



2022

KENTUCKY DERBY FESTIVAL  
*mini* & **MARATHON**

LOUISVILLE, KY

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GE APPLIANCES

2022 NORTON SPORTS HEALTH

# TRAINING MANUAL



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# Welcome

Welcome to the 2022 Norton Sports Health Training Manual for the GE Appliances Kentucky Derby Festival miniMarathon and Marathon. Norton Sports Health is the official medical provider and training partner for the races. The purpose of this guide is to help walkers and runners of all levels train safely while enjoying their time preparing for the miniMarathon or marathon.

Whether you're a beginner or veteran racer, you'll find tips for safe walking and running, injury prevention, cross-training and nutrition, along with how to train to reach your full potential. It is important to remain on schedule and keep track of your training during the week.

In addition to this self-guided training manual, we encourage you to take advantage of Tuesday and Saturday group runs. We also invite you to join training program coordinator Stephanie Fish on Tuesdays at noon for a community conversation over Zoom. More information about how to join will be provided in weekly emails and at [NortonTrainingTips.com](https://www.nortontrainingtips.com).

Before beginning any training program, consult your sports health or primary care provider to ensure you are healthy enough to properly train and complete a race.





Congratulations on taking your first step on the road to the 2022 GE Appliances Kentucky Derby Festival miniMarathon/Marathon. We are glad you've chosen to train with Norton Sports Health, the official training partner and medical

provider for the event. We want to help you succeed in your running or walking goals, have some fun and, more important, improve your health and fitness along the way.

The Norton Sports Health training team includes athletic trainers, nutritionists, a sports psychologist and surgical and nonsurgical orthopedic specialists — all with experience in training athletes of all ages and levels. We provide specialized care for sports teams and organizations from around the region, including Churchill Downs, Bellarmine University, the Louisville Bats and Jefferson County Public Schools. We also are the official health care provider of the Louisville Cardinals. Of course, we've also helped thousands of individuals just like you achieve their fitness goals, and we are out there pounding the pavement ourselves.

As a part of Norton Healthcare, Norton Sports Health is grounded in a mission to not only care for those who are sick and injured, but to improve the health and wellness of our community. That's why we're here to help you train for the GE Appliances Kentucky Derby Festival miniMarathon/Marathon. Now let's get started.

**Steven T. Hester, M.D., MBA**  
*Division President, Provider Operations  
 System Chief Medical Officer  
 Norton Healthcare*



The GE Appliances Kentucky Derby Festival miniMarathon and Marathon mark the largest day of road racing in Kentucky, and we're excited for that tradition to return on Saturday, April 30, 2022. You've made a big commitment to participate in our races

and, thanks to Norton Sports Health, we're able to help you achieve that goal.

Over the next 15 weeks, we hope you'll take advantage of this free training regimen. It's customized for both walkers and runners at every level — from novice to seasoned veterans. In addition to weekly group runs, this program will provide you with the latest information on nutrition, training tips, injury prevention and treatment guidelines.

One of the top 100 road races in the country, participants come from all 50 states and many countries to run with us. So, you'll be in great company on race day! Whether this is your first race, or just one of many, this program will help make your race experience safe and successful.

We appreciate your support of the Kentucky Derby Festival and our races. Best of luck over the next several weeks. We'll see you at the finish line!

**Matthew Gibson**  
*President and CEO  
 Kentucky Derby Festival*



## About Norton Sports Health

Norton Sports Health, a part of Norton Healthcare, is one of the Louisville area's leading sports-related injury prevention and treatment programs. From professional, collegiate and high school competitors to those who just want to stay fit, Norton Sports Health provides advanced care for athletes and active individuals of all ages. The Norton Sports Health specialists are experts in surgical and nonsurgical treatments and rehabilitation for all types of sports-related injuries. In addition to caring for sports injuries, these specialists are involved in research to gain a better understanding of why athletes become injured. The Norton Sports Health team includes fellowship-trained orthopedic surgeons, nonsurgical orthopedic specialists, neurologists, a sports psychologist, nutritionists and athletic trainers who work together to design customized programs to meet each patient's specific needs.

To learn more about Norton Sports Health or to find a sports health specialist, visit [NortonSportsHealth.com](http://NortonSportsHealth.com) or call **(502) 629-1234**.

### Coming January 2022

Norton Healthcare will open a comprehensive sports performance, health and wellness facility unlike any other in the region. Located at 9541 Westport Road, at the corner of Westport Road and Hurstbourne Parkway, in Louisville, the new Norton Sports Health Performance & Wellness Center will offer fitness programs, state-of-the-art technology and training for elite athletes, as well as programming and workout space for casual exercisers and those new to fitness. From training professional athletes to supporting those who are exercising for the first time, Norton Sports Health is here to help you meet your fitness goals.

## Meet your training team



### **Robin G. Curry, M.D.**

*Medical Co-director*  
GE Appliances Kentucky Derby Festival miniMarathon and Marathon

Dr. Curry currently is the head team physician for Bellarmine University. She also serves on the medical advisory board of the Atlantic Sun Conference. She previously served as medical co-director for Ironman Louisville. She also was a member of the board of directors for Girls on the Run Louisville. Dr. Curry is an avid runner.



### **Ryan E. Modlinski, M.D.**

*Medical Co-director*  
GE Appliances Kentucky Derby Festival miniMarathon and Marathon

Dr. Modlinski is head team physician for University of Louisville baseball. He also is a team physician for Bellarmine University, Jefferson County Public Schools and Kentucky Country Day School. He has served as team physician for many high school and college sports teams, as well as the Atlantic Coast Conference men's and women's basketball tournaments, minor league baseball and semipro football, among others. Dr. Modlinski also has served as a medical co-director for Ironman Louisville. He is an avid runner and enjoys taking care of local runners of all levels.





**Jeffrey S. Stephenson, M.D.**  
*Medical Co-director*  
 GE Appliances Kentucky  
 Derby Festival miniMarathon  
 and Marathon

Dr. Stephenson is a team physician for Bellarmine University, University of Louisville men’s basketball and Fern Creek High School. He also has served as team physician for several schools in Cincinnati, Ohio, including Xavier University, and on the medical staff for the Cincinnati Reds and the U.S. Olympic Boxing Team Last Chance Qualifier. Dr. Stephenson served as medical co-director for Ironman Louisville.



**Samuel Carter, M.D.**  
*Orthopedics and Sports  
 Medicine*  
 Norton Orthopedic Institute

Dr. Carter is an orthopedic surgeon who specializes in sports medicine and arthroscopic surgery. Dr. Carter is a team physician for the University of Louisville, Male High School and Bellarmine University.

Dr. Carter believes in a patient-centered approach to orthopedic care. He maintains relationships with other physicians, physical therapists and athletic trainers so that he can provide a team approach to care.



**Jennifer M. Brey, M.D.**  
*Pediatric Orthopedics*

Dr. Brey is a board-certified orthopedic surgeon who specializes in pediatric orthopedics at Norton Children’s Orthopedics of Louisville. She is the team physician for Western High School in Louisville, Kentucky.

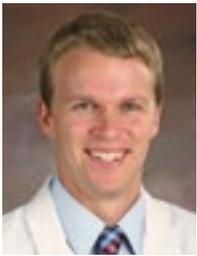
Dr. Brey works closely with therapists, trainers and coaches to reduce sports injuries among children and adolescents. Her research interests include fracture management and pediatric overuse injuries.



**Stephanie Fish**  
*Training Program  
 Coordinator*  
 Norton Sports Health

Stephanie Fish is a two-time Ironman finisher and has completed many long-distance running races and triathlons. She currently coaches cross country at duPont Manual High School in Louisville and is a certified yoga instructor and certified health coach. Stephanie serves as an event coordinator for Norton Sports Health and the Norton Healthcare Foundation, and is a member of the Louisville Landsharks and Tri-LoCo. You may see her out running with one of the local run clubs or with her dog, Ivy.





**Andrew R. Harston, M.D.**  
*Orthopedic Surgeon, Foot and Ankle Specialist*  
 Norton Orthopedic Institute

Dr. Harston is a sports enthusiast and an orthopedic surgeon who specializes in treating athletic foot and ankle injuries.



**Ryan J. Krupp, M.D.**  
*Executive Medical Director of Orthopedics*  
*Director of Sports Health and Shoulder Reconstruction*  
 Norton Healthcare

In addition to his leadership roles with Norton Healthcare, Dr. Krupp is an orthopedic surgeon with Norton Orthopedic Institute. He specializes in sports medicine for adults and children, as well as complex shoulder reconstruction. He currently serves as team physician for numerous local athletic programs, including the University of Louisville, Bellarmine University, Spalding University, Eastern High School, and Kentucky Country Day School.

As director of sports health, Dr. Krupp leads initiatives to improve the care of athletes in Louisville and surrounding areas with programs such as injury prevention education, clinical research, certified athletic trainer education, athletic event coverage and community partnerships.



**Elliot Mattingly, P.T., DPT, OCS**  
*Physical Therapist*

Elliot Mattingly is clinic co-director for Kentucky Orthopedic Rehab Team (KORT) in Bardstown, Kentucky. Elliot is an avid runner and triathlete, completing over 25 half-marathons and finishing Ironman Louisville in 2016. He enjoys treating runners and helping them reach their goals. In his free time, Elliot likes to travel and spend time outdoors with his wife, Amanda, daughter, Cecilia, and dogs, Erasmus and Alastor.



**Christopher V. Boyd**  
*Sports Nutritionist*  
 Norton Healthcare

Chris Boyd is a registered and licensed dietitian and certified nutritionist. He has experience in caring for patients with gestational diabetes, end-of-life/hospice care, acute rehabilitation, geriatric nutrition and sports nutrition counseling. Chris has lectured at several colleges, universities and hospital systems. He also does individual health counseling and is a certified personal trainer with several years' experience in individual and group training. Chris' passion is to use his varied background and experience to help individuals enhance and enjoy their personal health journey. Chris enjoys endurance racing, coaching his sons in hockey and training his wife for ultramarathons.



# Safe training tips

Running injuries are common, but they don't have to be. Reduce your risk by following these guidelines to maximize your safety.

## Before you begin the program

- Always consult with your physician before beginning any new exercise routine.
- Develop a running/walking plan and strategy that is compatible with your goal and your current level of fitness.
- Set safe, achievable goals and advance slowly and cautiously.

## What to wear

### Shoes

A local running or sports shoe store is a good place to help you find the right shoes. These specialty stores have educated staff who can evaluate your feet and running patterns to help find the best shoe for you. Also keep these tips in mind:

- Buy shoes at the end of the day. Your foot expands throughout the day, so you will want to try on shoes when your foot is the largest.
- Orthotic shoe inserts can be valuable for people with flat feet, high-arched feet, unstable ankles or foot conditions.
- Sixty percent of a shoe's shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 9 to 12 months.

### Clothing

- Wear lightweight, breathable clothing, which will prevent perspiration buildup and allow for better body heat regulation.
- Dress in layers. The inner layer should be material that draws perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jacket, wear a hat and cover your neck.

### Keeping your skin safe

- Always wear sunscreen with SPF 30 or higher when training outdoors, regardless of time of year.
- In cold weather, protect exposed areas, such as the nose, with petroleum jelly.



## Before you train

- Drink 14 to 20 ounces of water two to three hours before your run to ensure you're hydrated. You should be drinking water throughout the day.
- Start with easy walking or jogging to warm your muscles and increase your blood flow. This will optimize your transition from rest to running, which can help improve your performance. Walk easy for one minute, then walk briskly (on the edge of running) for one to two minutes before you start to run.
- Increase your speed slowly.

## During your training

- In cool weather, you are less likely to get chilled if you run/walk into the wind when you start and run/walk with the wind at the finish.
- Use extra caution if you run/walk when it's dark outside. Wear reflective material, stay in well-lit areas and, if possible, run with a friend.
- Whenever possible, run/walk on a clear, smooth, resilient, even and reasonably soft surface.
- Run/walk with a partner when possible. If alone, carry identification.
- Avoid using headphones, especially if you are running/walking on the street, so you can hear traffic and warning sounds.
- Stop training if you are hurt; pushing through pain can make an injury worse, which will keep you from training for a long time.

## After you train

- It's important to cool down after your run. Walk to help prevent tight muscles and injuries.
- You can lose between 6 and 12 ounces of fluid for every 20 minutes of running. Drink 10 to 15 ounces of fluid every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink 16 ounces of fluid.
- Inspect your shoes periodically during training; if they have worn thin or are angled, purchase new shoes before your next run/walk.



# Be in the **KNOW**



Go to [DerbyFestivalMarathon.com](https://DerbyFestivalMarathon.com) and register for the Norton Sports Health Training Program to receive email updates and Zoom links to live Tuesday Talks with the training team.

Text **NortonRun** to **37492** to get free text alerts about the training program.

Go to [NortonTrainingTips.com](https://NortonTrainingTips.com) or scan the **QR code** below to join the Norton Sports Health Training Program Facebook group.\*

*\*This is a public page. You do not need a Facebook account to access it.*



# Preventing and treating running injuries

There are four periods of time when runners are most vulnerable to injury:

- During the initial four to six months of running
- Upon returning to running after an injury
- When the quantity of running is increased (distance)
- When the quality of running is increased (speed)

Most running injuries are caused by recurring factors that runners can often prevent or avoid. Improper training is the most common source of injury, particularly inadequate warmup, rapid changes in mileage, a sudden increase in hill training and insufficient rest between training sessions.

## Signs of a running injury

Signs that you may be injured or need to alter or stop your running:

- Pain or discomfort while running
- Pain at rest
- Inability to sleep
- Limping
- Shortness of breath after little exertion
- Stiffness
- Headaches during or after running
- Dizziness or lightheaded feeling any time

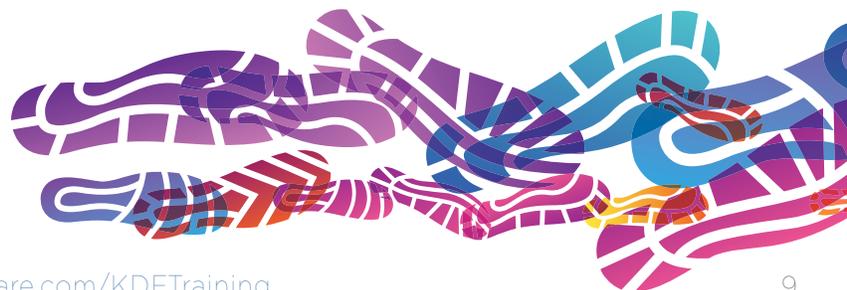
## Common running injuries and treatment

If you experience an injury, it is important to work with a sports medicine specialist to determine what caused the injury and follow the proper course to prevent it from recurring. Use the down time to get refreshed mentally, strengthen your major muscle groups and come back stronger than before the injury. Some of the most common running injuries are:

- **Shin splints** – The term *shin splints* describes pain felt along the inner edge of your shin bone. Shin splint pain concentrates in the lower leg between the knee and ankle. A primary cause of shin splints is a sudden increase in the distance or intensity of a workout schedule. This increase in muscle work can be associated with inflammation of the lower leg muscles.

In most cases, you can treat shin splints simply by resting and avoiding activities that cause pain, swelling or discomfort. You do not have to give up all physical activity. While you're healing, try low-impact exercises such as swimming, bicycling or water running. You also can try compression socks or sleeves.

- **Stress fractures** – Stress fractures can be caused by overtraining, inadequate calcium in the body and/or by a basic biomechanical flaw in the runner's gait. Common stress fractures in runners occur in the tibia, femur and metatarsal bones in the foot. Stress fracture treatment means no running to allow the bone to heal. You should consult a physician. You may be able to cross-train prior to your return to running. Swimming, deep-water running and biking are all excellent alternatives for most people.



Apply ice packs to the affected area for 15 to 20 minutes at a time, two to four times a day for several days. To protect your skin, wrap the ice packs in a thin towel.

To reduce pain, try an over-the-counter pain reliever such as ibuprofen (Advil, Motrin IB and others), naproxen sodium (Aleve) or acetaminophen (Tylenol and others). Return to your usual activities slowly.

- **Achilles tendinitis** – Achilles tendinitis is an inflammation of the Achilles tendon that usually occurs either due to repetitive stress or from a runner pushing to do too much too fast. If you start experiencing pain in your Achilles tendon, stop running. Take aspirin or ibuprofen and ice the area for 15 to 20 minutes several times a day until the inflammation subsides. Icing and massaging your calf also can help.

Light stretching of the calf muscles and alternative exercises, including swimming, pool running and bicycling, can help. Gradually return to running once the pain subsides. It can take several weeks to heal.

If the injury doesn't respond to self-treatment in two weeks, see a sports medicine professional.

- **Plantar fasciitis** – Plantar fasciitis is the most common cause of heel pain. The plantar fascia is the thick tissue on the bottom of the foot. It connects the heel bone to the toes and creates the arch of the foot. If you strain your plantar fascia and the tissue becomes swollen or inflamed, it is called *plantar fasciitis*. It causes your heel or the bottom of your foot to hurt when you stand or walk, especially first thing in the morning. You may be prone to plantar fasciitis if your feet roll inward too much when you walk, known as excessive pronation; if you have high arches or flat feet; if you walk, stand or run for long periods of time, especially on hard surfaces; if your shoes don't fit well or are worn out; or if you have tight Achilles tendons or calf muscles.

To prevent plantar fasciitis, run on soft surfaces when you can and keep mileage increases during your training to less than 10 percent per week. It's important to go to a specialty running store to ensure you're wearing the right shoes for your foot type and gait. It's also important to stretch the plantar fascia and Achilles tendon.

At the first sign of soreness, massage (roll a golf or tennis ball under your foot) and apply ice (roll a frozen bottle of water under your foot). You'll usually experience pain in just one foot, but massage and stretch both feet. Do it first thing in the morning and three times during the day. What you wear on your feet when you're not running makes a difference too. Arch support is key, and walking barefoot or in flimsy shoes can delay recovery.

If pain continues for more than three weeks, see a sports medicine specialist.

- **IT band syndrome** – Iliotibial band syndrome, or IT band syndrome, is an overuse injury common in runners. It affects tissue that runs from the side of your hip down past your knee. Most of the time the inflammation causes pain on the outside of the knee. It can be quite painful and stubborn to heal. IT band syndrome is most often caused by overuse but also flares up as a result of tight tissue, weak hip muscles, poor running form or worn shoes.

Here are some steps you can take to get back on the road: Stop running. Running will only increase IT band pain. A good rule of thumb: If it hurts to run, don't run. You can, however, cross-train with nonimpact exercising, such as cycling or pool running, to maintain fitness, keep blood flowing and help speed recovery. Start slow and make sure the exercise does not cause pain to your IT band. In many cases, massaging the injured area with a foam roller or a tennis ball will help to work out tightness. Finally, work to strengthen the gluteus and hip muscles, which can be the underlying cause of IT band issues.

- **Strains and sprains** – *Strains* happen when you stretch or tear a muscle or tendon – the fibrous tissue that attaches muscle to the bone. *Sprains* occur when you stretch or tear a ligament that supports a joint. Both can be caused by repetitive activity or by a single injury. Both injuries are often best treated using RICE protocol: rest, ice, compression and elevation.
- **Dizziness, fatigue and nausea** – These are usually caused by improper hydration, not taking in enough calories or not replacing the sodium your body eliminates when you sweat.

One of the most important things you can do before a run is to eat a nutritious meal. Not eating properly before running will cause low blood sugar, which causes nausea and a general feeling of weakness. Eat a bowl of cereal, sandwich or fruit to properly fuel your body before a run.

Dehydration also contributes to dizziness or nausea when running. Try to drink at least 8 ounces of water at least two hours before you run to hydrate the body in preparation. Why is water so important? It keeps the lung tissue moist, and breathing heavily causes water to be expelled from the lungs. The body uses water to keep you cool through sweating; because of heat produced from muscle activity, sweat is critical in keeping the body from overheating. Water plays another important role in helping your muscles operate and keeps muscle cells hydrated. Not drinking enough water can lead to fatigue.

Fatigue and nausea during a run also can be caused by pushing yourself too hard. The best way to run is relaxed. If you're clenching your teeth or tensing your shoulders and your arms are tight, stop the run and take a few deep breaths to relax yourself.

If your symptoms continue to occur even with proper hydration and relaxation, talk to your primary care provider.

## RICE for minor injuries

Mild injuries, such as most sprains and strains, can be treated using the RICE protocol:

- **Rest** – Stop running and do not return while symptoms persist. When you do return, gradually ease in, increasing distance by no more than 10 percent per week.
- **Ice** for 20 minutes at a time several times a day until swelling subsides.
- **Compression** dressings, such as ACE wraps, may help.
- **Elevate** injured area above your heart when possible to reduce swelling.

Over-the-counter nonsteroidal anti-inflammatory medications can be used as directed to help relieve pain and reduce swelling.

Cold versus heat for treating injuries:

- Use ice during the acute stages of an injury (typically the first 48 hours).
- Ice is good after a workout.
- Heat can be used once the acute stages of an injury are over.
- Heat is good for tight muscles.
- Heat is good before a workout.
- You can alternate between ice and heat throughout the day.

For more serious injuries, it is important to see your physician in order to properly evaluate and diagnose your injury. Your physician will discuss treatment options with you at that time.



# Cross-train and rest to be a better runner/walker

You can improve your performance by balancing runs/walks with cross-training and rest days. Cross-training with low-impact activities is a great way to prevent injuries. A cross-training session should last between 30 and 90 minutes and should be done at a moderate level or pace. Below are a few examples of cross-training activities. We recommend trying each of them.

## Cycling or spinning

Cycling is one of the best cross-training activities for runners/walkers. Cycling builds your aerobic/cardiovascular endurance while maintaining range of motion in your muscles. It allows leg muscles to contract and increases blood flow, helping flush out any toxins that may have caused running fatigue. Cycling is low impact; and if the weather does not allow you to go outside, it can be done at your local gym or at home on a stationary trainer. Spinning is a more vigorous workout using stationary bikes and is available at most gyms.

## Yoga

There are a variety of reasons to add yoga to a cross-training routine. Yoga helps loosen tight, contracted muscles, making it the ideal counterpart to the repetitive strains of running/walking. Yoga is a low-impact mind and body workout; it helps relieve tension, reduces stress and promotes balance. If you're looking for a workout to rejuvenate your exercise program and motivate you from the inside out, yoga might be right for you.

## Swimming

Swimming is an excellent cross-training activity because it is a nonweight-bearing exercise. Swimming allows your joints to recover and muscles to contract and release soreness. It also allows you to build strength and endurance, and improve flexibility. Swimming is a great balance for running/walking because you'll work predominantly your upper body while giving your leg muscles a break. Swimming is especially recommended for people who are prone to running injuries or are recovering from an injury. With the help of a simple pool float, you can take your legs completely out of the equation and get a great cardiovascular workout.

## Elliptical machine

The elliptical machine is a total-body cardiovascular workout and a great option for cross-training. The oval-like range of motion provides the feel of cross-country skiing, stair climbing or walking with no or little impact on your joints. Because the muscles used during elliptical training are similar to those used during running, the machine is a good low-impact cross-training option when an injury prevents you from running or you just need a change-up in your routine.



## Interval training

Once you have established a base of long-distance running, add interval training to complete your program for improved racing fitness. Interval training refers to workouts in which you run hard for certain distances or times repeatedly with intervals of rest between.

Three main reasons to add interval training to your routine:

- Intervals are used to increase anaerobic threshold levels. By repeating sustained hard efforts, you will improve your ability to run hard without going into oxygen debt.
- Interval training also increases your endurance, allowing you to continue at a certain pace for an extended period of time.
- Interval training builds muscle strength. During typical distance running exercises, your leg muscles move in a certain range of motion. By running at faster speeds, you exercise all of your leg muscles, improving flexibility and muscle performance in races. This makes running at your race pace easier and improves your speed for sprint finishes.

## The importance of rest days

Training for race day is hard work, mentally and physically. We all need a day off and here's why:

- When you exercise, you put strain on your muscles, tendons, ligaments, bones and joints. If your body doesn't get a break from continual work, it doesn't have time to repair. Rest days give your body the time it needs to recuperate.
- Not taking rest days increases your risk for injury. Running puts stress on your joints and lower extremities. When you don't take a day off here and there, tight calf muscles or tendons in the feet can lead to shin splints, muscle tears, overuse injuries and more.
- What you do on rest days depends on how fit you are. If you're training for your first race, your rest day should be no exercise at all. A more seasoned athlete can do some light exercise on a rest day.

Nutrition also is an important consideration with rest days. Cut down on carbohydrates on days when you do light or no exercise. Stick to your nutrition plan, but make it a light day. This will be different for everyone, so listen to your body. Remember to eat well, eat right, eat on time and drink plenty of water.

Use your day of rest to reflect on the progress you've made and celebrate your dedication.



# Stretching: How and when

While there has been discussion in recent years about the value of stretching, the combination of dynamic and static stretching, when done properly, can help increase flexibility, improve performance and reduce the risk of injury.

## Dynamic stretching

Dynamic stretching should be done as part of your warmup, before running or other exercise. It involves repetitive movement and should mimic what your body does during exercise. Dynamic stretching helps your muscles become more elastic and relaxed, and prepares your joints for movement. This increases range of motion and flexibility, reducing chances of injury.

## Static stretching

Static stretches are designed for flexibility and to help you cool down after exercising when you are standing still. These are best done after your run or other workout. With static stretches, focus on relaxing the part of the body you are stretching and letting the stretch go further on its own. Holding the position without bouncing or forcing the stretch for 30 to 60 seconds can help increase flexibility in the tissue. Examples include quadriceps, hamstring and Achilles stretches.

## Foam rollers

Foam rollers can be a valuable part of your warmup and cooldown. Using a foam roller improves circulation, which gets your body ready for a workout and helps it recover afterward. They are designed to help relieve overworked muscles through soft-tissue therapy, or myofascial release, providing the same type of benefits as deep-tissue massage. Rolling helps prevent injury and improve performance through increased flexibility and decreased muscle tension. Rolling also breaks down knots that can limit your range of motion and gets muscles ready to stretch.



# Tips for making your training more fun

Hitting the pavement for a training run can get mundane. You can fall into a rut doing the same thing and running in the same places. Here are some tips to shake it up a bit and have a little fun:

- Run with a partner, or train with Norton Sports Health! Fast or slow, most everyone likes company on their runs — especially the long ones. The miles go faster when you have someone to chat with or share a laugh along the way.
- Have a four-legged friend that needs some exercise? Bring your dog on your run. Be sure your dog is fit enough for your route and that there's a place along the way to stop for a drink of water. You both need to stay hydrated.
- Make a new playlist. Music can help motivate you through the tougher miles, plus who doesn't like to play "air drums" while running? Remember, if you are in a high-traffic area or running with a partner, keep the volume low or use only one earbud so you can hear your surroundings.
- Instead of music, listen to a podcast or an audiobook when your playlist starts getting stale.
- Change up your pace during your run. Open up your stride for a block and then bring it back for the next block. You'll cover ground a bit faster, too.
- Leave your watch at home. Just run. You might concentrate a bit more on how your body is feeling and you might enjoy the scenery rather than checking on your distance and pace.
- Want to spend time with a friend who doesn't run? Have them ride a bike to keep you company. Better yet, have them bring along a backpack with your nutrition and hydration needs.

- Run somewhere new. Go to another part of town. Run through a park you've only read about. Remember to be smart by mapping your route and taking safety precautions.
- Take a "selfie" every few miles and then post your best poses when you're done. It's OK to let folks know about your progress.
- High-fives for everyone! Make it a mission to high-five at least five strangers on your run. You'll make someone smile and it will help take your mind off your miles.

Have ideas of your own? Share them at [NortonTrainingTips.com](http://NortonTrainingTips.com).



# Fueling for the race

Proper nutrition is a key component in achieving optimal athletic performance — not just for race day, but every day. It is always important to maintain a healthy, balanced diet, but it is especially important now that you're in training. Just as a car needs fuel to run, so do our bodies. If you've ever felt like you're "running on empty," it could mean you have not fueled your body with the proper nutrition. By including the right amount of carbohydrates, proteins and fats into your diet, as well as essential vitamins and minerals, you can make the most out of your fitness routine and training by allowing your body to produce energy most efficiently for peak performance and endurance.

## Carbohydrates

Carbohydrates are a crucial fuel source. The sugars and starches found in carbohydrates are the building blocks your body uses to produce energy. They are the most important source of quick and long-lasting energy. Carbohydrates should make up about 60% to 65% of your daily calories.

Good sources of carbohydrates include whole-grain bread, bagels, pasta, rice and cereal. Fruits and vegetables are another great source of carbohydrates, with the added benefit of potassium, vitamin C and many other vitamins and minerals. Vitamins and minerals can help you use food more efficiently for fuel, as well as keep your immune system strong to protect you from illness.

## Proteins

Proteins are used to rebuild and repair damaged muscle tissue that may develop during training. Protein should make up 15% to 20% of your daily calorie intake. Good sources of protein include poultry, fish, lean beef, peanut butter, beans and tofu. Dairy products also are a great source of protein, as well as carbohydrates. Top choices are low-fat or nonfat milk and yogurt, low-fat cheese and, for a nondairy choice, almond milk. Combining a protein with a carbohydrate allows the body to absorb the carbs slower to provide energy longer.

## Fats

Fats are needed as an alternative energy source, and they perform other functions. However, too much fat can lead to health complications, including heart disease and obesity. For this reason, your fat intake should be limited to 20% to 25% of your daily calories. Choose proteins that are low in saturated fat, such as lean beef, chicken, fish or legumes. Oils for cooking should be low in saturated fat. Examples are olive, canola and avocado oils.

## Hydration

Drinking adequate amounts of fluid is vital for proper athletic performance. Drink at least 8 to 10 8-ounce glasses of fluid daily, regardless of your workout plans. Choose water most often unless you are exercising for 60 minutes or longer. For those longer workouts, choose a sports drink with electrolytes.



# Basic fueling guidelines

## Before exercise

- Drink 14 to 20 ounces of water or a sports drink two to three hours before your run to ensure you're hydrated.
- Check the color of your urine — ideally it should be clear to light yellow. If it is dark yellow, you need to drink more.
- Two to four hours before your run, have a snack or light meal (400 to 800 calories). Some good snack options are:
  - ▶ Smoothie
  - ▶ Peanut butter and crackers
  - ▶ Oatmeal with fruit and almonds
  - ▶ Low-fat cottage cheese
  - ▶ Crackers and fruit
  - ▶ Toast with honey or avocado
- For an early morning workout, be sure you eat a snack and drink at least 2 to 4 ounces of fluids.

## During exercise

- Hydrating: Drink regularly during exercise to replace fluids lost through sweat. If you're concerned about fluid loss, weigh yourself before and after a run to determine fluid loss, replacing 16 ounces of fluid for every pound lost.
- Eating: If your workout will be shorter than 45 minutes, there is no need to take along a snack. When workouts or distance runs increase to 45 minutes or longer, 250 to 350 calories should be consumed for every hour of exercise. Sports bars, gels, drinks and fruit are ideal.

## After exercising

- Fifteen to 30 minutes after exercising, consume a healthy snack and 16 ounces of fluid, for example, low-fat chocolate milk, a smoothie with yogurt and berries, or a sports drink.

## Race day

- Eat a meal one to four hours before the race, with foods such as peanut butter and crackers; oatmeal with fruit and almonds; low-fat cottage cheese; crackers and fruit; or toast with honey or avocado.
- Avoid high-fiber and high-fat foods several days prior to and on race day, as they may cause abdominal cramping. Don't try any new foods, sports bars or gels on race day.



# Sample meal plan for training

**Breakfast:** Bagel or two slices of toast with 2 tablespoons peanut butter or avocado, fruit, 8 ounces of milk or 1 cup of yogurt

**Snack:** 1 to 2 ounces of cheese with six to eight crackers

**Lunch:** Turkey sandwich (3 ounces turkey, two slices whole-wheat bread or bun, lettuce, tomato), pretzels and side salad

**Two to three hours before working out:** Energy bar (200 to 250 calories); peanut butter and honey on toast or bagel; cereal with milk or fruit (For a long run, eat a larger snack/meal, such as a sandwich with lean meat; hummus or peanut butter; an energy bar; and 8 ounces juice or a yogurt parfait.)

**After working out:** 2 cups low-fat regular or chocolate milk or almond milk

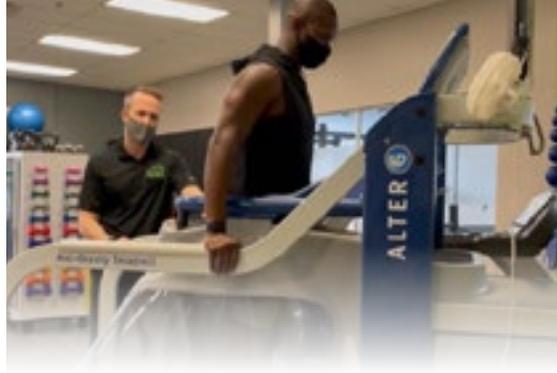
**Supper:** 3 to 4 ounces of lean meat (fish, chicken, lean beef or pork), 1 to 2 cups cooked pasta with marinara sauce or olive oil, 1 cup cooked vegetables or 2 cups of salad

**Snack:** Two to three fig bars with 8 ounces of low-fat yogurt

## Sample meal for night before the race

- Grilled or baked chicken breast
- Rice or baked potato
- 1 cup vegetables
- Dinner roll





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# Training for the race

This guide provides an interval training method for those who choose to walk and run the race, and a training method for those who choose to run the entire race.

## Run/walk interval method

Whether this is your first attempt at a long-distance race or you are a veteran marathoner, the run/walk interval method of completing a race can work for you. Any of the training plans in this program can be done with the run/walk method.

It works like this: Set a time interval to run and follow it with a set time interval of walking. For example, you may start with a 1-minute run segment followed by a 1-minute walk segment. Repeat that pattern throughout the entire training run or race.

This method is meant to be used from the start of your training. If you run as much as you can and then start to use the run/walk method, it isn't effective. The idea of walking early in a race when you are feeling fresh may be difficult to conceive, but if you do it, the payoff is great.

Run/walk is meant to help you keep a consistent pace throughout the course of the entire event. The walk intervals give you an opportunity for recovery, which helps keep pace consistent and lowers the risk for injury.

As you train, you may find that your run segment can be lengthened. Play around with what works for you. Find an interval that will remain consistent throughout your run. For example, you may choose to run 4 minutes and walk 1 minute. But if you find that your pace steadily slows as the miles increase, you may want to back off to a 3-minute run/1-minute walk pattern. Walk intervals generally should not be longer than 1 minute and can be as short as 15 seconds. They should not be considered "strolls." Try to maintain a brisk pace that keeps your momentum going but allows you to recover a bit and keep your breathing even.

If you are going to use this method for the mini or full marathon, you have to commit to using it throughout your training and the event. It takes practice to pace yourself through the intervals.

A digital or GPS watch that can set interval alerts can be helpful when using the run/walk interval method. When you hear the beep or feel the vibration on the watch, change intervals.

For more information and tips on the run/walk interval technique, visit [JeffGalloway.com](http://JeffGalloway.com).

## Novice

This is the beginning level for first-time runners. You should be able to run or walk 2 to 3 miles three times per week.

- Includes three to five days of running per week
- Weekly training schedule: one long run plus two to four days of easy running or cross-training
- Maximum weekly mileage: 20 to 25 miles

## Intermediate

The intermediate level is for individuals who can run 3 miles or more three to four times per week. This is a good level for those who have competed in a few 5K or 10K

- Includes four to seven days of running per week
- Weekly training schedule: one long run, one interval workout, plus two to five days of easy running or cross-training
- Maximum weekly mileage: 25 to 30 miles



## There's more to training than just running

**Warmup:** It's always important that you warm up before any run to prevent injury.

**Pace:** When you're training, it is important to pace yourself. Don't be too concerned with speed — run at a pace that is comfortable for you. If you're running with a friend, you should be able to carry on a conversation with ease.

**Distance:** Start out running shorter distances and work your way up to running longer distances. The training program will help you build as you go.

**Speed/interval work:** In order to run at a faster pace, you'll have to train at a faster pace. Try alternating interval running (five to 10 400-meter sprints, for example, separated by walking or jogging) to work up to your desired speed.

**Rest:** Don't neglect rest! It is an important aspect of your training routine. Allow your body to rest and rejuvenate, and you will find it becomes increasingly easier to run longer distances. Recovery weeks are built into the training program.

**Walk:** Walk if you begin to feel tired or fatigued. During the race, it's a good idea to walk through the fluid stations to give yourself a chance to rest and rehydrate.

**Race:** It's not necessary to participate in additional races, but if you have the opportunity, try to participate in one or two leading up to the miniMarathon/marathon. Try a 5K or 10K. Participating in these races will allow you to test your fitness level and predict your finish time.

**Tempo runs:** Tempo runs are designed to get you used to running the pace at which you expect to run the race. Try to include some tempo runs into your workout, particularly toward the end of your training. You also can incorporate a tempo run into one of your longer runs.

**Cross-training:** Cross-training allows you to recover by using slightly different muscle movements during your workout. Swimming, cycling, yoga and strength training are excellent cross-training exercises. Workouts that require sideways movement, such as basketball or tennis, may not be good cross-training activities, because you run a greater risk of injury.





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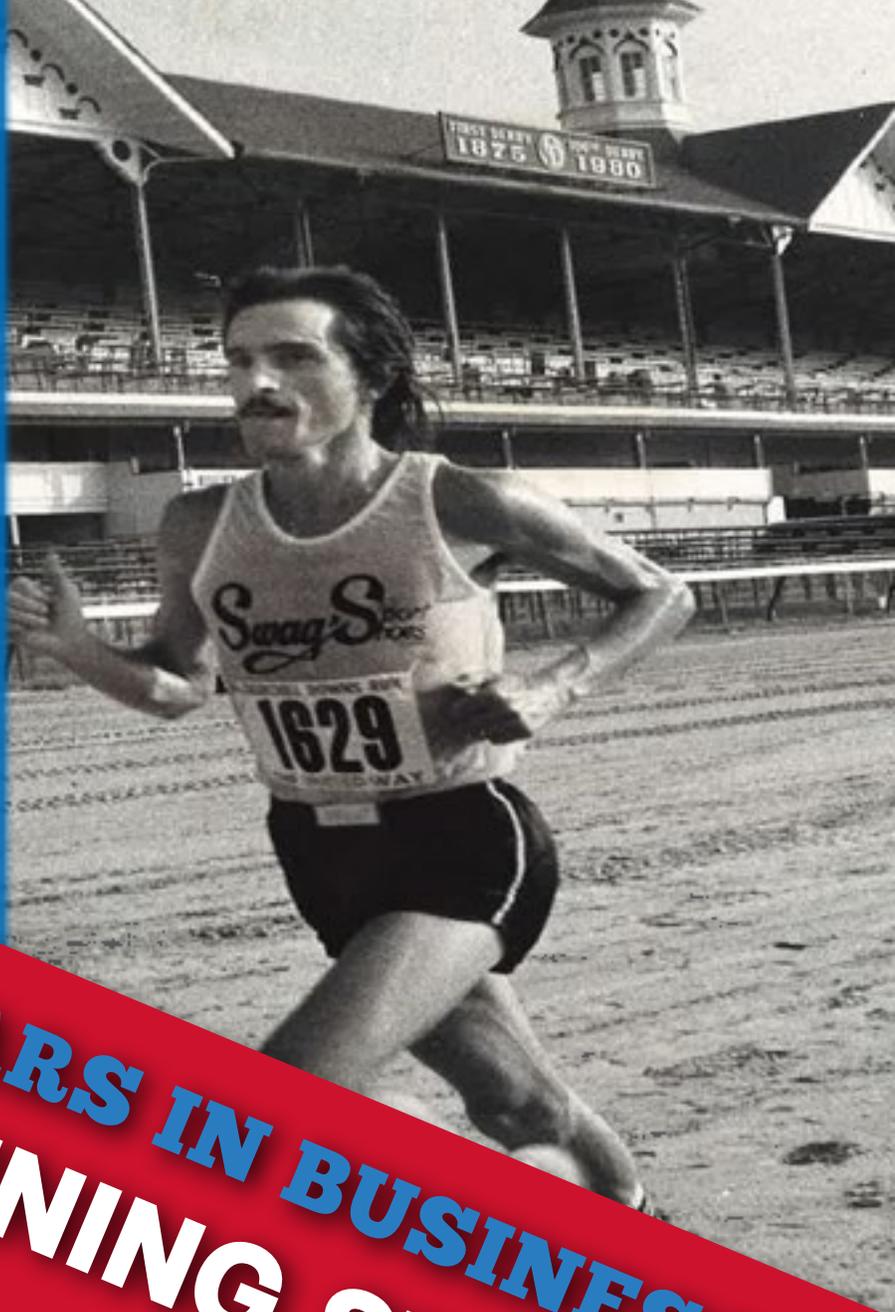
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