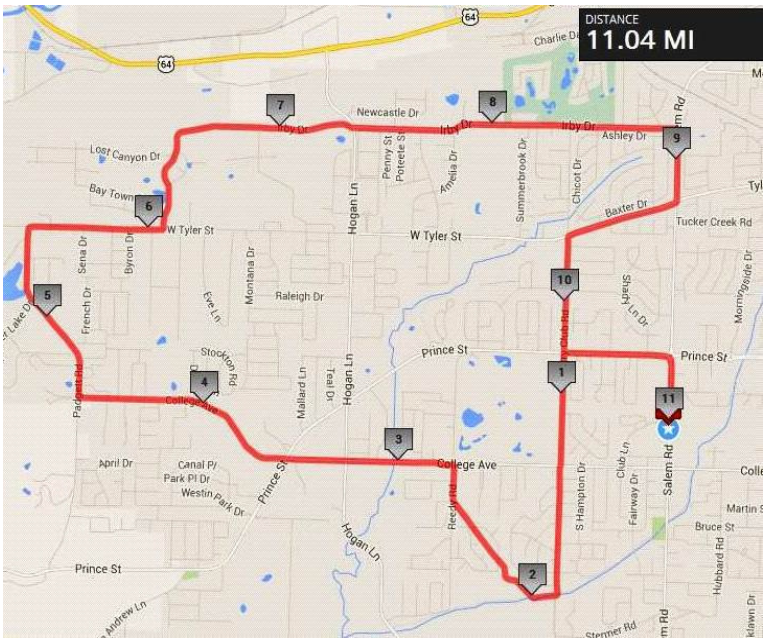
SOAR 2018

HALF MARATHON TRAINING

WEEK #8

SATURDAY | SEPTEMBER 22 | 6 A.M.



11 miles: from the fitness center parking lot, turn R on Salem, L onto Prince, L onto Country Club, cross College & continue until making a L onto Tucker Creek Trail, then an immediate R under the bridge, continue on trail, taking your 1st R, stay on trail, then turn R on Reedy, L on College, cross Hogan, R on Padgett, R on Tyler, L on Bay Hill, cross Hogan, continue on Irby Drive, R on Salem, R on Tyler, L on Country Club, L on a Prince, R on Salem, back to the fitness center.

www.mapmyrun.com/routes/view/552457896

soar.
go the
extra
mile.
soaring
wings

Water Stop Location | #1 Corner of College & Prince **#2** Corner of Irby Drive & Summerbrook
*A big thank you to Team RWB!!

Fueling the Long Run | Proper nutrition will help you perform your best! The Golden Rule for race day is: Nothing new; only tried and true! Your breakfast on race morning should be food you are used to eating before running. Practice this over the next few weeks & experiment well in advance of the race to know what foods work best for you and, more importantly, what doesn't! The right blend of carbohydrates, protein, and a little fat is a good combination. Try eating an energy bar or whole grain toast with peanut butter before your runs. Wash it down with water, sports drink, and possibly a little coffee. For the half-marathon distance, some runners rely only on water and sports drink, while others prefer to use some on-the-run nutrition products such as drinking carb-rich sports drink or consuming gels, chews, or other snack foods. Wash it down with water, NOT sports drink—the combination of sports drink and a gels or chews could be too much sugar in your digestive system at one time and send you running for the porta potty! Once you start taking in nutrition, you should continue taking it about every 45 minutes until you finish the run. ***Visit The Sporty Runner for a great selection of chews, gels & more!**

Location | The Conway group will meet outside in the south parking lot of Conway Regional Health & Fitness Center (700 Salem Road) - the facility does not open until 7:30 a.m. Restrooms are available, across the street at McDonald's.

Time | 6 a.m.

Safety | Please sign in & sign out at each group run, this ensures your safe return. If you did not register for the training group online, you are welcome to run/walk with us. Please sign a waiver when you arrive & add your name to the roster. **Wear reflective gear and a headlamp or blinky light.**

Looking ahead | Next week we have a pullback week & will run/walk 8 miles!