	1:51:26	2:07:30	2:12:02	2:38:27	2:50:00	3:42:52
8:45	1:27:30	1:48:44	1:54:42	2:11:15	2:15:55	2:43:07	2:55:00	3:49:25
9:00	1:30:00	1:51:51	1:57:59	2:15:00	2:19:49	2:47:46	3:00:00	3:55:58
9:15	1:32:30	1:54:57	2:01:16	2:18:45	2:23:42	2:52:26	3:05:00	4:02:31
9:30	1:35:00	1:58:04	2:04:32	2:22:30	2:27:35	2:57:05	3:10:00	4:09:05
9:45	1:37:30	2:01:10	2:07:49	2:26:15	2:31:28	3:01:45	3:15:00	4:15:38
10:00	1:40:00	2:04:16	2:11:06	2:30:00	2:35:21	3:06:25	3:20:00	4:22:11
10:30	1:45:00	2:10:29	2:17:39	2:37:30	2:43:07	3:15:44	3:30:00	4:35:18
11:00	1:50:00	2:16:42	2:24:12	2:45:00	2:50:53	3:25:03	3:40:00	4:48:24
11:30	1:55:00	2:22:55	2:30:45	2:52:30	2:58:39	3:34:22	3:50:00	5:01:31
12:00	2:00:00	2:29:08	2:37:19	3:00:00	3:06:25	3:43:42	4:00:00	5:14:37



2nd annual North Country Triathlon

We are pleased to announce the [2nd annual North Country Triathlon](http://www.northcountrytri.com/North_Country_Triathlon.htm) which will be held on Saturday, June 28th starting at 7:30 am at Hague Beach on beautiful Lake George in New York. For the 08' race we will be adding a Sprint distance race in addition to the Olympic distance race.

Friday, June 27

Race-packet Pick-up (Olympic & Sprint Distance participants)

When: 5:00pm-8:00pm

Where: Silver Bay, YMCA- Dining Hall (87 Silver Bay Road, Silver Bay NY- Directly off Rt. 9N, approximately 3 miles south of the town of Hague)http://www.northcountrytri.com/North_Country_Triathlon.htm

Pre-race Pasta Dinner (Free for racers, and children under 12, \$5 each additional person)

When: 6:00pm-8:00pm

Where: Silver Bay, YMCA- Dining Hall (87 Silver Bay Road, Silver Bay NY- Directly off Rt 9N, approximately 3 miles south of the town of Hague)

Saturday, June 28

Race-Packet Pick-Up

When: 5:30am-6:45am

Where: Hague Beach

Olympic Distance Race Start

When: 7:30am

Where: Hague Beach

Sprint Distance Race Start

When: directly following last Olympic wave (around 7:45am-8:00am)

Where: Hague Beach

Awards

When: 12:00pm

Where: Hague Beach

Post-Race Party (Bluegrass on the Lake and lot's of great food)

When: 1:00pm-7:00pm

Where: TBD (On or near Hague Beach)



Running Plans

Here are some more plans some of the La Chute runners have made for the season. Kimberly Worobey has signed up with Team in Training to run the Rock n' Roll Marathon in San Diego June 1st. Marge Huseman Dave Natal have signed up for the Tupper Lake Tin Man. Anything in the works? Drop an email!

Running on Empty

by Jason Nocera (www.nichecartoons.com)



La Chute Road Runners Club

Goals

- Encourage the youth of the community to get involved in a beneficial activity.
- Provide competitive opportunities for its membership.
- Provide membership with educational and social opportunities.

Activities

- Sponsor the Montcalm Mile
- Sponsor the Resolution Run
- Sponsor the Heritage Run
- Sponsor the Footrace at Fort Ticonderoga
- Support a LCRRC Point Championship Series
- Hold an annual Awards Banquet
- Provide a newsletter
- Provide organized training opportunities
- Membership in Road Runner's Club of America



Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all liability out of negligence or carelessness on the part of the person named in this waiver.

Signature _____ Date _____

Membership type:

- Family \$10.00 ()
- Individual \$5.00 ()
- Student \$2.00 ()

Mail to:

Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883

Application

First name: _____ Mi.: _____ Last name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home phone: _____

Email: _____

Date of birth: _____

Family members: _____

LCRRC

LaChute.us