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TRAINING MANUAL

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SONO HALF MARATHON RACE PREPARATION

# EQUINOX TRAINING TIPS

## **PACE TRAINING**

The three types of running workouts you will do throughout each week are base-pace runs, tempo runs and threshold runs. This combination offers a dynamic range of shorter, high-intensity running sessions and Long Slow Distance (LSD) sessions—both of which prepare your body for certain obstacles you must overcome on race day.

**BASE PACE INTENSITY: 5-6/10** Base-pace runs are your aerobic, long-distance running workouts, and you should feel like you can hold a conversation for their duration. Ideally, this should be your Half Marathon Pace (HMP), and the slower your speed, the better. Most people have heard of “hitting a wall” in a long distance race. This happens not when your lungs fail, but when your legs fatigue, and your body has used up its storage of glycogen (sugar). Long distance runs at base pace introduce your legs to running for a long time—and again, the slower, the better.

**TEMPO PACE INTENSITY: 7/10** Tempo pace is the speed where you’re just starting to notice your breath. These workouts are a great blend of muscular strength, cardiovascular strength and most importantly, mental strength. Experienced racers will know this as “10K pace,” and you can think of it as your long-distance race pace. In your program, you will run tempo intervals for up to two miles. In these workouts, you’re gliding, not sprinting.

**THRESHOLD PACE INTENSITY: 8/10** Threshold pace is the speed where you might want to stop, but don’t have to stop. It’s a strong, heavy-breathing pace, and will be your fastest, most challenging runs of the week. When performing these types of intervals, you should always have at least a 1:1 work-to-rest ratio. For example, if you are running for two minutes, then you should rest for two minutes before your next interval. This type of speed work will make you a more efficient runner, and also makes your body stronger – two adaptations that will help you ward off fatigue on race day.

## **CROSS TRAINING**

The purpose of cross training is to provide additional cardiovascular training without the weight-bearing stress of running. It allows your body’s joints to recover from running during the week while still maintaining, or improving, cardiovascular capacity. Excellent cross-training workouts include, Equinox group fitness classes, cycling, swimming, pool running, rowing, stair machines and elliptical trainers. All of these modalities provide the necessary cardiovascular workload and improve leg

strength, while also reducing the orthopedic load on your joints. Your goal on cross-training days should be 40-60 minutes of aerobic activity. If you use a heart rate monitor, aim for a 70-80% effort on these days.

## **MOBILITY WORK**

Mobility exercises are designed to keep your joints fluid throughout a large range of motion in order to combat common overuse injuries. Running is a linear activity with all of the motion going forward and back, which leads to tight hamstrings and hip flexors. For this reason, mobility work should take place in lateral and transverse planes to balance your body. Mobility exercises are the perfect way to warm up at the start of any workout (running, cross training or strength), and should be done up to three times per week. You can find the five best mobility exercises for runners [HERE](#).

## **STRENGTH TRAINING**

Strength training is a highly recommended supplement to any running program, and in your program, is included in two workouts per week. Strong muscles, joints and connective tissues will hold up better against the stresses of running, and reduce your risk of injury. Legs, hips and trunk muscles should be the focus of a runner’s strength-training program. You can find videos for the eight best strength exercises for runners [HERE](#).

## **DAILY NUTRITION**

A well-balanced, healthy nutrition program focuses on whole foods instead of processed foods, and will increase your running performance while also leading to better long-term health. Whole foods tend to be anything picked from or planted in the earth, and include leafy greens, root vegetables, fruits, nuts, beans and legumes.

### *THE ONLY FOOD RULES YOU’LL EVER NEED*

## **BALANCING YOUR NUTRITION INTAKE**

All endurance athletes are created differently, and therefore a one-size-fits-all nutrition approach is never appropriate. Rather than having you modify your nutrition intake to reflect an increase in running, your focus should be on eating specifically for your body type. For more information and guidelines on nutrition, see below:

### *REFUEL THE RIGHT WAY PERFORMANCE-ENHANCING FOOD BEST WORKOUT FOODS*

## **EATING ON THE RUN**

The human body has enough stored energy (glucose) to last for exercise durations of less than one hour. So, if you are planning on hitting the road or treadmill for less than 60 minutes, then there isn’t much need for taking in extra

calories while running. However, if your workout will be longer than 60 minutes, it is necessary to consume extra calories while running to keep your energy levels up.

Part of the value of the long distance runs that you will do throughout your program is the opportunity to experiment with which foods work best for you. Food intake on the run is an individually specific choice based on taste and digestibility. Common choices include hydration gels, energy bars, bananas, oranges and pretzels. When selecting what to eat while on the run, aim for foods that are primarily composed of simple carbohydrates (sugar). Some products will even include a minimal amount of protein (usually at a 4:1 carb-to-protein ratio). Avoid foods with high fat and fiber content, as these both require a lot of work from the digestive system, and can impair cardiovascular function by sending blood to the GI tract rather than your muscles.

Regardless of what you take in, the timing of ingestion is just as important. Aim for your first dosage to be around the 45-minute mark, and continue taking in calories every 20 minutes thereafter. Much like taking in fluids, calorie intake on the run should always be before you feel like you need something. Be proactive, not reactive.

## HYDRATION

Proper hydration plays a key role in every one of your body's systems, and is directly correlated to increased cardiovascular function and performance. For that reason, we've broken down your hydration needs before, during and after you exercise.

### BEFORE EXERCISE

Aim to head into your workout already hydrated by drinking about 16 ounces of water one hour before you start your run. This fluid intake can count toward a goal of fluid intake equaling half of your body weight throughout the day. For example, a 150-pound individual should aim to intake 75 fluid ounces throughout the day. The type of fluids you choose will also influence your hydration status. Coffee, for example, is a diuretic, so aim for a majority of your fluid intake to be water.

### DURING EXERCISE

The rule to remember is that your thirst mechanism lags behind your hydration status. Therefore, if you are feeling thirsty then you are already dehydrated, and any lack of fluids for your body while exercising can lead to decreased performance. Just like eating on the run, stay ahead of your hydration needs by taking in fluids every 15 minutes during workouts. To answer the question of how much fluid should you should take in, 16-24 ounces per hour is the general recommendation. Keep in mind, that intake will vary according to sweat-rate and environmental condition (such as heat and humidity). It is also a good idea to drink fluids containing electrolytes when exercising in order to prevent electrolyte imbalances, which lead to muscular cramping and fatigue.

### AFTER EXERCISE

After exercise, the goal is to make up any fluid deficit and replenish electrolyte stores that were depleted from sweating. It's a good practice to weigh yourself after your long runs to understand how many pounds of sweat/fluids were lost during

the workout. For each pound of body weight lost, aim to drink about 24 fluid ounces. As you did during your run, choose fluids with electrolytes (sodium and potassium), such as a sports drink to help rebalance your electrolyte stores.

## TAPERING

The practice of tapering means that you gradually reduce the volume and duration of your workouts in the last few weeks leading up to your race. Your overall volume (distance covered throughout the week) should be about 50-60% of what it was at the peak of your training. A proper taper phase begins after your final long run, and allows your body to recovery from the physical stress placed upon it during your peak training phases. It is important during your taper to reduce your volume and associated distance, but do not decrease the intensity (speed/heart rate) within each run. Shorter intervals at a high intensity will keep your cardiovascular system in top shape while allowing your muscles to recover and repair. In other words, you'll still be revving your engine in the two weeks leading up to the race, you just won't be driving the car as far. The result: you'll feel light, fast and fresh when you get to the starting line.

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## GLOSSARY

### REPEATS

You'll repeat the miles x the number indicated. For example. "5 x .5 means (2 min rest between)", means you'll run .5 miles, five times. Between each .5 mile, you'll rest for 2 minutes.

### CROSS TRAINING

Cycling, Swimming, Elliptical, Yoga, Equinox Group Fitness.

### STRENGTH DAYS

Choose exercises listed in the training guide, or select 3-5 of your own.

### BASE PACE

Can be thought of as your aerobic, longer distance running workouts, the perceived exertion level should be a 5-6 on a scale of 1-10 and you should feel like you can hold a conversation the entire time.

### TEMPO PACE

The speed where you're just starting to notice your breath; it's more like a 7 on a scale of 1-10.

### THRESHOLD PACE

The speed where you might want to stop but don't have to stop, It's a strongly breathy pace and the perceived exertion level should be an 8 on a scale of 1-10. These workouts will be some of your fastest, most challenging runs of the week.

# EQUINOX HALF MARATHON PROGRAM

PHASE	WEEK	MON STRENGTH DAY	TUES TEMPO RUNNING	WED CROSS TRAINING	THURS SPEED OR HILL RUNNING	FRI STRENGTH DAY	SAT LONG DISTANCE RUN	SUN REST
<b>BASE PHASE</b> Build a base of running endurance as well as lowerbody strength	1	For Endurance: 2 sets of 15 reps per exercise	20 min. run at a speed that's slightly breathy	45-60'	Repeats: 4x 5 minutes at a speed that is strongly breathy	For Endurance: 2 sets of 15 reps per exercise	3 miles	Rest
	2	For Endurance: 2 sets of 15 reps per exercise	20 min. run at a speed that's slightly breathy	45-60'	Repeats: 2x 1 mi. at tempo pace; 2 x 1/2 mi. at tempo pace (2-3 min. rest btwn everything)	For Endurance: 2 sets of 15 reps per exercise	5 miles	Rest
	3	For Endurance: 2 sets of 15 reps per exercise	Repeats: 2x 1 mi. at threshold pace; 2x 1/2 mi. at threshold effort (2-3 min. rest btwn everything)	45-60'	5K (this sets threshold pace)	For Endurance: 2 sets of 15 reps per exercise	6 miles	Rest
<b>BUILD PHASE</b> Adding inclines and threshold pace	4	For Strength: 3 sets of 10 reps per exercise	2 mi. at tempo pace + 4 repeats of half mile each	45-60'	6x 400m (.25 mi. intervals) at threshold pace w/ 2 min. of recovery btwn each	For Strength: 3 sets of 10 reps per exercise	Mile Repeats: 4x 1 mi. at threshold pace with 3 min. recovery btwn	Rest
	5	For Strength: 3 sets of 10 reps per exercise	2x 2 mi. at :10/mi. faster than 5k pace	45-60'	4x half mi. (HMP for first 2/tempo pace for second 2)	For Strength: 3 sets of 10 reps per exercise	7 miles	Rest
<b>PEAK PHASE 1</b>	6	For Strength: 3 sets of 10 reps per exercise	Race a 5k at 2.5% incline	45-60'	8x 400m (.25 mi. intervals) at threshold pace with 2 min. of recovery btn each	For Strength: 3 sets of 10 reps per exercise	3x 2 mi. at threshold pace with 5 min. of recovery btwn	Rest
	7	CORE Strength Only	2x 2 mi. at 2% incline	45-60'	6x half mi. (HMP for first 2/tempo pace for second 2/ threshold pace for last 2)	CORE Strength Only	9 miles	Rest
<b>PEAK PHASE 2</b>	8	For Power: 3 sets of 6 reps per exercise	30 min. of tempo pace	45-60'	10x 400m (.25 mi. intervals) at threshold pace w/ 2 min. of recovery btwn each	For Power: 3 sets of 6 reps per exercise	2x 5K at threshold pace w/ 5 min. recovery btwn	Rest
	9	For Power: 3 sets of 6 reps per exercise	30 min. of tempo pace at 2% incline	45-60'	8x half mi. (HMP for first 2/tempo pace for second 2/ threshold pace for last 4)	CORE Strength Only	10-12 miles	Rest
	10	For Power: 3 sets of 6 reps per exercise	3x2M repeats	45-60'	12x 400m (.25 mi. intervals) at threshold pace w/ 2 min. of recovery btwn each	For Power: 3 sets of 6 reps per exercise	5-7 miles	Rest
<b>BEGIN TAPER PHASE</b>	11	For Plyo: 3 sets of 6 reps per exercise	3 mi. at 4% (:15-30/ mi. slower than base pace)	45-60'	Mile repeats: 4x 1 mi. at threshold pace with 3 min. recovery btwn	For Plyo: 3 sets of 6 reps per exercise	Race a 5K on your own	Rest
<b>TAPER WEEK</b>	12	CORE Strength Only	5K at HMP	45-60'	Striders: (1 mint. on and 1 min. light for 10 repeats)	Rest	Half Marathon	Rest

**CONTACTS**

WE'RE HERE  
TO HELP.

Please contact our fitness professionals for training advice or general information.

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