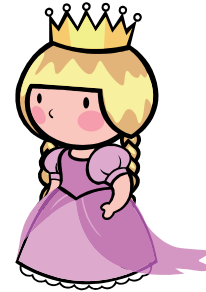
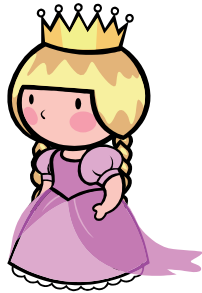


**The road to happily ever after...begins with you!**



**2009 - 2010 FFMTM FIT FOR A PRINCESS HALF MARATHON SCHEDULE**

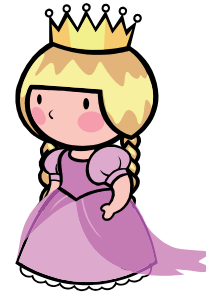
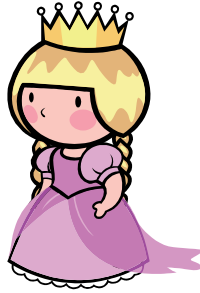
WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOPIC
(1) Oct 5 - 11	DAYTON MARRIOTT 3 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 3 Miles Long	Rest	Training Pace Assessments
(2) Oct 12 - 18	DAYTON MARRIOTT 3 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 3 Miles Long	Rest	Gait Analysis Shoe/Clothing Assessments
(3) October 19 - 25	DAYTON MARRIOTT 3 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 3 Miles Long	Rest	Injury Prevention
(4) Oct/Nov 26 - 1	DAYTON MARRIOTT 3 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 4 Miles Long	Rest	Importance Of X-Training
(5) Nov 2 - 8	DAYTON MARRIOTT 4 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 4 Miles Long	Rest	Why Are We Here
(6) Nov 9 - 15	DAYTON MARRIOTT 4 Miles Hills	X-Train Weights	DAYTON MARRIOTT 3 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 4 Miles Long	Rest	Importance Of Stretching
(7) Nov 16 - 22	DAYTON MARRIOTT 4 Miles Hills	X-Train Weights	DAYTON MARRIOTT 4 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 5 Miles Long	Rest	Proper Form/ Technique Breathing



**SEE BACK OF PAGE FOR COACHING INFORMATION AND TRAINING TIPS**



Believe in the beauty of your dreams. Eleanor Roosevelt



2009 - 2010 FFMTM FIT FOR A PRINCESS HALF MARATHON SCHEDULE								
WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOPIC
(8) Nov 23 - 29	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 5 Miles Surges	TURKEY DAY RACE	Rest	DAYTON MARRIOTT 5 Miles Long	Rest	You Are What You Eat
(9) Nov/Dec 30 - 6	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 5 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 5 Miles Long	Rest	Why The Long Workout
(10) Dec 7 - 13	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 5 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 5 Miles Long	Rest	Importance Of Recovery
(11) Dec 14 - 20	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 5 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 6 Miles Long	Rest	Benefits Of Massage
(12) Dec 21 - 27	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 6 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 6 Miles Long	Rest	9 Common Gym Mistakes
(13) Dec/Jan 28 - 3	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 6 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 7 Miles Long	Rest	Nutrition Gels And Hydration
(14) January 4 - 10	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 6 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 6 Miles Long	Rest	We Are So Lucky

**SEE BACK OF PAGE FOR COACHING INFORMATION AND TRAINING TIPS**





**NEVER UNDERESTIMATE THE POWER OF A WOMAN!**

2009 - 2010 FFMTM FIT FOR A PRINCESS HALF MARATHON SCHEDULE								
WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOPIC
(15) January 11 - 17	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 6 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 7 Miles Long	Rest	Revisit Form /Tech. Drills Thank You!
(16) January 18 - 24	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 7 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 8 Miles Long	Rest	Recap Injury Prevention Chafing/ Blisters
(17) Jan 25 - 31	DAYTON MARRIOTT 8 Miles Hills	X-Train Weights	DAYTON MARRIOTT 7 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 9 Miles Long	Rest	Training Pace Assessments
(18) Feb 1 - 7	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 7 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 10 Miles Long	Rest	The Dress Rehearsal
(19) Feb 8 - 14	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 7 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 12 Miles Long	Rest	Saving Lives One Step At A Time!
(20) Feb 15 - 21	DAYTON MARRIOTT 5 Miles Hills	X-Train Weights	DAYTON MARRIOTT 8 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 8 Miles Long	Rest	Counting Down
(21) Feb 22 - 28	DAYTON MARRIOTT 4 Miles Hills	X-Train Weights	DAYTON MARRIOTT 4 Miles Surges	X-Train Weights	Rest	DAYTON MARRIOTT 6 Miles Long	Rest	Check List
(22) March 1 - 7	DAYTON MARRIOTT 4 Miles Surges	X-Train Weights	DAYTON MARRIOTT 3 Miles Easy	X-Train Weights	Rest	2 Miles Easy	13.1 Will Be Fun!	Thank You!!



**SEE BACK OF PAGE FOR COACHING INFORMATION AND TRAINING TIPS**



## How to use the schedule-

If you follow this schedule you will run, run/walk or walk three days per week. **Please do a warm up walk and cool down of 5 minutes each.** This will not only benefit your muscles, but will also add distance (and calories burned!) to your workout. It is important to try to do all of the recommended workouts during the week in order to prepare your body for the increase in miles the following week. However if you have any concerns about the amount of miles or should you experience any physical problems, please speak with a coach or your physician. Each week your runs will increase in distance and prepare you for a final distance of 20 miles that will occur 3 weeks out from your event. This will give you the endurance and prepare you mentally.

**X-Train “Cross Training” Days-** A cross training exercise is any non weight bearing activity that improves overall fitness. For example, swimming, cycling, strength training, yoga or pilates are all cross training activities. Doing a different kind of activity is important to keep your fitness regime fun and your body injury free.

**Rest-** The all important rest days. Each week you need to take a minimum of 1 full rest day and we recommend 2. Rest is just as important to your program as your running or walking. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to go a farther the next week. Without recovery days, you will not be able to improve your fitness.

**QUESTIONS OR CONCERNS?** Email Head Coach Karen Cosgrove at [Karen@milesthatmatter.com](mailto:Karen@milesthatmatter.com)

## Running and Walking Etiquette 101

Following a few simple steps can add safety and enjoyment to your walking or running routine.

### Etiquette for Runners & Walkers

1. Obey all traffic regulations when running or walking near traffic
2. Run or walk against traffic and stay in designated walking or running areas. You'll be more likely to see potential problems and avoid an accident if you're facing approaching cars
3. Make eye contact with drivers whose path you will cross
4. If you're running or walking at night, wear reflective clothing and pay extra attention to your surroundings
5. Run or walk no more than two abreast
6. Move to the side if those behind you ask to pass or move past, or if you need to tie a shoe or make other adjustments
7. Hang on to litter – keep food wrappers, gel containers or tissues in your pack or pockets. Throw into trash bags at water stations.



### BOOTCAMP

Don't want to do your x-training alone? Then make sure to join us for Coach Cosgrove's Boot Camp. This is a great way to give yourself a challenging cross-training workout. Boot Camp is exactly what it sounds like but even more fun! You'll be challenged to do calisthenics (things like pushups, sit-ups, etc.), core strengthening exercises, flexibility drills and much more. Watch for details of when and where.

### WEDNESDAY Night Surges

About two-thirds of the way through your Wednesday night workout start doing pick-ups.

Cover about one to one and a half miles this way. You want to keep the effort easy, it should not be forced. Run hard for 20 seconds, run easy for 40 seconds. This type of speed work is very easy if done correctly. It will help you develop muscular strength, it will increase the level of effort you can tolerate and develop your anaerobic endurance.

### **IMPORTANT TRAINING INFORMATION**

**If you develop any type of physical problem during your training please stop your activity and contact Head Coach Karen Cosgrove**

**She will assess the problem and refer you to the right source on our Medical Advisory Team.**

**FLEET FEET**  
*Sports*

**Are you x-training and stretching?**





**BOOT CAMP:** Don't want to do your x-training alone? Then make sure to join us on for Coach Cosgrove's Boot Camp. This is a great way to give yourself a challenging cross-training workout. Boot Camp is exactly what it sounds like but even more fun! You'll be challenged to do calisthenics (things like pushups, sit-ups, etc.), core strengthening exercises, flexibility drills and much more. Not sure where or when.....ask Coach Karen

**X-TRAIN:** Bike or swim for 30 to 45 minutes

**WEIGHTS:** Doutilus for upper body strength and muscle balance in your legs. We will also provide some sample exercises you can do at home. Try to attend our special training clinics and group workouts to receive your handouts.

**EASY:** This means maintenance or recovery. These are your short workouts for the week and are to be done with low intensity. They are not to be done hard! Leave your ego at home.

**LONG:** This workout will always be the greatest distance of the week. It is the most important workout of all!!! It teaches your body to burn fat and adapt to the pounding of longer distances. The longer it takes you the better. It means you are spending the time it will take to do the race distance without doing the actual distance. Your risk of injury is a lot less if you do this workout slow.

**HILLS:** This simply means you should do a course that is hilly. Hills increase your endurance and strength.

**REST:** Rest and do nothing at all. This is a good day to do your weight training. Recovery is important if you want to have a successful event.



FLEET FEET Sports

You are what you eat! Be Smart!!

**TRAINING TIPS**

Start all your workouts at a slower pace. The slower pace gives your muscles, heart and breathing rates a chance to warm up and increase gradually. There are 3 steps to a running or walking workout. Warm-up, Peak Work, and Cooling Down. Warming up and cooling down improves the quality of your workouts, helps avoid injury and will reduce muscle soreness after your long workouts.

Remember to practice taking in fluids during workouts. If you don't teach your body to absorb the fluids needed, you are more than likely to have stomach cramps marathon day. When you are drinking on longer workouts it is better to do "a little a lot." Consuming smaller amounts of fluid over longer periods of time lessens the risk of cramping and allows the body to absorb the fluids more easily. The coaches recommend that you carry a water bottle with you. Practice makes perfect!

Remember the way to prevent injuries is to x-train, stretch, strengthen and treat yourself to massage therapy. Having a massage will help workout the lactic acid build up in your muscles and increase blood circulation.

Use long workouts to experiment with what pre-race foods work best for you. If you find a food that agrees with you before your long workout, they'll work fine for you on marathon day.

Technical running or walking clothes and socks can reduce the risk of chaffing and blistering by managing moisture and ensuring proper fit. Cool max is your friend, cotton is rotten!

**U MUST X-TRAIN, STRETCH AND FOCUS ON YOUR CORE STRENGTH TO PREVENT INJURY AND SUCCEED!**

**COACHES INFORMATION**

If you develop any type of physical problem during your training please stop your activity and contact Head Coach Karen Cosgrove. She will assess the problem and refer you to the right source on our Medical Advisory Team.

**Head Coach**  
*Karen Cosgrove*  
Cell: (513) 850-9384  
E:mail: Karen@MilesThatMatter.com

Please wear reflective gear if you are working out in the dark. Don't forget to wear your name tag with all your vital information. Please no headphones!!!



## COACHES INFORMATION

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She will assess the problem and refer you to the right source on our Medical Advisory Team.

**Head Coach**  
**Karen Cosgrove**

Cell: (513) 850-9384

E:mail: Karen@MilesThatMatter.com

### THINGS ARE LOOKING UP!

Walking or running up hill may feel like it is breaking you in two, but keep your head up! Focusing your eyes on the top of the hill keeps your air passages open, making it easier to breathe than if your upper body were hunched forward.

### HANG TIGHT!

Tight Calves?

Better sleep on it the right way. Sleep on your stomach with your feet off the bed.

They say gravity will work it's magic, lightly stretching your calf muscles -as you dream of faster PRs.



### BELLY UP!

When you workout breathe so your belly rises as you inhale. This ensures that your lungs are filling fully with oxygen. Test yourself by lying on your back with a book on your stomach. If the book goes up and down, your not only alive, but breathing properly.

### FLEX TIME!

In the quest for better flexibility, you should hold a stretch for 30 seconds if you are younger than 40, 60 seconds if you are older than 40.

Older muscles require more time to loosen up!



### TIP ON INJURY PREVENTION!

Avoid training when you are tired!

Tired muscles provide inadequate support for tendons, ligaments and bones.

Training tired will increase the risk of strains, sprains and stress fractures.

### END WITH A STRETCH!

When is the best time to stretch? Turns out it's after you workout, not before.

Researchers found that athletes who stretched before exercise actually had more injuries than those who didn't. Better to warm up slowly walking or jogging, then stretch your legs carefully after you finish.

### Last Minute Nutrition Tip

By resting your muscles and doing very little exercise the week before your event, You will allow your muscles to have the time they need to store the carbohydrates and become fully saturated with glycogen (carbohydrate). Do not exercise hard!

You should gain 2-4 pounds pre-event. This is due to the storage of water along with the carbohydrate. The water will be released during the event and put to good use.



# Healthy and Fit...Living Happily Ever After



FLEET FEET Sports

Fit for a Princess



TRAIN SMART • MAKE A DIFFERENCE