

HALF MARATHON MANIA

ADD 5K OR 10K TO GET EVEN
FITTER & DOUBLE YOUR FUN

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WORLD

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SMART**

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5

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TO INJURY-PROOF
YOUR LEGS**

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CHALLENGE**

*(Obstacle Race,
Anyone?)*

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(and more!)
TRAINING PLAN

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**SPORTS
BRAS
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SHAPE & SIZE**

SPARTANS. MUDDERS.
AMELIA BOONE HAS
RUN & WON THEM ALL

p88

**FAT AND
FIT?
A RUNNER'S
INSPIRING
STORY**





HALF MARATHONS
ARE MORE POPULAR
THAN EVER—AND
MORE EXCITING, TOO. WITH
THE OPTION TO COLLECT
MULTI-RACE BLING ALL
IN THE SAME WEEKEND.
BUT YOU'LL WANT TO
TRAIN FOR THAT.

MORE FUN



BY CINDY
KUZMA
ILLUSTRATIONS
BY MARK
MATCHO

THAN **JUST 13.1**



The I-35 offers a half marathon in Missouri on Saturday and another half in Iowa on Sunday. Doesn't that sound like fun?



FOR YEARS, runners who wanted to complete both the Gasparilla Distance Classic 15K and the Hops Marathon in Tampa, Florida, had plenty of time to rest up in between. After all, one race took place in December, the other in February. But in 2003, race organizers merged the two weekends and issued runners a triple-dog-dare: Finish three races in one weekend (a 5K and 15K on Saturday, the marathon on Sunday) and earn a special medal and finisher's jacket, not to mention extraordinary bragging rights. The next year, a half marathon joined the mix to give runners a different (and slightly more doable) three-peat option: 5K, 15K, half marathon. ¶ Gasparilla may have been the first to combine the popular half marathon with shorter races into one fun-packed weekend. Four years later, Bermuda followed suit, when race organizers noticed that most people signing up for the island's Sunday half marathon also ran the Invitational Mile on Friday, the 10K on Saturday, or both. "We wanted to give people more value for their

dollar—they're coming all this way, so why not encourage them to run more than once?" says race director Anthony Raynor. In 2008, the Bermuda Triangle Challenge was born.

Challenges, double races, festivals—by any name, race organizers increasingly offer events that pack a 5K, a 10K (or sometimes both) plus a half marathon into one weekend (or even one day). Eight such events run through Disney theme parks alone; 12 out of 29 Rock 'n' Roll Half Marathons now offer a combo Remix Challenge; and YukanRun, north of Boston, offers six different chances to conquer a half marathon and another race (or two) in the very same day. And, of course, there's our very own Runner's World Half & Festival, held this year from October 16 to 18, which gives brave runners a Hat Trick option (a 5K and 10K Saturday plus the half marathon Sunday), with plenty of seminars and celebration in between.

Those community events served as the main attraction for Amy Dedic, 34, of Flourtown, Pennsylvania, and her husband, who ran our inaugural Hat Trick in 2012. "We knew this would be a big challenge as we both had only run a handful of races up to this point and only one full marathon," she says. "We were hoping to finish all three races and just have a lot of fun over the weekend." Mission accomplished—they're coming back for the fourth time.

"These races are about the experience more than how fast you're running," says Jessica Green, co-founder and coach at Hot Bird Running in Portland, Oregon. With a little advance planning and smart preparation, you can set a PR for most racing enjoyment in a single weekend.

PLAN YOUR TRIP

Running a half marathon challenge close to home has its advantages—fewer hotel expenses and no jet lag, to name two. But you'll often have to rack up a few miles just getting to your race locale. To make travel as stress-free as possible:

Take Your Time

Green suggests taking an extra day off work for travel; if the first race is on Saturday, arrive Thursday night or Friday morning at the latest to get your bearings and prepare. And keep in mind you'll be more tired than usual heading home—from both the extra running and the multiple days of earlier-than-normal wake-up calls (Disney races, for instance, often start at 5:30 a.m.).

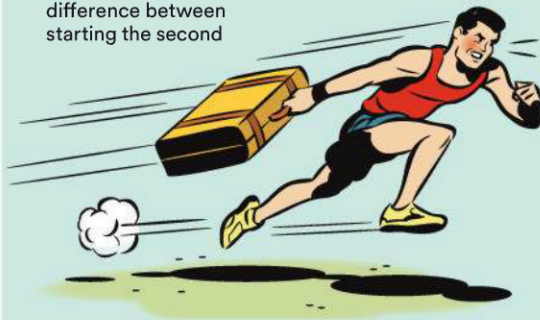
Scope It Out

Place a higher priority on accommodations close to the start or finish lines, since you'll be hauling back and forth more frequently. Plan when and where you'll eat and drink before and between the races. Nailing down logistics relieves anxiety and makes the difference between starting the second

race recovered and ready versus stressed and starving.

Forget Nothing

Check the weather carefully and double up on race gear for any possible conditions. That means two rain jackets, two tanks, two long-sleeved shirts—and yes, two pairs of shoes. Sure, they'll air out overnight, but a rainstorm or a misplaced puddle could spell disaster. "You want to be comfortable, but you also don't want to introduce chafing from dirty or wet gear," says Joe English, a national coach to the Leukemia & Lymphoma Society's Team in Training. As with any race trip, pack your most essential items into a small carry-on to sidestep lost-luggage stress.



WHERE TO TAKE ON TWO OR MORE DISTANCES IN ONE WEEKEND



ROCK 'N' ROLL VIRGINIA BEACH REMIX CHALLENGE

September 5–6, 2015, Virginia Beach, VA One-mile beach run (Saturday) + half marathon (Sunday) **THE SWAG** Challenge medal—and a beach towel instead of a shirt for Saturday's run. **THE BONUS** Not tired yet? More fun is nearby. Your bib number grants you entry to the American Music Festival held all weekend. runrocknroll.com



RUNNER'S WORLD HALF MARATHON & FESTIVAL HAT TRICK

October 16–18, 2015, Bethlehem, PA 5K and 10K (Saturday) + half marathon (Sunday) **THE SWAG** A race shirt, a medal for each race (the one for the half doubles as a bottle-opener), and a Hat Trick running hat **THE BONUS** Hang out with RW staffers at seminars, at book signings, and on the roads of the Lehigh Valley. rwhalf.com



If you're going all the way to Bermuda, you might as well run a mile, a 10K, and a half marathon. Right?



I-35 CHALLENGE

October 17–18, 2015, Kansas City, MO, and Des Moines, IA

Kansas City Half Marathon (Saturday) and Des Moines Half Marathon (Sunday)

THE SWAG Special bibs for each race, plus an I-35 Challenge shirt and medal

THE SCENE These cities, three hours apart down (you guessed it) Interstate 35, teamed up so you can squeeze two half marathons into a single weekend. Both locations also offer full marathons. desmoinesmarathon.com



BERMUDA TRIANGLE CHALLENGE

January 15–17, 2016, Hamilton, Bermuda

Invitational Mile (Friday night) + 10K (Saturday) + half marathon (Sunday)

THE SWAG Challenge medal and shirt

THE SCENE With weather “cool enough to run, warm enough to have fun”—race morning usually starts in the 60s—you’ll travel along both the south and north coasts of the island, through quaint pastel villages and abundant flowers. bermudaraceweekend.com

KNOW YOUR GOALS

Success at multidistance events starts with realistic expectations. Most runners will have a hard time running their fastest in two (or more) events, so if you’d like to emerge with a speedy time, designate one distance as the priority and the other race (or two) as an easier effort, says Tamara Ogle, head

coach at Fort Worth Running Company. Runners in her programs often use this strategy for the city’s Cowntown Challenge, which involves a 5K or 10K on Saturday and a half marathon (or marathon, or 50K ultra) on Sunday. Regardless of what you choose, write down your plan. Here’s how to make your goals happen.

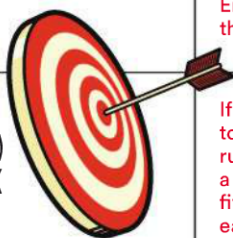
YOUR GOAL

YOUR STRATEGY

A FAST (FOR YOU) HALF MARATHON

Either run the shorter distance(s) as an easy warmup or run the first third slow and the last two-thirds at goal half marathon pace. Avoid going out too fast, or you’ll pay with extra fatigue and soreness, says coach English. If the half comes first (it rarely does), race it, then treat the short distance(s) as a recovery run.

A FAST (FOR YOU) 5K OR 10K



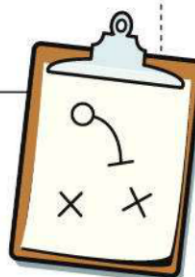
If the 5K or 10K comes first, race it, then run the half at least 30 to 60 seconds per mile slower than you would otherwise. If you’re running the half first, you’ll find it much harder to nail a time goal in a short distance after that. Run the half at an easy pace, but insert five to eight speed bursts in the later miles, recovering at a slow, easy jog for one to two minutes in between, says coach Green.

SOMEWHAT FAST (FOR YOU) FINISHES IN ALL RACES

Pick achievable, round numbers slower than your best times for each race, says Atlanta-based coach Carl Leivers.

THE MAXIMUM AMOUNT OF FUN IN A SINGLE WEEKEND

Think about what would make the race day most memorable and plot a way to make it happen, whether that’s stopping to snap a selfie at each mile, high-fiving as many kids as you can reach, or trying to meet another runner from every state along the route, English says.



TRAINING PLAN FOR A HALF (AND POSSIBLY MORE)



Atlanta coach Carl Leivers developed this plan to teach your body to perform when tired. Your base should be 3 to 5 miles, 3 to 4 times a week for 3 months.

START TRAINING

CHICAGO 9/27
START TRAINING 7/6

RW FESTIVAL
BETHLEHEM, PA 10/18
START TRAINING 7/27

ROCK 'N' ROLL
PHILADELPHIA 10/31
START TRAINING 8/10

DISNEY WINE
& DINE
ORLANDO, FL 11/7
START TRAINING 8/17

ROCK 'N' ROLL
SAVANNAH, GA 11/7
START TRAINING 8/17

DISNEY AVENGERS
ANAHEIM, CA 11/15
START TRAINING 8/24

ROCK 'N' ROLL
SAN ANTONIO 12/6
START TRAINING 9/14

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 to 4 miles easy + 2 strides	Rest	3 miles easy	Rest	3 miles easy	6 miles easy
2	Rest	3 to 4 miles easy + 2 strides	Rest	1 mile easy, 4 laps of a quarter-mile track (stride the straight, jog the curves), 1 mile easy	Rest	3 miles easy	7 miles easy
3	Rest	3 to 4 miles easy + 4 strides	Rest	3 miles easy	Rest	4 miles easy	6 miles easy (*cutdown)
4	Rest	Cutdown run: 1 mile easy, then pick up the pace 10 to 15 seconds per mile each for the next three miles	Rest	3 miles easy + 4 strides	Rest	4 miles easy	8 miles easy
5	Rest	3 to 4 miles easy + 4 strides	Rest	1 mile easy, 4 x 30-second hill repeats, 1 mile easy	Rest	4 miles easy	9 miles easy
6	Rest	3 to 4 miles easy + 6 strides	Rest	3 miles easy	Rest	5 miles easy**	6 miles easy (*cutdown)
7	Rest	Tempo run: 1 mile easy, 2 miles at 30 seconds faster per mile than easy pace, 1 mile easy, 1 mile at 30 seconds faster per mile than easy pace	Rest	3 miles easy + 6 strides	Rest	4 miles easy	10 miles easy
8	Rest	3 to 4 miles easy + 6 strides	Rest	1 mile easy, 4 x 45-second hill repeats, 1 mile easy	Rest	4 miles easy	11 miles easy
9	Rest	3 to 4 miles easy + 6 strides	Rest	3 miles easy	Rest	6 miles easy**	6 miles easy (*cutdown)
10	Rest	Tempo run: 1 mile easy, 2 miles at 30 seconds faster per mile than normal easy pace, 1 mile easy, 2 miles at 30 seconds faster per mile than normal easy pace	Rest	3 miles easy + 6 strides	Rest	5 miles easy	12 miles easy
11	Rest	3 to 4 miles easy + 6 strides	Rest	1 mile easy, 6 x 45-second hill repeats, 1 mile easy	Rest	6 miles easy	6 miles easy (*cutdown)
12	Rest	3 to 4 miles easy	Rest	3 miles easy + 4 strides	Rest	RACE WEEKEND!	

KEY

REST Don't run—if you like to cross-train, keep it low-impact.
EASY A relaxed pace slow enough for conversations with friends.
STRIDES These 10- to 15-second post-run pickups help you

practice staying relaxed while running fast. Gradually increase your speed for approximately 5 seconds, hold for 5 seconds—speedy but never straining—then gradually slow down.
HILL REPEATS Running hills boosts power,

efficiency, and speed, with less impact than a speed workout on a flat surface. Choose a hill that's not so steep that it alters your stride. Run up at a comfortably hard effort, then walk or jog back down for recovery.

***CUTDOWN** If you have a time goal in mind, on Sunday in weeks 3, 6, 9, and 11: Start with 2 miles at an easy pace, then speed up approximately 10 seconds per mile for each of the remaining miles. You shouldn't be exhausted afterward.

****TWO-A-DAYS** If training for multiple races in a single day, do run #3 and run #4 this week on the same day with several hours in between. (**NOTE:** If doing both of your weekend runs on the same day, keep them easy and skip cutdowns.)

EAT FOR TWO (RACES)

Recovery between races hinges on what you take in before, during, and afterward, says Kate Davis, M.S., a board-certified sports dietitian at RDKate Sports Nutrition in Naperville, Illinois. "Anytime you're asking your body to compete for multiple days, you want to stay on top of the calories you're going to be burning," she says.

RACE-WEEK PLAN

EAT

Protein

Provides the building blocks for muscle repair. Choose lean options like chicken and fish or low-fat dairy.

Carbohydrates

Fuel endurance performance. Your muscles can store enough for about a 90-minute effort; if your half marathon will take longer, consume extra before and during the race.

Fruits, veggies, whole grains

Provide carbs along with vitamins and minerals that boost your immune system and fight muscle damage.

Healthy fats

Unsaturated fats in nuts, fish, and avocado decrease inflammation and fill you up.

LIMIT

Cruciferous vegetables

Like broccoli, kale, and beans: May cause gas.

Dairy

Excellent lean protein source—but can cause digestive distress in some runners when eaten immediately prerace. Assess your individual tolerance.

AVOID

Alcohol

Dehydrates and adds no-value calories.

Fried foods, soda, sugary treats

Promote weight gain, as well as inflammation that impairs recovery.

High-fiber foods

Normally good for you but they slow digestion, so avoid in the hours pre- and postrace.

RACE WEEKEND

TIMELINE

FRIDAY

DINNER, EARLY



EAT

Half to three-quarters of a plate full of carbs, 1 serving of lean protein
EXAMPLES Salmon with brown rice and veggies; grilled chicken with whole-wheat pasta and tomato sauce; thin-crust pizza, heavy on veggies and light on cheese

DRINK

Water, juice, low-fat milk, herbal tea



SATURDAY

MORNING, TWO HOURS PRERACE

2 to 3 servings of grains, 1 serving of fruit, 1 serving of protein
EXAMPLES Peanut butter and jelly sandwich; smoothie with Greek yogurt and berries; egg breakfast wrap with a banana

2 cups of water when your alarm goes off; 2 more with breakfast; coffee, if you do so regularly

IN RACES UNDER 60 TO 90 MINUTES

Nothing, or try a gel or two if you couldn't eat breakfast

Water, or sports drink if you had no breakfast

POSTRACE, WITHIN AN HOUR

Snack with protein and carbohydrates
EXAMPLES Chocolate milk; an energy bar with at least 10 grams of protein

Water, sports drink

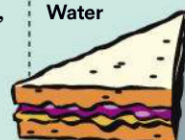
POSTRACE, WITHIN TWO TO THREE HOURS

A full meal of lean protein, high-quality carbs, and fat
EXAMPLES Fresh salad with grilled chicken; salmon plus a whole-grain roll

Water, juice, low-fat milk

NIGHT

Repeat Friday night's dinner, add an evening snack of carbs and protein an hour before bed
EXAMPLES Pretzels and peanut butter; trail mix; half a PBJ



SUNDAY

MORNING, TWO HOURS PRERACE



Similar breakfast to Saturday's—slightly larger if you can stomach it

2 cups of water when your alarm goes off; 2 more with breakfast; coffee, if you do so regularly

DURING RACE

30 to 60 grams of carbs per hour beginning 30 to 45 minutes after the race start
EXAMPLES 2 gels; 1 gel and 2 cups of sports drink; pretzels

Sports drink, water (wash gels down with plain H₂O to increase absorption)

POSTRACE

Snack with protein and carbs within an hour—then celebrate. "Make the first thing you eat something to make your sports dietitian happy, and then do whatever you want," Davis says.

Water first, then you can hit the beer tent



NOTE: Check what race officials will provide on the course. If you don't know or don't like those products, pack and carry your own.



GASPARILLA DISTANCE CLASSIC February 20–21, 2016, Tampa, FL

5K and 15K (Saturday) + half marathon and 8K (Sunday)

THE SWAG Embroidered challenge jacket and finisher's medal

THE SCENE "Run for the booty"—the race is pirate-themed—along a scenic waterfront course. If doubling up isn't enough, you can tackle all four distances (you'll have a safe place to stash your medals and a special refueling tent in between).

tampabayrun.com



COWTOWN CHALLENGE

February 26–28, 2016, Fort Worth, TX
5K or 10K (Saturday) + half marathon (Sunday)

THE SWAG Challenge medal + additional reward TBD

THE SCENE A Texas-sized multi-event race—the largest in the Lone Star State, with more than 28,000 total runners—also offers a marathon and 50K ultra.

cowtownmarathon.org



RACE, RECOVER, REPEAT

Multiple races challenge your muscles, joints, and brain, making recovery both a physical and a psychological process. Here's what to do after you cross the first finish line so you're ready to do it all over again the next day.

Boost your bloodflow

The better circulation you have, the more oxygen and healing nutrients travel to your damaged muscles. Try compression socks or tights if you've used them in training, Leivers suggests; Green recommends putting on comfortable, supportive shoes (no flip-flops!) and doing some easy walking. But don't trek for miles—this shouldn't be your major sight-seeing day.

Tend to aches

Ice anything that's sore for 10 to 15 minutes on, 15 minutes off. Take note of new pains that set in either during the first race, a few

hours after, or the next morning. If you have more than just general soreness—a sharp pain in a specific location, pain that alters your gait, or re-aggravation of an existing injury—opt out of your subsequent race to avoid causing long-term damage, Green says.

Loosen muscles and joints

The evening of your first race day, foam roll and do light stretches if that's part of your regular routine. Or lie on the floor with your legs up the wall for 10 to 15 minutes, Green says. The morning of the half marathon, do a prerace dynamic warmup: Start with two minutes of light

jogging, then do front and side leg swings, mini-squats, and arm circles to increase your body temperature and prime your muscles. If you're sore or tight, consider starting the race at a walk or slow jog until things loosen up.

Shut your eyes

The night between races, turn the lights out early: "Most of your recovery is going to happen while you're sleeping," Leivers says. Some runners find it easier to drift off after the first early morning and day of racing excitement. If the sandman eludes you, don't freak out—anxiety only drives sleep further out of reach, says Terry Chiplin, owner of Active at Altitude in Estes Park, Colorado, and official training partner for Vacation Races. "I'm also a big believer in meditation and relaxation," he says, advising nervous runners to employ deep

breathing or similar techniques to ease their minds.

Wrangle your emotions

Expect normal race-day mood swings and then some, Chiplin says. As you contemplate the second (or third, or fourth) starting line, you might even feel regret. To cope, reframe nervousness as excitement—think, *This is what I signed up for and it's going to be fun!* English says. This adjustment takes on added importance if your first race went poorly. Pick one thing you did well, and carry that with you into the next day. "You want to go into the next race positive no matter what," Green says. If race organizers offer seminars, speakers, or other activities between races (we do at the Runner's World Half & Festival!), use them to connect with other runners to lighten your mood. **EW**

Ace Multi-Race Days

EVENTS THAT TAKE PLACE JUST HOURS APART REQUIRE SLIGHTLY DIFFERENT TACTICS.

REHEARSE

At least once or twice in training, stack two runs the same length of time apart as your races (e.g., 90 minutes, for the 5K and 10K that are part of the Runner's World Hat Trick).

RESTRAIN

The consequences of starting too quickly grow more dire in this situation, especially if you're racing again the next day. As with two-day events, choose one race to run as a fast effort, and do the other as a warmup or cooldown.

REPLENISH

You'll want a quick hit of carbs and a little protein post-race to replenish your energy stores. Experiment beforehand with chocolate milk, banana with peanut butter, or pretzels with a cheese stick to see what you can tolerate.