

TRAINING PLANS (/MODERN/TRAINING-PLAN)

# Garmin Coach Half Marathon Plan



Coach Amy

Run with a time goal

Training Goal

2:00:00 (9:09 min/mi pace)

Time Goal

5

Workouts Per Week

Every Day

Days Available

Your Half Marathon on Aug 24

Race

## Helping Your Body Handle Long Distances



The mileage of long runs can be tough on your body, but a few basic precautions can keep you feeling great.

Training to cover many miles on foot can take a toll on more than just your leg muscles. The constant, repetitive motion of your body over hours can inflict damage on your toes, your feet, your thighs and even your nipples.

Unfortunately, chafing, bleeding and other unpleasantness is often the result. “There is nothing worse than jumping into the shower and shrieking in pain realizing you have chafed,” says Yukiko Matsuzaki, a sports physical therapy specialist with the Hospital for Special Surgery in New York. “It’s painful and sometimes leaves a scar, which is why you should do everything you can to prevent it.”

Luckily, there are a number of simple things you can do pre-run to avoid the issues that high mileage can produce. Here are some of the top tips we received from our experts.

## **#1: Spend Some Time on Your Shoes**

Good running shoes are important for all runners, but this becomes especially true as the mileage goes up. If you're training for a long race, avoid the big box stores and go to a store that specializes in this type of thing. "I recommend going to a running store and having your gait assessed in order to make sure your shoes are the best fit for your anatomy and form," says Jonathan Jordan, a San Francisco-based personal trainer. "Now is the best time to make these adjustments. You don't want to change your shoes too close to the actual event date."

## **#2: The Same Goes for Clothes**

With the sheer volume of running outfits that are synthetic, lightweight, breathable and — most important — inexpensive, there's no excuse to get hurt or injured due to a running outfit that doesn't feel or fit you right. "If you're planning on running frequently and have a goal to do this for awhile, then it's worth the investment," says Amy Parkerson-Mitchell, a physical therapist and running coach in Overland Park, Kansas. "There are a lot of different brands available now, so you don't have to spend big bucks to get yourself outfitted."

## **#3: Prep Your Feet for Long Runs**

You may have heard the horror stories about people who end up with black toenails due to marathon running. As long as your shoes fit properly, this rarely happens. "I recommend wearing running sneakers that are a half-size bigger than your normal shoe size," says Matsuzaki. "This can help prevent bruising of your toenails and also will help accommodate your foot as it swells over the longer distance. Keeping your toenails trimmed and filed at a 45-degree angle downwards will also help to prevent bruising."

## **#4: Invest in Products to Reduce Chafing**

Skin chafing is one of the worst body byproducts of distance running. It results from clothing rubbing against your skin or, even worse, skin rubbing against skin. Clothing that fits properly helps a little with this issue, but it still pays to

invest in a dedicated product. One popular option is Body Glide, which is an anti-chafing product that comes in a deodorant-like stick to rub on problem areas. Vaseline is also quite effective.

## **#5: Protect the Nipples**

Like blackened toenails, bloody nipples are another gruesome byproduct of distance running. And without the right precautions, this one frequently comes true. A good sports bra usually handles this issue for women, but men often need to rely on adhesive bandages or other specialty products to protect this sensitive area. “Band-Aids over the nipples are necessary for men, especially for long distance and in warmer weather,” says Matsuzaki.

## **#6: Care for Your Body Post-Run**

To combat the post-run soreness that accompanies long distances, Matsuzaki recommends some foam rolling and stretching. “Massages can also help, but I recommend you wait at least 24 to 48 hours after a hard race or a long run,” she says.

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