



## INTRODUCTION TO TRAINING

We admit that the idea of completing in a running event that covers a 200 mile course is a bit intimidating. Yet, one of the beautiful things about The Bourbon Chase is that you don't have to be a stud to run it. Oh there will be some young stallions and fillies out strutting their stuff, but in reality this is an event that is accessible to nearly everyone - from the dedicated jogger to the serious racer.

The key, of course, is to be properly prepared.

Our best and easiest advice is to train as if you were planning to run a half marathon. In fact, several weeks before the big day you should be able to cover at least 13 miles in one long run. However, it is also wise to keep in mind that in the relay you will break the total distance into three runs. Therefore, we suggest that you add a few "double sessions" to your training routine leading up to the relay. This little exercise will go a long way in preparing your body - and your mind - for the multiple-leg experience that awaits you in The Bourbon Chase.

Many folks have asked for a little direction for their training. Although there is no "official" training program of The Bourbon Chase, below are several options you might consider. These are 12-week training schedules, which assume the runner is already in decent shape. Further, they are only guides for your training. Use them - or don't use them - at your own risk.

The programs are broken down into 3 categories: Jogger, Runner, and Racer.  
Jogger = runs casually a few days a week so you can drink bourbon guilt-free  
Runner = runs 5 days/week; races a few times/year; drinks bourbon to celebrate good runs  
Racer = addicted to running; races competitively; drinks bourbon for needed calories

Finally, below are a few key principles before getting started.

- I. Get your physician's okay before beginning this or any exercise program.
- II. All workouts should include:
  1. Warm-up A 5-15 minutes warm-up should precede every session and is used to prepare the body for the upcoming work.
    - \*A warm-up involves:
      - a. Large muscle group movements
      - b. Easy stretching
  2. Aerobic Phase

3. Cool-down- A 5-15 minute cool-down should follow each aerobic session.

It allows the body to gradually return to its normal state.

\* A cool down involves:

- a. Slower movement allowing the heart rate to drop below 100 beats/minute
- b. Easy stretching

III. Remember: For training to have a maximum benefit, exercise within your target heart zone. Roughly, this equates to  $220 - \text{your age} \times 0.70$ . Usually this figure is between 120-145 beats/minute.

#### Brief Explanation of Paces (Runner/Racer)

Term	Distance	Pace	Rest	Typical Workout
Strides	100 meters	fast, but relaxed	long	5 miles easy 6 x strides
Cruise Intervals	1000 meters - mile	5K race pace + 24 secs/mile 10K race pace + 10 secs/mile	short	6x mile w/1 min rest
Tempo (Steady)	3 - 5 miles	5K race pace + 24 secs/mile 10K race pace + 10 secs/mile	N/A	4 miles steady
Repetitions	200-400 meters	mile race pace or faster	long	8 x 200 meters w/600 jog
Intervals	400 meters - mile	5K race pace	medium	5 x 800 meters w/400 jog
Fartlek	varies	Varies	varies	6 x 3 mins fast/3 min easy 6 x 5 mins fast/1 min easy 7 x 1 min fast/5 min easy