

# RUN



**DANSKIN**  
TRIATHLON SERIES

an *Xtra Mile* LLC property

# RUN



## RUN SKILLS and RUN TRAINING

Running is the last leg of the triathlon. This means that run fitness is essential, because you must walk/run while feeling the effects of cumulative fatigue from swimming and cycling. Running biomechanics and cardio endurance are key to having a strong finish.

Running well is a combination of biomechanics, conditioning and pacing. Proper body position reduces the risk of injury while it improves your performance. Developing a running base and adding speed training to it improves finish times (and maybe your enjoyment). Proper pacing (minutes per mile) can help get you to the Finish Line in less time and with more smiles.

One of the secrets to success is to design a training plan and stick to it. You might even want to join a team with a professional, certified triathlon coach. Sometimes, and this is important, it is tempting to let our busy lives get in the way of our training and our health. Be prepared for this likelihood by planning your available time; don't let it get hijacked by other demands.

## RUN TIPS

- Fall in love with running: it is a high caloric-burn sport.
- Blisters are common for runners. Make sure that your shoes are in good shape. Get shoes fitted correctly for your biomechanics; they should also have a lot of extra toe room.
- Get a training partner. She will help keep you from missing workouts.
- Learn the four parts of any workout and incorporate them into each session: warm-up, main set, cool down and stretching.
- Educate yourself by reading more. Naturally, I recommend the just revised [Triathlons for Women](#).

## ESSENTIAL RUN GEAR

Shoes

*Optional*

Lace locks  
Elastic laces  
Hat or visor

Socks  
DASH monitor

## GENERAL RACE DAY ITEMS

Gear Bag marked with your race #  
Warm clothes

Sunscreen  
Rain gear  
Pre-race snacks

*Optional*

Camera

Vaseline or BodyGlide  
Baby powder

## ESSENTIAL POST RACE GEAR

Some cash

Post-race meet up plan

*Optional*

Cooler for the post race picnic

Camera  
Cell phone

## SAMPLE WORKOUT

### Steady State Run

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy to very fast walk	Z1	5	~
10% Skill Set	Biomechanics: work on running tall	Z2	5	~
70% Main Set	Run at 75-80% of your run maximum heart rate	Z3	15-30	2-4 miles
10% Cool Down	Easy walk or slog	Z1	5	~
<b>Summary:</b>			<b>30-45 min</b>	<b>2-4 miles</b>

