

**2015
Utica Roadrunners/Fitness Mill
Boilermaker Training Program**

Top Ten things to remember when Training for the Boilermaker:

1. The number one mistake people make when they begin an exercise program is they do too much too soon. Go at your own pace, don't push too hard.
2. Warm up and Stretch before you run - If you are short on time go out slow then stop stretch and continue your run.
3. STRETCH After your run! Very important.
4. WATER, WATER, WATER I don't think I need to say anymore than that☺
5. Run in a upright position with your arm swing at your side, in a front to back motion. Not side to side or in front of you. Use your arm swing to get you up the hills.
6. Use this time to figure out what works for you! No one can tell you to eat before you run or how much water to drink on the run. Everyone is different. What works for me may not work for you. So try it on the training run not in the Boilermaker.
7. EVERYONE has good days and bad days. Some days you feel like a million dollars and you could run 10 miles. Other days you can barely make a block. Don't let that get you down. Celebrate your successes!
8. Pick out a race to participate in before the Boilermaker (KAC June 4th). If you need help deciding which one to do, talk your friends or other trainees, they can make suggestions about the races that they have enjoyed. We call them RACES, but we run them for FUN and just to get the experience of running in that environment.
9. Run safely.
 - If you are going to run alone make sure you have identification on you.
 - Make sure you let people know where you are running.
 - Make sure you wear your vests or better yet get a flashing light.
 - Make eye contact with the drivers of cars before you step in front of them.
10. LISTEN TO YOUR BODY !

Schedule for Week1

| Training Program | Date | Minutes/ Miles | Walk | Run | Speaker | Topic | Total |
|------------------|----------|-------------------|------|-----|-------------|------------|-------|
| Saturday | 02/07/15 | 15 | 14 | 1 | Al Calagero | Stretching | |
| Sunday | 02/08/15 | | | | | | |
| Monday | 02/09/15 | | | | | | |
| Tuesday | 02/10/15 | 16 | 7 | 1 | 2 sets | | |
| Wednesday | 02/11/15 | | | | | | |
| Thursday | 02/12/15 | 18 | 7 | 2 | 2 sets | | |
| Friday | 02/13/15 | | | | | | 18 |

Fitness Mill Information:

- We are guests here so please respect the members and follow the rules.
 1. Bring an extra pair of shoes to wear for your work out.
 2. Pay attention to the direction of the flow on the track.
 3. Don't walk in the run lanes.
- Take advantage of the free week pass. Check out the classes that are offered

**The information on the web site is important. Please take the time to read the articles.
The schedule, maps and other important information is on the website.**