

The road to **success!**

tips for terrific training

by **Jeff Galloway** U.S. Olympian

- **Don't wait to take walk breaks.** By alternating walking and running from the beginning, you speed recovery without losing any of the endurance effect of the long one. Start with jogging one to two minutes and walking two to three minutes. As your training level increases, you can adjust your run/walk ratio to running five minutes/walking one minute on your long runs.
- **Be sure to do the running portion slow enough** at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.
- **Every other day you can cross-train** instead of walking. Cross-country ski machines, water running, cycling, and any other mode which you find fun and interesting (but non-pounding) will improve overall fitness.
- **Stay conversational on all of your exercise sessions.** This means that you should be exerting yourself at a low enough level that you could talk. It's okay to take deep breaths between sentences, but you don't want to "huff & puff" between every word.
- As the runs get longer, **be sure to keep your blood sugar boosted** by eating an energy bar (or equivalent) about an hour before exercise. Drink water continuously before and during exercise, and with all food.



Hannaford is the **Official Trainer**
of the TD Banknorth Beach to Beacon 10K Road Race.
For more information, please visit us at hannaford.com

Eat to **win!**



race training
nutrition tips from
Joan Benoit Samuelson

Nutrition for Training

- **Eat 17-26 calories per pound of body weight per day**, depending on your training intensity. For example, a 150 lb. person training 3-4 days per week should consume 3,300 calories per day.
- **Eat a diet high in carbohydrates** - 60% of your calories should come from complex carbohydrates (fruits & whole grains), 20-25% from fat (meats, cheese, nuts) and 15-20% from protein (fish, beef, poultry, soy, legumes).
- **Drink lots of fluids.** Avoid coffee and alcohol. It's a good idea to carry a water bottle around with you while at work, school or play.
- **Eat snacks every 2-3 hours.** Energy bars, fresh fruits and whole grains are all good snack foods for a body in training.

Race Day Fuel

- **Eat a very light meal, high in carbohydrates, 2-4 hours before the race starts** (avoid all concentrated sweets and sugars immediately before). An example of a high-carb, light meal is a piece of fruit and a toasted whole-grain bagel.
- **Avoid high fiber and gassy foods.**
- **Drink lots of water before and during the race.** Plan to drink 4-6 oz. of water every 10-20 minutes during the race.
- **Don't try anything new!**

After the Race

- **Refuel after the race** with 50-100 grams of carbohydrates within 15 minutes of your finish. For example, 100 grams of a good carbohydrate is 1 small apple or 1 oat bran bagel. Start with liquids and switch to solids.

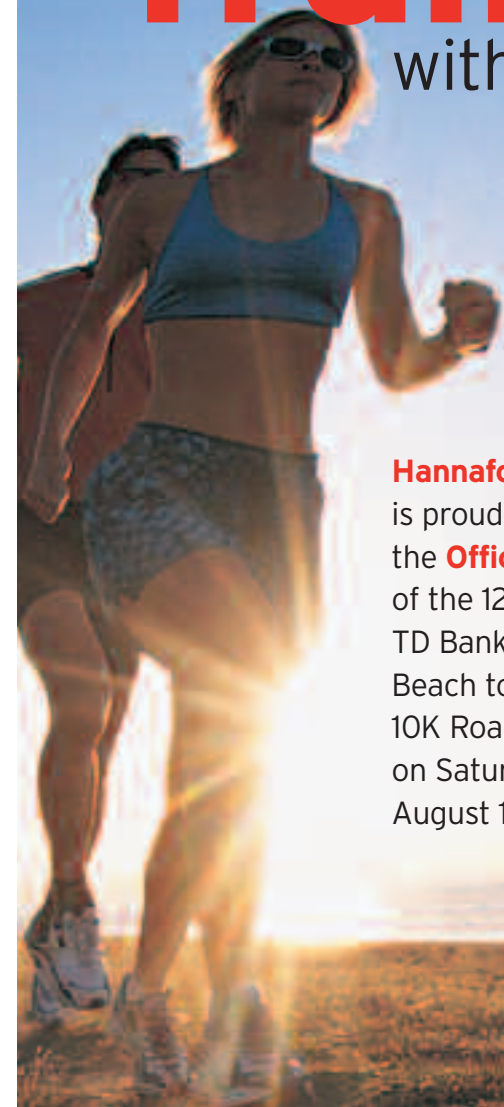


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Train

with us!



Hannaford
is proud to be
the **Official Trainer**
of the 12th Annual
TD Banknorth
Beach to Beacon
10K Road Race
on Saturday,
August 1.





run, run run!

Hannaford's 6-Week Training Calendar for the TD Banknorth Beach to Beacon 10K Road Race

Training developed by U.S. Olympian Jeff Galloway.

Join us on **Tuesdays at 5:30 PM** at the Forest Ave. Hannaford store for a free group training run.

Free refreshments for all participants!

JUNE/JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 21 Walk or Cross-train	June 22 Run 20-30 minutes	June 23 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 3 miles	June 24 Walk or Cross-train	June 25 Run 30-45 minutes	June 26 Rest	June 27 Run 6 miles
June 28 Walk or Cross-train	June 29 Run 20-30 minutes	June 30 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 3.5 miles	July 1 Walk or Cross-train	July 2 Run 30-45 minutes	July 3 Rest	July 4 Run 6 miles
July 5 Walk or Cross-train	July 6 Run 20-30 minutes	July 7 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 4 miles	July 8 Walk or Cross-train	July 9 Run 30-45 minutes	July 10 Rest	July 11 Run 6 miles or 5K
July 12 Walk or Cross-train	July 13 Run 20-30 minutes	July 14 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 4.5 miles	July 15 Walk or Cross-train	July 16 Run 30-45 minutes	July 17 Rest	July 18 Run 7 miles
July 19 Walk or Cross-train	July 20 Run 20-30 minutes	July 21 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 5 miles	July 22 Walk or Cross-train	July 23 Run 30-45 minutes	July 24 Rest	July 25 Run 4 miles OR 5K

JULY/AUGUST						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 26 Walk or Cross-train	July 27 Run 20-30 minutes	July 28 Train with Us! Meet at red tent outside Forest Ave. Hannaford at 5:30 PM Run 5.5 miles with U.S. Olympic Gold Medalist Joan Benoit-Samuelsen	July 29 Walk or Cross-train	July 30 Run 30-45 minutes	July 31 Rest	August 1 TD Banknorth Beach to Beacon 10K Good Luck, Runners!

• Be sure to consult with your physician before beginning any training program. Consult your physician if you feel any discomfort, experience dizziness, fatigue, chest pain or shortness of breath. Be conscious of your safety - wear reflective clothing, run with a friend, and drink plenty of fluids.

Final stretch!

Tara Nau
Hannaford Wellness Center Manager

There are numerous benefits to stretching which include reducing the risk of injury to joints, muscles and tendons by increasing range of motion; reducing muscular soreness and tension after running; and enhancing athletic performance. Along with a great training program and choosing the right running shoe, stretching is the most important thing you can do to protect your body. To avoid injury, follow these helpful hints:

- **Warm up first** to prevent injuries during and after your run (easy jogging for 5-10 minutes will do). Warm muscles stretch more easily than cold muscles.
- **Avoid bouncy or jerky movements** as they can pull or tear the muscles. Your muscles need to be stretched gradually.
- **Hold each stretch** for 30-40 seconds.
- **Do not stretch beyond the point** where you begin to feel tightness in the muscle, or muscle resistance. Never stretch to the point of discomfort or pain.
- **Stay relaxed and breathe deeply and rhythmically** during stretching.
- **Breathe in through your nose and out through your mouth** in order to get enough oxygen during each breath. Do not hold your breath.
- **Build stretching into your regular routine** both before and after your run. A program should include stretches for the calves, hamstrings, thighs, groin, hip flexors, shins, buttocks, arms, and achilles heel.
- **If you feel the need to abbreviate the program above** before you run, the minimum stretching should include calves, hamstrings, thighs, arms, and groin. Following your run, take the time to complete the full stretching program.

