

Paceline SMH Half Marathon 2012 Coach Supported Training Group/Program

Questions & Answers

What is this training group/program?

Paceline Coaching and Training offer a group training program targeting the SMH Half Marathon (Sunday 20th May 2012) supported by an experienced coach. The program runs for 15 weeks starting week commencing 6 February, 2012. You should be committed to run 3 times per week. The program has you running on Monday, Wednesday and Saturday.

Who is the Coach?

Anne Powell is your coach. Anne is a Level 3 coach who has years of experience as a coach and a runner. She will lead your Saturday training run and will provide ongoing support including the review of your weekly training log. Anne is also the coach at the Paceline Monday and Wednesday night training sessions held in Mosman – so if you can make either or both of those sessions you will see a lot of Anne and will be well equipped to run the Half Marathon in May.

Are there any pre-requisites for joining the group?

The program is designed for first time half marathon runners or those people wishing to train in a group on a program written by a running expert and with support from a coach.

Paceline Coaching & Training promote running as a sustainable form of exercise to promote good health and fitness. As part of your wellbeing program, setting goals is important and a half marathon is a significant challenge for most people. Running is a physically and mentally demanding activity and it is important to build up your training to ensure your body (muscular and skeletal) are prepared for the training required to successfully complete the half marathon. Paceline therefore recommends that people wishing to join their half marathon training program have at least 12 months running experience with a minimum of 15km per week in the two months preceding the start of the training program.

What distance should I be able to do before the training group starts?

Ideally, you should be able to run (or run/walk) 10km by end January 2012 in 75 mins or less.

Why join this training group?

For most people, running a half marathon for the first time may be one of the most physically challenging experiences they have undertaken in their life to date. Training with a group is motivating and fun. It helps you to realise you aren't the only one who is taking a step 'to a place you've never been before' and that it is okay to have some anxiety – this is absolutely normal. The support and encouragement you will receive from your coach and your fellow runners will be invaluable.

I am a slow runner – will this group be okay for me?

This training program is designed to encourage everyone to have a go – even if you are really slow. It is likely for first time half marathoners to walk some of the challenging sections of the course and also in training – this is okay.

What is the fee to join the training group/program?

The fee is \$330.00 (equates to \$22 per week).

What is included in the program fee?

You receive:

- ✓ 15 week training program detailing what training (distance and type) you need to do each week. This program is tried and tested over many years.
- ✓ A training log template. Each week you are required to complete your training log and email it to your coach who will review and provide support/advise where appropriate.
- ✓ Organised Saturday long runs covering the distance(s) as shown on your program (included in program fee).
- ✓ Education sessions – there will be at least 2 throughout the program. Topics include nutrition, injury and prevention, mental preparation and lots more. Dates/times to be set.
- ✓ Regular 'useful info' emails.
- ✓ Organised post-race function
- ✓ Motivation – endless!

Are the Monday/Wednesday Paceline training sessions included in the Program fee?

No, they are a separate fee. The usual session fee is \$10 casual or buy 11 passes for \$100. For runners on this program there is a **special offer of 12 passes for \$100**. The program has been structured this way as not everyone can make the sessions and therefore would be unfair they pay for training they can't attend.

What should I do if I can't make all the Paceline training sessions on Monday & Wednesday?

On your training program there are examples of sessions you can do on Monday and Wednesday that will meet the training requirements of the program. They will be similar to the Paceline training sessions – though it is always easier to run with a group and a coach leading the session.

Saturday Long Runs

Each Saturday, Anne will lead the long run (these are included in the program fee). As the pace of runners will vary, Anne won't be able to run with everyone each week. Anne will be at the start to organise the group(s) and will encourage people to buddy up with other runners of a similar speed so that you don't run on your own. Anne will also be there at the finish to ensure everyone gets back safely and will provide morale support when the going gets tough!

A map showing the route for the Saturday long run will be available at www.pacelinecoaching.com.au on the Thursday prior. It is important that you print a copy of the route and bring it with you to the run.

How long are the runs?

The distances vary and will be shown on your training program. The maximum distance you run in training is 19km.

Where do they start?

Most runs will start at the Allan Border Oval in Mosman, although there are a couple of 'special' runs details of which will be shown on your program.

What time do the Saturday runs start?

6.30am in February and March as the weather can still get quite hot and therefore the early start will mean you are finished before the heat of the day sets in. As the run distance increases, the runs may commence at 6.00am.

Why complete a training log?

To get full value out of the program you should complete your training log each week. For the coach to give you personalised support, they need to know what training you've been doing and how you are feeling. It also keeps you accountable and provides a good record for you to use when you train for your next half marathon. Your log should be completed each weekend and emailed to your coach by Monday morning. The coach will respond within 48 hours.

How do I register?

Complete the 2 forms attached and email to Anne at: anne.powell@au.pwc.com **by Monday 30 January, 2012.**

After your registration form has been received, you will receive a confirmation email and an invoice. Once payment is received your training program will be emailed to you.

What computer access do I need?

- a. Valid email address.
- b. Be able to open an excel spreadsheet and use excel (basic okay).

I have run a half marathon before and feel I need a more personalised program what should I do?

Susan Griffith, Principal of Paceline Coaching and Training who can write a program for your specific needs. Contact Susan on:

susang@pacelinecoaching.com.au or call **0414 252330** to discuss your needs.

Have other questions?

Then please email them to:

Anne - anne.powell@au.pwc.com
Susan - info@pacelinecoaching.com.au

SMH Half Marathon Coach Supported Training Group/Program Registration Form

Please complete this form by 30 January 2012 and return email to:
anne.powell@au.pwc.com

Name			
Address			
Your age (and DOB)			
Contact phone:	Work	Home	Mobile
Email			
Weight: Have you had weight loss/gain of >5k in last 12 months?			Height
Have you event completed a half marathon before? If Yes, when, where and what time did you do?			
How many years have you been a regular runner?			
List running events you have competed in during over the last 12 months (and your time if you remember)			
Briefly comment on why you want to run the SMH half marathon, and what is your objective, eg just to finish, to finish in a particular time.			
Do you do any other sporting activities? If Yes, what are they and how often.			
Do you currently have OR have you had in the last 12 months any Injuries that has stopped you running? If so, what and when.			
How would you rate your general health? Are you currently on any medication that may affect your training?			

Participation Form – if you have not previously completed a Paceline Coaching and Training Participation form please complete the form on the next page in addition to this page.

Participation Form

Form of Deed for completion by participants

To participate in a Paceline Coaching and Training running program or its designated activities, it is necessary that you read, complete and sign this form and return to info@pacelinecoaching.com.au.

Name

Address

Email

Date of Birth (age today) Telephone (m).....

Person to contact in case of emergency

Name

Mobile

1. Over the past 6 weeks how often have you completed 30 mins of aerobic exercise (minimum would be a brisk walk):
- a. 0 times
 - b. 1-2 times a week
 - c. 3-5 times a week
 - d. More than 5 times per week

2. Do you suffer from
- a) Heart Problems Yes / No
 - b) Asthma Yes / No
 - c) Medical Condition that may irritated by vigorous exercise Yes / No

3. Are you pregnant? Yes / No

If you answered **Yes** to questions 2. and/or 3. you must discuss with your coach before commencement of your first session.

I hereby acknowledge and agree as follows:

- a) I am medically fit (including physically and mentally) to participate in exercise/running &/or cycling training sessions and that I have not been advised otherwise by my medical practitioner.

- b) I am participating in the sessions voluntarily and am aware that there is an inherent danger in participating in exercise, cycling and running and I am aware that my participation may result in serious personal injury, permanent disability or death.
- c) I, in consideration of and as a condition of my participation in the session, or other activity, including but not limited to training session, running and cycling events and social activities for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I or they might otherwise have for, or arising out of loss of my life of injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry and/or participation in that training session/event/activity.
- d) When participating in designated training sessions or activities, I agree to follow all instructions given by the coach/group leader and abide by and accept any decision made under the rules of the coach/group leader for the conduct of that event/activity.
- e) I agree to participate in the sessions in a manner that is not reckless or dangerous to myself or other people.
- f) I am over the age of 18 at the time when I sign this declaration. (Parent/guardian to sign if under 18)

Signed sealed and delivered by:

.....
Full name

Date

.....
Signature