

TRAINING MANUAL

TABLE OF CONTENTS

i.	ACKNOWLEDGEMENT	2
A.	WELCOME LETTER	4
B.	COACH BIOGRAPHY	5
C.	THE POWER OF BELIEF	6
D.	TRAINING PHILOSOPHY	7
E.	THE TRAINING PROGRAM	8
F.	TRAINING DEFINITIONS	9
G.	TRAINING / TRAINING ZONE	10
H.	VDOT TRAINING ZONES	11
I.	ATHLETIC SHOES AND CLOTHING	12
J.	STRETCHING	13-16
K.	RUNNING MECHANICS	17
L.	COMMON RUNNING INJURIES	18
M.	R.I.C.E.	19
N.	CROSS TRAINING	20-22
O.	HILL TRAINING	23
P.	WEIGHT AND PERFORMANCE	24-25
Q.	NUTRITION	26
R.	INTRO TO TRACK FOR DISTANCE RUNNERS	27
S.	SPEED WORK	28
T.	TRAINING SCHEDULE—MARATHON	29-33
U.	TRAINING SCHEDULE—HALF MARATHON	34-37
V.	PREDICTED FINISH TIMES	38
W.	TRAINING AND SAFETY ETIQUETTE	39
X.	THE TAPER	40
Y.	TIPS AND TRICKS	41-44
Z.	POST-MARATHON RECOVERY	45
AA.	FINAL THOUGHTS	46
BB.	WEEKLY TRAINING LOG	47
CC.	CHECKLIST	48
DD.	CITATIONS	49
EE.	HOW TO SELECT A COACH	50
FF.	DISCLAIMER	51