

Special Interest Articles:

- Base Training and Starting Your Year
- Things That Go Bump in the Night
- US Olympic Marathon Trials
- GPS Review

Running News Bits

- The first edition of the newsletter was a major success, so we're back for a second off season edition!
- The entire 2012 ForeRunner class schedule has been created and planned. For class locations or help in planning your year, contact one of the coaches. We would be happy to help you.
- **Congratulations!** ForeRunner e-coached athlete, Joe Tucker, just ran the Carlsbad Marathon on January 21st 2012. He completed the beautiful, but challenging course in 3:40:08. He had perfect weather and he rocked it. **We're all very proud of you Joe! Absolutely amazing time, Joe!!**
- Don't forget to take advantage of the discounts available for ForeRunner athletes at our partnership businesses; Bucks County Running Co., and The Athletic Shoe Shop, Cycle Sports, and High Road Cycles.

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Base Training and Starting Your Year

Base training is one of the most important aspects of running success, yet all too often it's either not done properly, or skipped entirely. It's considered the foundation of fitness. How strong would a house be with a poorly constructed foundation?

Too many people 'just go for a run' without any regard for where they are in the training year. Good planning at this time of year can help set you up for a great racing season.

There are two energy systems you use when you train, aerobic and

anaerobic. Unfortunately, you can't simultaneously maximize both systems and since the aerobic system is the foundation, it's best to start there. So what does aerobic system training do? Prolonged aerobic training produces the necessary adaptation that is important in getting oxygen to the muscles; by reducing the rate of lactic acid accumulation, and increasing energy production and utilization. As the base begins to build each of these improvements allow you to work harder when you begin working the anaerobic energy system.

Base training is an excellent time to work on form and economy as well, since, as intensities increase later in the season, it becomes harder for an athlete to concentrate on form.

So, how does it work? December is a good month to recover from a strong running year by cutting mileage way down and allow recovery of nagging injuries and energy. As you begin a new year, start back to running by slowing your paces and increasing your mileage, remembering to never increase mileage by



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Basetraining (continued)

no more than 10 to 15% week on week. So, does this mean base training is just long slow miles? No, in fact, once you've done approx 4 weeks of base training, it's a good idea to change out one of the easy runs for some longer, slower intervals. For example a typical workout like this for someone doing 15 to 20 miles per week would be 3 to 5 x 1200 meters at half marathon pace. Compared to doing this

workout in the summer, the pace will feel very pedestrian, but remember this is the time to work the aerobic energy system. There will be plenty of time to do this workout at 5K pace when you're specifically working the anaerobic side of the equation. Remember the hardest part of aerobic training is having the mental discipline to keep your paces under control to continue building your endurance. The goal is to

sort of allow your anaerobic fitness atrophy until the base is built

The biggest question about base training relates to how long should this period be. The easy answer is approx 8 to 12 weeks, but that depends on the beginning fitness of the athlete and their goals.

Bottom line, try to take at least 8 weeks to build your base and 2012 could be your best year yet!

Things That Go Bump in the Night!



Last month we talked about what to wear when it's cold and we even touched on being sure to have reflective running gear on. This month we will explore safety at night. It takes more planning for night running. Along with reflective vest, armbands, or dots, a headlight is also extremely effective. If there is traffic on the road you're running on try to avoid blinding the driver, so keep the lower brightness level. You'll still be able to see, but you won't be a traffic hazard. A small flashlight can work just as well, if you don't have a headlamp. Remember, not only do you need to be seen by cars, but you must be able to see where you're running. Also, it's always a good idea to let someone know of your running plans before you

head out. Tell your spouse, significant other or neighbor, if you live alone, how long you expect to be gone, where you intend to run and the distance of your run. Also offer a map of your running route. That way if something does happen, including Mother Nature's wrath, that person will know where to find you. Carry a cell phone. If an accident, such as a fall, happens you don't want to be stranded on an isolated path. You could be laying there for quite some time. A cell phone may be your only lifeline. Avoid areas that are too isolated or of "questionable repute." It's best to avoid these areas, particularly at night, when you could be a sitting duck for an assailant. Same goes for

any path that may include tunnels, heavily wooded areas or any location where an attacker may hide. In addition, such areas also increase one's likelihood of injury from falls. Carry mace. This tip doesn't just apply to the ladies. Know how to use it or this self-defense aid can backfire. Not only that, test the spray periodically to make sure that it works. Of course, test the spray outdoors in an area that is not frequented by people or animals.

With some precautions, running at night can be safe and even kind of fun.

Keflezighi and Flanagan Triumph at Olympic Trials

Two of the fastest races in Olympic Marathon Trials history took place on the same day Saturday in Houston as the six men and women who will represent Team USA in London earned their way on the squad. Shalane Flanagan set an Olympic Trials record of 2:25:38 in only her second marathon, while Meb Keflezighi earned his third Olympic berth by winning the Trials in a personal best time of 2:09:08. Flanagan led a Trials record five women under 2:30 while Meb led four men under 2:10 for the first time in Trials history.

Men

Keflezighi's performance (Mammoth Lakes, Calif) came only 69 days after his last marathon, where he also ran a then personal best time of 2:09:13 to place sixth at the 2011 ING New York City Marathon. The 2009 ING New York City Marathon winner and 2004 Olympic silver medalist became the first man to win both the U.S. Olympic Trials and the New York City Marathon in his career. At nearly 37 years old, he is the oldest man to win the Olympic Marathon Trials. Defending Olympic Trials champion Ryan Hall (Flagstaff, Ariz) led much of the race en route to securing his second

Olympic berth. Hall set a torrid pace early, with a projected finish of 2:06 that held up through the half-marathon mark. Wind and leg fatigue slowed Hall's pace, as he shook his arms out regularly, but it wasn't enough to keep him from again making the Olympic marathon team as finished second in 2:09:30. Abdi Abdirahman (Tucson, Ariz.) turned heads in the lead pack. Entering the Trials with the 14th-fastest qualifying time, Abdi hadn't run under 2:14 since setting his personal best of 2:08:56 in 2006. Soldiering through a year and a half of injury, Abdirahman finished third in 2:09:47 to clock his fastest marathon since 2006 and make his fourth Olympic Team at age 34. Dathan Ritzenhein (Portland, Ore.), the top American marathoner at the 2008 Olympics, knelt at the finish with his head in his hands as he was 4th in 2:09:55. Ritzenhein had fallen off from Keflezighi, Hall and Abdirahman at approximately the 18-mile mark, and at one point lost sight of the leaders, but he rallied to finish only eight seconds behind Abdirahman..

Women

Flanagan (Portland, Ore.) bettered the women's Olympic Trials Marathon record by two minutes and forty-seven seconds in her

Olympic Trials marathon debut - just the second marathon of her career. Flanagan was in the lead pack throughout the race, but did not step forward as the clear leader until the 21st mile once the lead group of three was clearly set. Flanagan exchanged the lead with Desiree Davila (Rochester Hills, Mich.) several times before surging ahead at mile 24 to run away with the lead. Her winning time was a personal best by nearly 3 minutes.

Davila on Saturday added the word Olympian to her growing resume. Davila led portions of the race from five miles on before dueling with Flanagan in miles 22 through 24. Once Flanagan took the lead for good, Davila held on to finish in 2:25:55, only 18 seconds back.

The 2007 World Championships bronze medalist at 10,000 meters, Kara Goucher (Portland, Ore.) claimed her first spot on the Olympic Marathon squad by finishing third in 2:26:06 After not competing in 2010 due to maternity, this is Goucher's second marathon in nine months after her 2:24:26 showing at the 2011 Boston Marathon.



GPS Review

If you're one of the many runners who now use a GPS watch, you don't need me to sell you on the benefits of this amazing device. The advantage this technology has over a standard watch is almost endless. Not that many years ago, it would have seemed ridiculous to think we could wear something that would not only tell us our time, but the distance and the pace we're running. Global Positioning System (GPS) was developed by MIT in 1978 for the U.S. Department of Defense and was designed strictly for military applications. Originally consisting of 11 orbiting satellites, the GPS--official name NAVSTAR (Navigation System with Timing And

Ranging)--was launched by DOD in 1978 strictly for military use. In 1983, the GPS ceased being solely a military system and was made available for public use. President Ronald Reagan declassified the GPS system in response to a tragedy involving a civilian airplane. With the use of a fairly inexpensive receiver, employers use GPS to track their fleet of vehicles, parents use the system to keep track of small children and of disobedient teenagers, and now runners use it to monitor their running using a watch size device.

So, which GPS watches are the best? According to gpsrunningwatchreview.com, the top 10 GPS watches are:

- 1) Garmin Forerunner 305
- 2) Garmin Forerunner 405CX
- 3) Garmin Forerunner 110
- 4) Garmin Forerunner 405
- 5) Garmin Forerunner 305
- 6) Garmin Forerunner 310XT
- 7) Polar RS800CX
- 8) Polar RS300X G1
- 9) Timex Ironman Global Trainer
- 10) Suunto X10

My personal preference would be Forerunner 205 or 305. The 205 is the same as the 305, but without the heart rate monitor. The accuracy and dependability of these two watches is hard to beat.

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Mark your Calendar

Upcoming races and class schedule

- A popular race among ForeRunner athletes is the St. Lukes Half Marathon (formerly known as the Lehigh Valley Half) Date: Sunday, April 29th 2012. Registration is open now, so don't wait too long as this race sells out. **In fact, their website now indicates they expect to sell out by the end of January!!!:** <http://stlukeshalfmarathon.com/participant-information>
- Interested in running the Broad Street 10 miler? Entry for this race will open in mid-February, but you must respond quickly because last year the 30,000+ slots were sold out in about a day. Stay tuned at the website: <http://www.broadstreetrun.com/register.htm>
- The Bucks 5K Series is scheduled to open on March 25th with the Central Bucks YMCA 5K. There are seven races in the series, so for more information: <http://www.bucks5kseries.com/>
- Pretzel City Sports Racing Calendar: <http://pretzelcitysports.com/calendar.html>
- Runners' Advocate Racing Calendar: <http://users.erols.com/runadvte/>
- **ForeRunner Classes: Semester One will begin on February 20th and finish April 29th. The first week's class will be at Central Park as always.**