

MARATHON AND HALF MARATHON TRAINING GUIDE



Community First Fox Cities Marathon Weekend of Events
Sept. 20-22, 2024



ThedaCare®

www.thedacare.org/Ortho



www.foxcitiesmarathon.org



Let's Do This

We at ThedaCare applaud you for your decision to run or walk in this year's Fox Cities Marathon or Half Marathon, and we are here to support you every step of the way. Congratulations on your commitment to this meaningful personal goal and significant community event.

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 experience. You will learn about:

- ✓ Safe and effective warm-up techniques
- ✓ Recommended training schedules
- ✓ How pacesetters can assist with personal training runs
- ✓ Proper ways to stretch, foam roll, and strengthen your core to support better running
- ✓ Race day tips for hydration and proper footwear
- ✓ How to tap the expertise of **ThedaCare Orthopedics** should you have an injury during training or on race day.

Contents

Heat Up Your Training with Proper Warm-Ups	3-4
Training Schedules	5-6
Training Wisdom	6
Come Train with Us	7
Pacesetters Schedule	7
Build Strength, Become a Better Runner	8-10
Fuel Up to Go Far	11
Sweat Rate Calculation	11
Glycogen for the Long Haul	12
Stretch It Out to Leg It Out	13-15
Running and Rolling	16-17
That Hurts, Now What?	18
It's Race Day! Plan Ahead	19
Recovery Begins at the Finish Line	20
Providers	21-26

Heat Up Your Training with Proper Warm-Ups

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 help avoid injuries. Research shows that a dynamic warm-up is the best way to begin your workout. Here are a few suggestions for dynamic movements that wake up your muscles and get your body ready to run, walk, or cross train.



Running with High Knees

SETS: 2 REPS: 10 DAILY: 1 WEEKLY: 7

Setup

Begin standing upright in a long, flat, open space.

Movement

Move forward with quick small steps bringing your knees up to waist height each time.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.



Braided Sidestepping

SETS: 2 REPS: 10 DAILY: 1 WEEKLY: 7

Setup

Begin standing in a long, open, flat surface.

Movement

Walk sideways, alternating between stepping behind or in front of your leading foot.

Tip

Make sure to maintain your balance during the exercise.



Heat Up Your Training with Proper Warm-Ups

Skip with High Knee

SETS: 2 REPS: 10 DAILY: 1 WEEKLY: 7

Setup

Begin standing upright in a long, flat, open space.

Movement

Skip forward driving your knee up each time you jump as you swing your opposite arm up overhead.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.



Lateral Shuffles

SETS: 2 REPS: 10 DAILY: 1 WEEKLY: 7

Setup

Begin standing in a long, open, flat, space.

Movement

Bend your knees and hips into a mini squat position. Then quickly skip to the side.

Tip

Make sure to keep your core engaged and do not arch your low back during the exercise.



Walking Forward Lunge

SETS: 2 REPS: 10 DAILY: 1 WEEKLY: 7

Setup

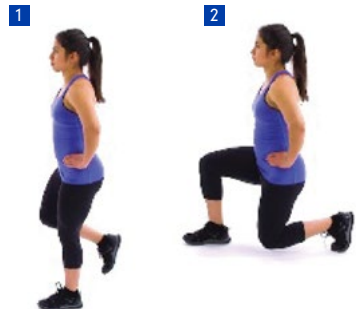
Begin standing upright with your hands at your hips.

Movement

Take a large step forward, lowering into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

Tip

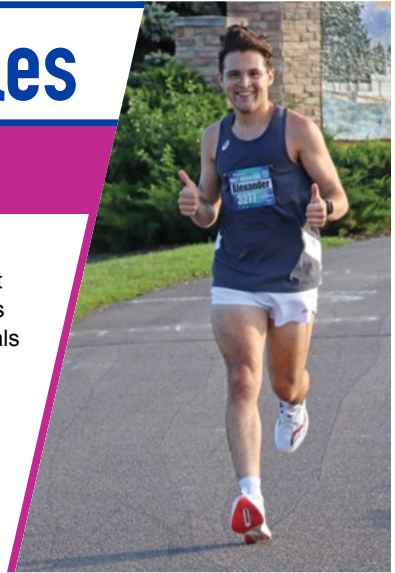
Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.



Training Schedules

How much, how far, how often?

A simple online search will show you hundreds of different plans, opinions, and ideas about how to get your body ready for a long race. The truth is, there is no one right way to do it. We are all unique individuals with different genetics, physical traits, attitudes, and abilities. Couple that with our different family/work/life commitments and individual goals, things can get confusing. Therefore, our team has carefully crafted the following framework to help you plan and implement a consistent and effective training schedule.



THEDACARE HALF MARATHON TRAINING SCHEDULE

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5/27-6/2	Rest	3 miles	2 miles	3 miles	Rest	4 miles	XT
6/3-6/9	Rest	3.5 miles	2 miles	3.5 miles	Rest	5 miles	XT
6/10-6/16	Rest	4 miles	2 miles	4 miles	Rest	6 miles	XT
6/17-6/23	Rest	4 miles	2 miles	4 miles	Rest	5 miles	XT
6/24-6/30	Rest	4.5 miles	3 miles	4.5 miles	Rest	7 miles	XT
7/1-7/7	Rest	4.5 miles	3 miles	4.5 miles	Rest	7.5 miles	XT
7/8-7/14	Rest	4.5 miles	3 miles	4.5 miles	Rest	8 miles	XT
7/15-7/21	Rest	5 miles	3 miles	5 miles	Rest	7 miles	XT
7/22-7/28	Rest	5 miles	3 miles	5 miles	Rest	8 miles	XT
7/29-8/4	Rest	5 miles	3 miles	5 miles	Rest	10 miles	XT
8/5-8/11	Rest	5 miles	3 miles	5 miles	Rest	8 miles	XT
8/12-8/18	Rest	6 miles	3 miles	5 miles	Rest	10 miles	XT
8/19-8/25	Rest	6 miles	3 miles	5 miles	Rest	5 miles	XT
8/26-9/1	Rest	6 miles	3 miles	5 miles	Rest	11 miles	XT
9/2-9/8	Rest	4.5 miles	3 miles	3.5 miles	Rest	7 miles	XT
9/9-9/15	Rest	4.5 miles	2 miles	3 miles	Rest	5 miles	XT
9/16-9/22	Rest	4 miles	3 miles	2 miles	Rest	Rest	13.1!

XT: cross training

COMMUNITY FIRST FOX CITIES MARATHON TRAINING SCHEDULE

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5/27-6/2	Rest	3 miles	3 miles	3 miles	Rest	9 miles	XT
6/3-6/9	Rest	3 miles	4 miles	3 miles	Rest	6 miles	XT
6/10-6/16	Rest	3 miles	5 miles	3 miles	Rest	11 miles	XT
6/17-6/23	Rest	3 miles	5 miles	3 miles	Rest	12 miles	XT
6/24-6/30	Rest	3 miles	6 miles	3 miles	Rest	9 miles	XT
7/1-7/7	Rest	3 miles	6 miles	3 miles	Rest	14 miles	XT
7/8-7/14	Rest	3 miles	7 miles	4 miles	Rest	15 miles	XT
7/15-7/21	Rest	3 miles	7 miles	4 miles	Rest	13 miles	XT
7/22-7/28	Rest	4 miles	8 miles	4 miles	Rest	17 miles	XT
7/29-8/4	Rest	4 miles	8 miles	5 miles	Rest	18 miles	XT
8/5-8/11	Rest	4 miles	9 miles	5 miles	Rest	13 miles	XT
8/12-8/18	Rest	5 miles	9 miles	5 miles	Rest	19 miles	XT
8/19-8/25	Rest	5 miles	9 miles	5 miles	Rest	12 miles	XT
8/26-9/1	Rest	5 miles	10 miles	5 miles	Rest	20 miles	XT
9/2-9/8	Rest	5 miles	8 miles	4 miles	Rest	12 miles	XT
9/9-9/15	Rest	4 miles	6 miles	3 miles	Rest	8 miles	XT
9/16-9/22	Rest	3 miles	4 miles	2 miles	Rest	Rest	26.2!

XT: cross training

Training Wisdom

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 4x per week** and lists suggested distances for each run. The guide recommends **one long run per week** and **two full rest days**.

Build your aerobic capacity

Generally, your long run should be done at a slower than race pace to help you build your aerobic capacity. Choose another day of the week to run at actual race pace. This would typically fall on the Wednesday of the schedule.

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 the conditions of your training run, and take what you are given.

Learn to adapt

If you are tired, sore, or run down, don't just run fast because that is what your schedule says; rather, adjust and shift your schedule. Or if you are slated to do a long run and it's 95 degrees and humid, swap days so you don't wear your body down.

We're here to help you

If you have trained for a race before, you can draw on your experience of how your body performs under certain conditions. If this is your first time, ask plenty of questions. We are here for you.

Come Train with Us

No-cost physical therapy consultations

We have partnered with PaceSetters of the Fox Cities to offer you in-person support and camaraderie. Our physical therapy team will be present at 14 of the scheduled long runs hosted by PaceSetters this summer.

ThedaCare Orthopedics offers **no-cost physical therapy consultations at all of our locations** to assess your running, mechanics, or injury.

Call us at **920.831.5050** to learn more or set an appointment.

THEDACARE ORTHOPEDIC CARE LOCATIONS:

APPLETON

ThedaCare Medical Center-Orthopedic, Spine and Pain
2400 E. Capitol Drive

- Orthopedic and Sports Medicine Surgery
- Pain and Physiatry
- Therapy Services
- Orthopedic Walk-In Services

ADDITIONAL THERAPY SERVICES

Encircle Health
2400 E. Capitol Drive

DARBOY
W5282 Amy Avenue

NEENAH
1516 S. Commercial Street

OSHKOSH
600 N. Westhaven Drive

TRAINING RUNS WITH THEDACARE AND PACESETTERS

Week	Date	Full Distance	Half Distance
1	June 1	8 miles	4 miles
2	June 8	9 miles	4 miles
3	June 15	11 miles	6 miles
4	June 22	12 miles	5 miles
5	June 29	9 miles	7 miles
6	July 6	14 miles	7.5 miles
7	July 13	15 miles	8 miles
8	July 20	13.1 miles	7.3 miles
9	July 27	17 miles	8 miles
10	August 3	18 miles	10 miles
11	August 10	13 miles	8 miles
12	August 17	20 miles	10 miles
13	August 24	12 miles	5 miles
14	August 31	20 miles	11 miles
15	September 7	12 miles	7 miles
16	September 14	8 miles	5 miles
17	September 22	Marathon (26.2)	Half Marathon (13.1)

Join PaceSetters Running Club members, *ThedaCare Orthopedic Care specialists and Community First Fox Cities Marathon staff for weekly training.



Crunch Fitness

2500 S. Kensington Drive, Appleton
Saturdays - 7:00 am
Rain or shine
(Join the PaceSetters Training Runs Facebook Group for updates)

- For all abilities and age groups!
- Safe runner/walker courses that vary each week
- Run/walk portions of the Fox Cities Marathon & Half Course!

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—and especially training for a half/full marathon—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 exercises will help build your strength.

Supine Bicycles

SETS: 1 REPS: 10-30 DAILY: 1 WEEKLY: 4-5

Setup

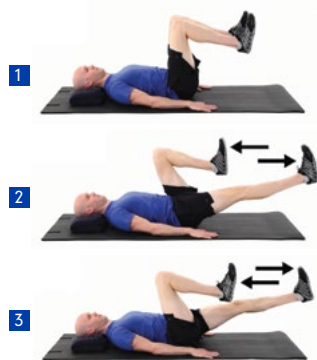
Begin by lying on your back with your hips and knees bent, and feet resting flat on the floor. Your arms should be flat at your sides, palms facing the ground.

Movement

Lift your legs off the ground, then slowly straighten one leg, and repeat on the other side.

Tip

Do not allow your back to arch during the exercise.



Marching Bridge

SETS: 1 REPS: 10-30 DAILY: 1 WEEKLY: 4-5

Setup

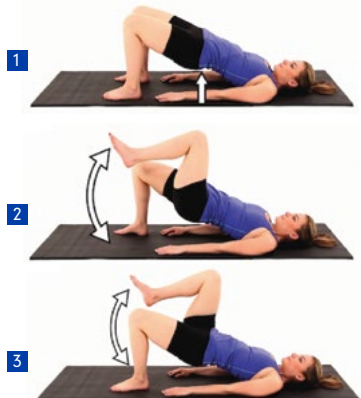
Begin lying on your back with your arms laying straight to your sides, knees bent, and feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Lift one leg off the ground, keeping your knee bent. Lower it back down and repeat, alternating between each leg.

Tip

Make sure to keep your back straight throughout the exercise and your arms flat on the floor.



Build Strength, Become a Better Runner

Sidelying Hip Abduction

SETS: 1 REPS: 10-30 DAILY: 1 WEEKLY: 4-5

Setup

Begin lying on your side with your legs straight.

Movement

Slowly lift your top leg up towards the ceiling, then lower it back to the starting position and repeat.

Tip

Make sure to keep your knee straight and do not let your hips roll forward or backward during the exercise.



Full Superman on Table

SETS: 1 REPS: 10-30 DAILY: 1 WEEKLY: 4-5

Setup

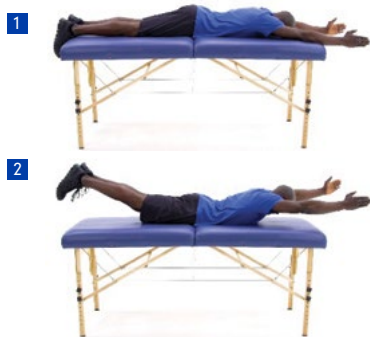
Begin lying on your front on a table with your arms straight overhead.

Movement

Engaging your back and core muscles, slowly raise your arms, upper body, and legs off the surface. Hold briefly, then relax and repeat.

Tip

Make sure to keep your core engaged and avoid excess tension in your neck and shoulders during the exercise.



Standard Plank

SETS: 1 REPS: 2-3 HOLD: 30 DAILY: 1 WEEKLY: 4-5

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.



Build Strength, Become a Better Runner

Side Plank on Elbow

SETS: 1 REPS: 2-3 HOLD: 30 DAILY: 1 WEEKLY: 4-5

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.



Standing Heel Raise

SETS: 3 REPS: 10 DAILY: 1 WEEKLY: 4-5

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.



Lateral Step Down

SETS: 3 REPS: 10 DAILY: 1 WEEKLY: 4-5

Setup

Begin by standing on a platform or step with one leg hanging off the edge.

Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.



Fuel Up to Go Far



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 long race.

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

If your body runs out of water or glycogen, your muscles will shut down and you will begin to cramp. For marathon distances cramping happens most often around mile 20-21 and is known as **the wall**. The wall can happen on any run if we don't stay tuned in to our bodies.

TUNE IN TO YOUR BODY

- Learn your body's sweat rate
- Understand how race day weather conditions will affect you
- Find a source of glycogen your body tolerates well

SWEAT RATE CALCULATION

This calculation only applies to the conditions of the day you do the test. In other words, the warmer or more humid the weather, the higher your sweat rate, and the higher your need for fluids on your run.

- 1 Weigh yourself nude prior to your run
- 2 Run at race pace for one hour and keep track of how much you drink (in ounces) during the run.
- 3 Towel off after your run and weigh yourself nude again
- 4 Calculate: (weight prior to 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. No matter what, always listen to your body, and drink when you are thirsty. Note: The sweat rate calculation does not account for electrolyte loss and glycogen depletion.

Glycogen for the Long Haul

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 the 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. Therefore, during periods of prolonged exertion, it is important to consume carbohydrates in the form of energy drinks, bars, and gels.



YOU CAN TRAIN TO RETAIN GLYCOGEN

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 1-2 minutes slower than your race pace to train your body to burn less glycogen, and instead use fat as a source of fuel so you can run longer faster.

Ultimately, it takes practice and experimentation to find the right combination of training and use of energy drinks, bars, or gels to find what works best for you.



Stretch It Out to Leg It Out

We often hear, “I have tight hamstrings because I’m a runner.” It’s true that any time we do an activity repeatedly, we develop certain habits and postures. Those postures lead to certain muscles being on stretch and others on slack.

Good posture typically involves neutral spine position and optimal range of motion in our joints to allow for free and easy movement. Running and walking place a spotlight on our leg flexibility, and this often determines our stride. The tighter we are, the more restricted our stride or imbalance, which can lead to injury. A regular stretching routine after your workout is key to promoting the most efficient and healthy stride with every step. Try these stretches after each run/walk.

Standing Hamstring Stretch with Step

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

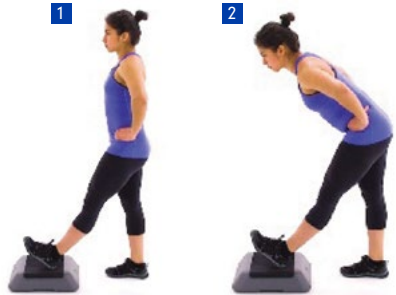
Begin standing upright with your heel placed in front of you on a step and your hands resting on your hips.

Movement

Slowly bend forward at your hips until you feel a gentle stretch in the back of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain a slight bend in your stance leg. Avoid bouncing during the stretch.



Standing Gastric Stretch

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.



Stretch It Out to Leg It Out

Standing Quadriceps Stretch

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

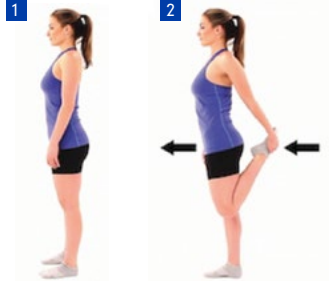
Begin standing upright with your heel placed in front of you on a step and your hands resting on your hips.

Movement

Slowly bend forward at your hips until you feel a gentle stretch in the back of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain a slight bend in your stance leg. Avoid bouncing during the stretch.



Half Kneeling Hip Flexor Stretch

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.



LIVING YOUR BEST LIFE

ThedaCare's orthopedic team provides world-class care focused on your mobility and overall health.

Make an appointment with us today.



Stretch It Out to Leg It Out

Seated Piriformis Stretch

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.



Butterfly Groin Stretch

SETS: 1 REPS: 2-3 HOLD: 20 DAILY: 1 WEEKLY: 7

Setup

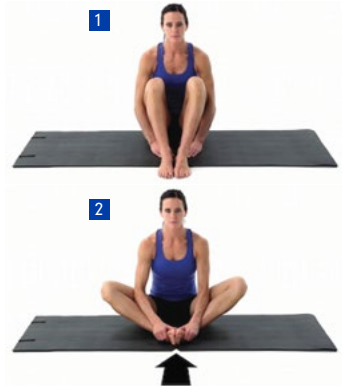
Begin by sitting upright with your knees bent and soles of your feet together.

Movement

Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

Make sure not to let your low back slouch.



PAIN MANAGEMENT

From the weekend warrior to the serious athlete, Orthopedic Care sees and treats sports-related injuries of all shapes and sizes.

Make an appointment with us today.



Running and Rolling

It's been called "the pillar of pain," but the foam roller can also be your friend. Running takes a toll on your leg muscles, and trigger points and tight spots can develop and slow you down or lead to injury. Just like stretching, regular use of a foam roller can keep you moving. Try these rolling techniques to help get rid of pesky sticky points in your lower body. You will help your form and maximize your recovery.

Rolling is for Muscles, Not Bones

Less is more, and be sure to avoid rolling over bones and joints. Use your body weight to provide pressure on your muscle groups, and when you find a tight spot, hold it for a few seconds. Foam rolling is best after your workout and pairs nicely with stretching.

Quadriceps Mobilization with Foam Roll

SETS: 1 REPS: 5-10 DAILY: 1 WEEKLY: 3-4

Setup

Begin in a plank position with a foam roll placed directly under your thighs.

Movement

Slowly lift your feet off the floor, then roll back and forth over the foam roll.

Tip

Make sure to keep your thigh muscles relaxed during the exercise.



Hamstring Mobilization with Foam Roll

SETS: 1 REPS: 5-10 DAILY: 1 WEEKLY: 3-4

Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your thigh.

Movement

Push yourself off the ground with your arms and slowly roll your thigh back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.



Running and Rolling

Sidelying IT Band Foam Roll Mobilization

SETS: 1 REPS: 5-10 DAILY: 1 WEEKLY: 3-4

Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

Make sure to keep your back straight throughout the exercise.

1



2



Calf Mobilization with Foam Roll

SETS: 1 REPS: 5-10 DAILY: 1 WEEKLY: 3-4

Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

Movement

Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

1



2



Gluteus Mobilization with Foam Roll

SETS: 1 REPS: 5-10 DAILY: 1 WEEKLY: 3-4

Setup

Begin sitting on a foam roller.

Movement

Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

1



2



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 because they may indicate an injury that needs evaluation and treatment.

- **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 either need rest or you should get it checked.
- **Swelling**—Swelling could be a sign of overuse, tendon injury, muscle tear, or a joint problem. Icing the area is a good idea, but if it persists, go see a medical provider.
- **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, going to the local running store is your best bet. New socks, shoes, or a better fit for your foot will help. If you have proper footwear, blisters and black toenails should not happen.
- **Weakness/cramping/fatigue**—These symptoms could be from over training, not enough rest, poor hydration or fueling, not sleeping enough, or muscle inhibition from an injury in your leg. Take time for rest, recovery, sleep, getting proper nutrition, and hydration. If you rest and these symptoms persists, seek help.
- **Feeling sick**—You could have a cold, fever, stomach problems, or allergies, but you should not "run through" any of these. If your training schedule says run, but your body says no, take a day off. After all, your body won't get much quality training done anyway. If you notice you are losing weight rapidly or your urine is consistently dark, you are not giving your body enough rest and hydration. Remember, training tears down our muscles for our body to build them up and make them stronger. Rest is when that rebuilding process happens.

DON'T FORGET

We are just a phone call away. We are happy to see you for a free injury consultation, answer your questions, and offer advice about training and recovery.

Make an appointment with us today.



It's Race Day! Plan Ahead

Plan ahead

Make a plan for all the logistics of your race day well in advance to minimize your stress.

- Get your packet early.
- Know how you will get to the start line and home from the finish.
- Plan your race gear and use it during your long training runs to be sure it works well. Avoid wearing new clothing, shoes, or gadgets for the first time on race day because they could cause chaffing or rubbing and cause problems.



The day you have been dreaming about has arrived. Here are some tips to make the day go smoothly and help you perform at your best.



Hydrate

Hydrate well the week before the event and watch your diet to fuel your body well. The night before race day, avoid eating something new or eating too much. Throughout your training, use your long run day as a test for how well your fuel works so you are not guessing on race day.

Match

Match your long runs to the same time of day as your event, and if possible, match the weather conditions. You will get a good feel for how your body performs on actual race day.

Remember

Remember to take what race day gives you—and no matter what—celebrate the day. You have worked hard, and you deserve to enjoy the event. If there is bad weather, adjust your pace, goals, and outlook to match conditions. If you ignore hot, humid, or windy conditions, you can hit the wall early and have a very painful and unhappy day. Each race presents its own set of challenges, but the finish is always a wonderful accomplishment!

Recovery Begins at the Finish Line

Start your post-race recovery safely until you can get back home and begin your post-race routine.



Keep walking after you finish

During the race, blood has been redirected to the working muscles in your legs and away from internal organs. It's important to continue walking after you finish your race for about 20 minutes to allow the body to redistribute your blood supply. Otherwise, you may feel nauseous (not enough blood flow to the stomach) or dizzy and weak (not enough blood flow to the brain).

Replenish your body's fluids

Begin drinking fluids slowly at the finish line as soon as your body is able to tolerate them without feeling nauseous. Sports drinks containing electrolytes and sodium replace the fluid and salt your body has lost during the race. Keep track of urination color and frequency to monitor your hydration status.

Slowly add food to restore energy

Begin eating solid food when your stomach feels like it can handle it. Good sources of energy, sodium, and potassium are bananas, pretzels, bagels, energy bars, and other easily digested high-carbohydrate foods. Your muscles are primed to recharge most efficiently in the first few hours after the race. Eat slowly, and be aware of any nausea to avoid vomiting.

Take a lukewarm or cool shower

Avoid hot showers until you are completely rehydrated because they can dilate your blood vessels and cause you to get dizzy and pass out. Avoid hot tubs because they will worsen swelling and inflammation in the muscles and joints.

Avoid pain relievers

We recommend avoiding any aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve) until you are rehydrated (as indicated by passing light yellow or colorless urine). These products can harm your kidneys when they are stressed by dehydration and prolonged exercise.

Ice up for sore muscles

For sore muscles and joints, apply ice packs for 20 minutes 3-4 times per day for the first two days post-race. Do not apply ice directly to your skin. Gentle stretching for the calves, quads, hamstrings, IT bands, glutes, and low back can begin right away.

Take good care of your skin

Skin care is important to limit damage and prevent infection. For scrapes, chafe, and open blisters, washing twice daily with soap and water, applying antibiotic ointment and covering with a bandage for the first few days. For larger blisters that have not broken, apply cold packs and consider carefully draining them. If you choose to drain them, we recommend washing with soap and water, then wiping with alcohol, letting the alcohol dry, and then popping them with a sterile needle near the edge of the blister. Take care of the popped blister as noted above and watch carefully for any signs of infection. If you see redness or pus develop, seek medical attention.

Fox Cities Marathon Medical Director

David Hirschi, MD, Sports Medicine



Orthopedic Surgery Specialists

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Orthopedic Trauma



Maddie Eggert, PA
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Hip and Knee Replacement



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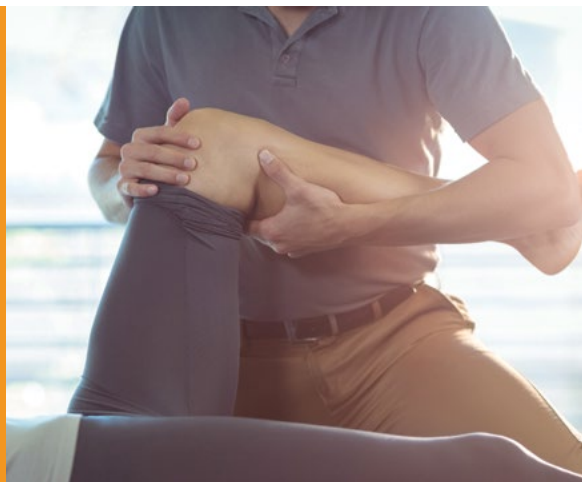


Shari Van Straten, FNP
Ortho/Sports Medicine

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- Sports injuries
- Sprains
- Strains

**ThedaCare Medical Center-
Orthopedic, Spine and Pain
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For hours go to: [thedacare.org/Ortho](https://www.thedacare.org/Ortho)

