



MARATHON & HALF MARATHON TRAINING PROGRAM

Join our marathon training program—designed to meet the needs of the first time marathoner to the advanced competitor. From the pre-race Nike Expotique, to the on-course chocolate mile and Pedi-care station, to the elegant Finisher Necklace by Tiffany & Co. – the Nike Women's Marathon is a special event. Every last detail has been planned with a woman in mind.



13.1 Miles: Challenge your endurance, patience, and will! A taste of the marathon vibe but with less of the weekly mileage and shorter weekend "long runs."



26.2 Miles: Achieve the ultimate runner's high! This test of patience, stamina, and mental focus involves the highest commitment, the biggest sense of accomplishment, and the most energizing crowds.

Race: Nike Women's Half and Full Marathon, October 23, 2005, www.nike.com/nikemarathon/

Race Location: San Francisco. Start & finish in SF's Union Square.

Training: June 1 – October 23

Training Locations: From Santa Cruz to Palo Alto to San Francisco. We vary our workouts to keep the training interesting!

Program Cost: \$500 (\$450 without team bag & race singlet) + race entry.

Here's some of what you'll get:

- 21-week, individualized training program designed based on your goals and needs (starts with a meeting on May 29th w/ a detailed written schedule to follow upon receipt of athlete questionnaire) that will accommodate runners, walkers or run/walkers
- Personal guidance from veteran coach Cristin Reichmuth and her experienced assistant coaches
- Telephone & E-mail consultation on a weekly basis (initiated by athlete)
- Goal-setting, injury prevention, and nutrition assistance
- Analysis of progress provided with adjustments made based on your results
- Deep discounts with incredible athletic supply retailers
- Helpful tips & suggestions provided enabling you to train more effectively
- Motivation, support and assurance
- Accountability to enhance self-discipline
- Organized and supported weekly group runs (time will change based on weather and length of run)
- Special Body and Mind Solutions Marathon Training T-shirt and a special race singlet by team sponsor, TYR, valued at \$70
- Nike team bag valued at \$45
- Nutrition supplements by PowerBar and a water bottle by Specialized to keep you hydrated. Welcome to your new best friends.



Training Philosophy

The information delivered during the training program will enable runners of all ability levels to finish a marathon comfortably and safely. This program centers on a few simple training concepts: (1) A gradual increase in long run mileage, (2) Modest weekly mileage totals, and (3) Injury prevention strategies. The biggest challenge of the marathon is NOT the ability to finish the race but rather, the task of making it to the starting line both rested and healthy. For this reason, we do not believe it is necessary to undergo a lot of high intensity training (e.g., speed work, hill repeats, entering lots of shorter races, etc.) for the runner whose primary goal is to finish the race. We also strongly believe that it is NOT necessary to run the full marathon distance in practice. In fact, the longest training run we recommend is 23 miles no more than four weeks leading up to the race. Although we can't promise that the training will be easy, we can say that most athletes who have followed our training plans not only finished their events successfully but also enjoying their training and avoided burnout. You can too!

Body and Mind Solutions

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