

FUSION
FOOTWEAR

RELAY MARATHON
TRAINING GUIDE

FOX CITIES RELAY MARATHON
SEPT 22, 2024



WWW.FOXCITIESMARATHON.ORG



DO THIS

We at Fusion Footwear applaud you for your decision to run or walk in this year's Fox Cities Relay Marathon. We are here to support you each step of the way as you commit to this meaningful goal and community event.

We are better together!

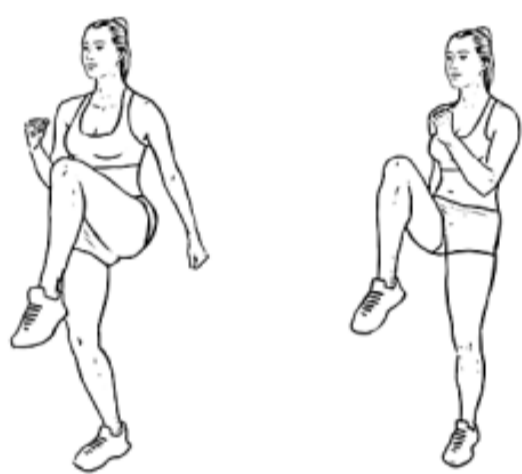
This training guide will help you succeed in your training, on race day, and during your recovery after the race. Included here are safe, encouraging, and proven training principles that will help you avoid injury, maximize your performance, and have a fun and rewarding race day.

WARM UP

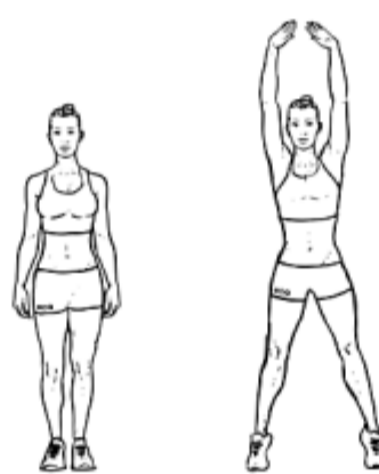
One of the best ways to get off on the right foot is to get in the habit of warming up your body before you train. The goal is to improve blood flow to your muscles and gently stretch them to avoid injuries.

Research shows that a dynamic warm-up is the best way to begin your workout. Here's a few suggestions to get your body ready for each workout.

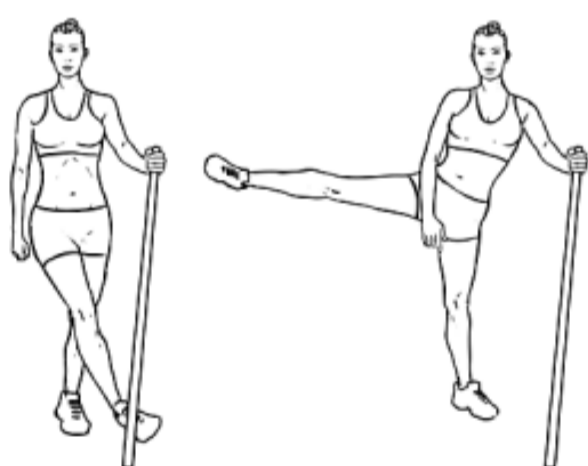
Do each move for roughly 30 seconds.



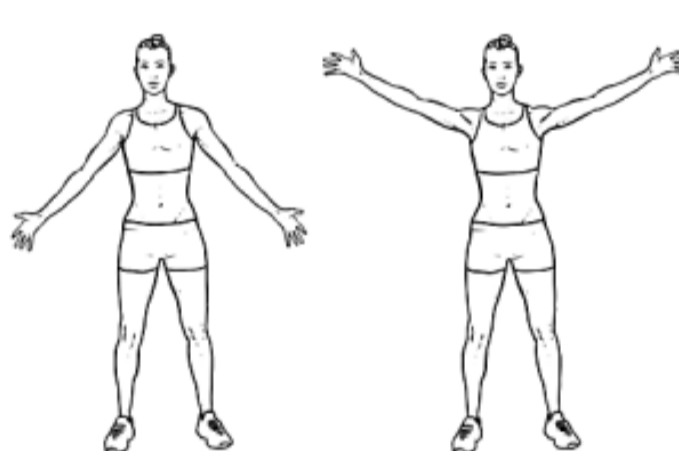
High Knees / Front Knee Lifts



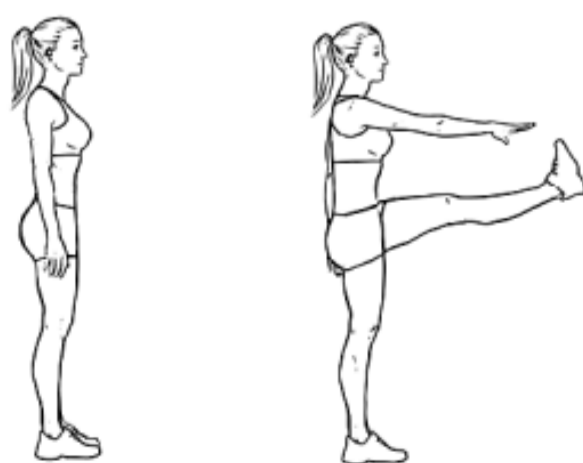
Jumping Jacks / Star Jumps



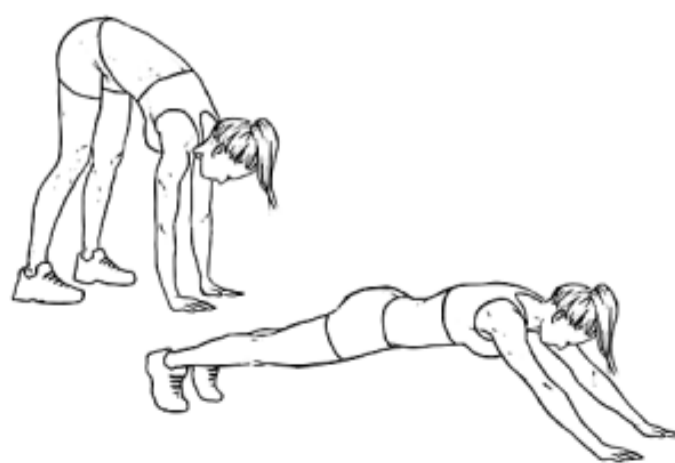
Side Leg / Hip Swings



Standing Arm Circles



Walking High Kicks /
Soldier March



Inchworm / Walk Out

SCHEDULE

We are all unique individuals with different genetics, physical traits, attitudes, and abilities. Couple that with our very different family/work/life commitments and individual goals, things can get confusing. The team at Fusion Footwear has carefully crafted the following framework to help you plan and implement a consistent and effective training schedule.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	2.5 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	3 mile run	Rest
Week 2	2.5 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	3.5 mile run	Rest
Week 3	2.5 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	4 mile run	Rest
Week 4	3 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	4 mile run	Rest
Week 5	3 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	4.5 mile run	Rest
Week 6	3 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	5 mile run	Rest
Week 7	3 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest	5.5 mile run	Rest
Week 8	3 mile run	Rest or Cross Train	2 mile run	Cross Train	Rest		

BELIEVE IN YOURSELF



Preparing your body to work

Your body has a lot of work to do to get ready, and we designed a framework to get you started. This guide suggests running 3 times per week and lists suggested distances for each run. This guide recommends one long run per week and two full rest days.

Build your aerobic capacity

Generally, your long run (Saturday) should be done at a slower than race pace to help you build your aerobic capacity. Choose another day (Monday or Wednesday) to work on your speed "race pace."

Listen to your body

Running all these runs at your race pace is an almost certain way to overtrain, burn out, and get injured. Listen to your body, attend to conditions for your training run, and make adjustments as needed.

We're here to help YOU

If this is your first time or 100th time racing, it does not matter. We are here to answer your questions, and support your needs. If you are looking for motivation, we can help with that too!





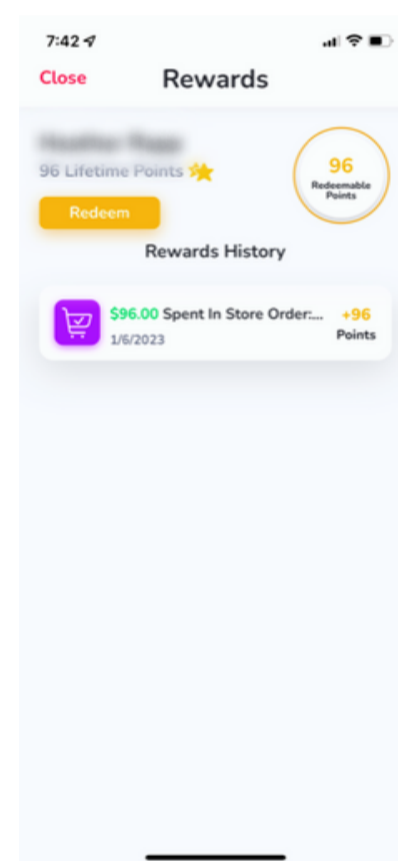
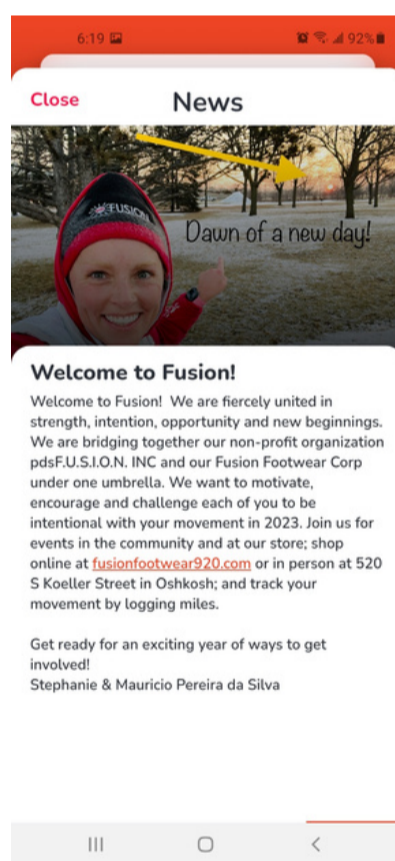
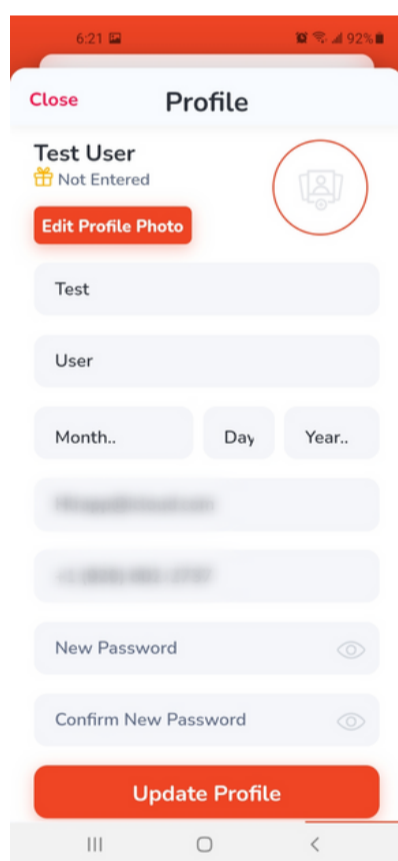
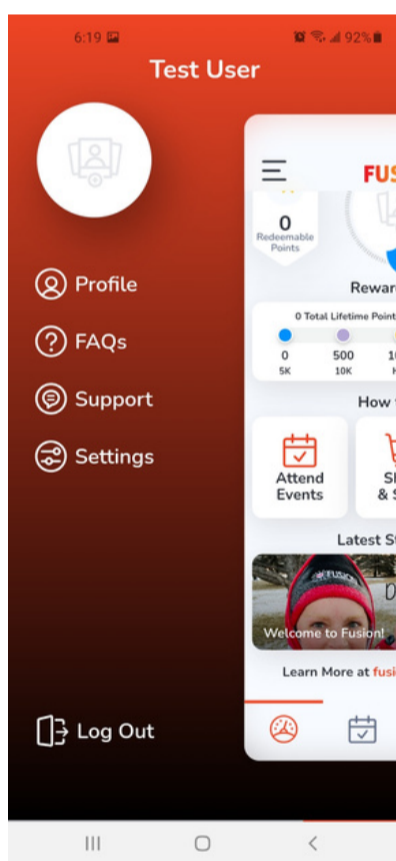
Come train with us! You do not need to train for this alone. Join the team at Fusion Footwear for weekly runs leading up the event!

FUSION REWARDS APP: HOW TO FOR USERS

Edit your Profile:

News Feed:

Rewards:



Mondays: 6:45pm Oshkosh North Track (Speed Work)
Saturdays: 7:00am (See Locations on App)

**Join
us!**



Build Strength, Become a Better Runner

It's been said, "You don't run to get fit, you get fit to run." If your body has a weakness, running will find it. Running and walking long distances places stress on your muscles, tendons, and bones, which is a good thing when done properly. The better your strength, flexibility, and ability to tune into your body, the better you will perform, and the less likely you are to get injured. A strong core and lower body can keep you healthy. These are Fusion's recommendations:

Plank
45-60 seconds



Overhead Forward Lunge
6-8 reps per leg



Russian Twists
10-12 reps



Stability Ball Jackknife
10-12 reps



Scorpion
3-5 reps



Stability Ball Leg Curl
6-8 reps



Back Extension
10-12 reps



Rotational Shoulder Press
6-8 reps



Squat to Overhead Press
10-12 reps



Alternating Row
10-12 reps



hydrate

Our bodies are about 60% water, and our muscle tissue itself is about 75% water. We must hydrate our bodies well if we expect them to perform in a race.

If your body runs out of water or glycogen, your muscles will shut down and you will begin to cramp. Learn your body's sweat rate with this simple calculation (this only applies to the condition on the day you do the test. The warmer the weather, the more humid, the higher your sweat rate, and the higher your needs for fuel will be.)

- Weight yourself nude prior to the run.
- Run at race pace for one hour and keep track of how much you drink (in ounces) during the run.
- Towel off after your run and weigh yourself nude again.
- Calculate: (weight prior to the run - weight post run) + ounces drank during run = total fluid loss.

This will tell you how much fluid your body lost in one hour, and therefore indicate the amount you need to replenish hourly. Divide it by 4 to calculate how much you need every 15 minutes. The sweat rate does not account for electrolyte loss or glycogen depletion.



It is important to consider the glycogen our muscles require during a race. Glycogen is the sugar (fuel) that runs the engine of our muscles and keeps them working.

Our glycogen levels are determined by a mixture of our genetics, training and diet. We store glycogen in our liver and skeletal muscle. On a basic level, how much glycogen you have in your legs at the start of a race will help determine how far and how fast you can run.



Carbohydrates are an important consideration because they break down quickly and enter our bloodstream to provide energy to our working muscles. This results in our burning less stored glycogen during prolonged activity. It is important to consume carbohydrates in the form of energy drinks, bars and gels.

We can train our body to burn fat on long runs rather than glycogen by decreasing our intensity of training. Put another way, the faster you run, and the less trained you are, the more you burn glycogen. Try running your long runs at a rate of 1 minute slower than your pace to train your body to burn less glycogen, and instead use fat as a source of fuel so you can run longer and faster.

It takes practice and experimentation to find the right combination of energy drinks, bars and gels that work best for you!



Stretch It Out



SHOULDERS & UPPER BACK



NECK



QUADRICEPS



CALVES



GLUTES & ABDUCTORS



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



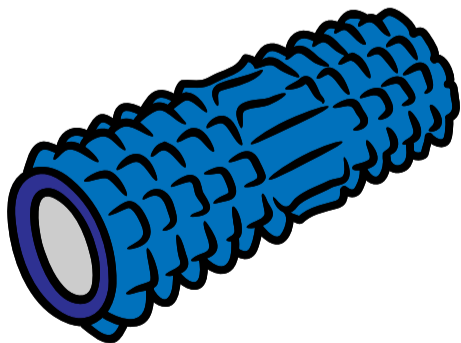
CALVES, HAMSTRINGS & LOW BACK



GROIN & ADDUCTORS



GLUTES & LOW BACK



Back



Hamstrings



Quads



Adductors



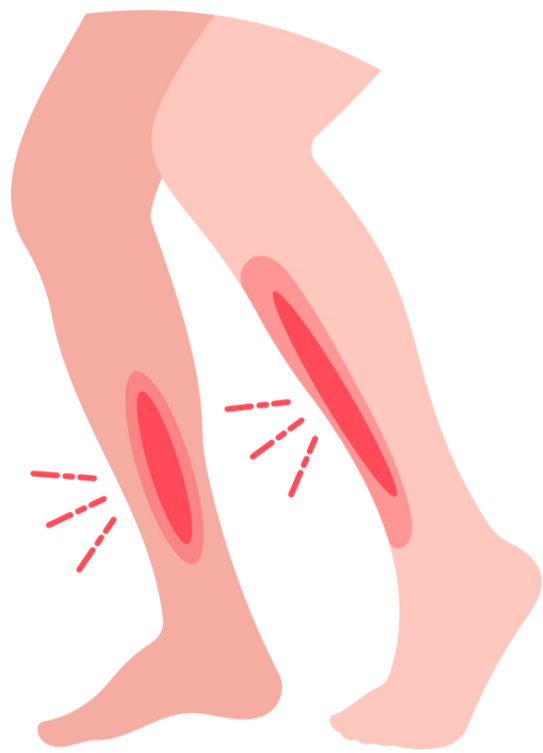
Calves



Outer Thigh



Glutes



THAT HURTS, NOW WHAT?

During training, it's important to know the difference between muscle soreness from training and an injury that needs attention. Here are some signs you shouldn't ignore:

- Sharp Pain-pain that is above a 3 (on a scale to 10) and lasts during or after a run is a sign that something is wrong and you need to stop. Sharp, focused pain that causes you to alter your stride or stops you from running is a sign you need to rest, and often times get checked by sports medicine doctors.
- Swelling---swelling could be a sign of overuse, tendon injury, muscle tear, or a joint problem. Icing the area is good, but if it persists, see sports medicine.
- Weakness and fatigue---these are often times symptoms of overtraining. Perhaps you are not getting enough rest, poor hydration or fueling, not sleeping enough, or muscle inhibition from an injury. Take time to rest, recover and sleep. If you rest, and symptoms persist, see your medical doctor.
- Blisters--blisters usually mean you have a sock problem or your shoes don't fit well or are too worn. When you notice these things, head to Fusion Footwear. Socks, shoes and many times inserts will help. If you have the proper footwear (shoes and socks), blisters and black toenails should not happen.





Race Day!

Plan Ahead

Race day is an exciting time. Fusion Footwear recommends you plan ahead. Make a written plan for all the logistics of your race to minimize the stress.

- Get your race packet early.
- Know how you will get to the start line from home and when you finish.
- Plan your race gear, and use it on your long training runs to be sure that it works well. Avoid wearing new shoes, clothing and gadgets for the first time on race day.
- Hydrate and FUEL well the week before your event. The night before the race, avoid eating something new or eating too much.
- CELEBRATE the work you put into training and the experience of racing. You made it and show everyone "BECAUSE YOU CAN!"



- BIB
- SAFETY PINS
- SHIRT
- SHORTS OR PANTS
- SPORTS BRA
- SHOES
- SOCKS

- HAT OR VISOR
- SUNGLASSES
- HEADPHONES
- WATCH
- BODYGLIDE
- ORTHOTICS/INSOLES
- MUSCLE TAPE
- SUNSCREEN
- SPIBELT OR CARRIER
- FUEL (NUTRITION/HYDRATION)

- GEAR CHECK BAG
 - SANDALS
 - ID + MONEY
 - DRY CLOTHES
 - SNACKS
 - FOAM ROLLER

All of these items and more can be found at Fusion Footwear. Show your race registration and receive 10% off purchase!