

PDP GS 220 Marathon Training II

Instructor: Jennifer Carter

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Phone: Meets once per week: 1.0 Credit

Course Description:

This course will provide the knowledge and physical foundation needed for students to prepare for completion of a marathon, with the possibility of competing in the Boston Marathon (*please note, official entry to the Boston Marathon cannot be obtained through this class*). Content will cover topics such as nutrition guidelines for distance running, injury prevention, creating and evaluating a training plan, maintain and monitoring a training log, and planning of group runs. Information on obtaining an official entry into the Boston Marathon through fundraising efforts will be provided. The course will meet once a week for one and a half hours.

1. Establish a running program suited to your individual goals for running a marathon
2. Create and maintain a running log, showing progression in training and performance
3. Create running routes and direct classmates in a weekly run
4. Explain and utilize nutritional guidelines necessary for athletic participation, specifically distance running and the marathon
5. Demonstrate knowledge of common running injuries and training setbacks
6. Recognize early warning signs of injury and overtraining, while utilizing strategies to recover from injury, if necessary

Required Equipment:

Please show up with work-out ready clothes.

Appropriate running attire, weather appropriate clothes and a good pair of running shoes

Running log, online or written (mapmyrun.com, runnersworld.com, gmap-pedometer.com, Strava)

Some Suggested reading:

- "Daniel's Running Formula: Proven Programs 800m to Marathon" by Jack Daniels
- "Marathon: The Ultimate Training Guide: Advice, Plans, and Programs" by Hal Higdon
- "Born to Run" by Christopher McDougall

Course Goals:

1. Establish a running program suited to your individual goals for running a marathon
2. Create and maintain a running log, showing progression in training and performance
3. Create running routes and direct classmates in a weekly run
4. Explain and utilize nutritional guidelines necessary for athletic participation, specifically distance running and the marathon
5. Demonstrate knowledge of common running injuries and training setbacks
6. Recognize early warning signs of injury and overtraining, while utilizing strategies to recover from injury, if necessary
7. Identify opportunities to obtain official entry into the Boston Marathon through individual and group fundraising events

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 70% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than 4 unexcused absences, you will need to arrange to make up the classes you have missed. You can do this by doing a make-up run on your own (have the instructor email you the training run for that day, complete the training run and email a screen shot of your run to the instructor) or by attending another PDP class of your choice.

If you plan on attending a different class for a make-up, please let the instructor of that class know so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site is available for this class online at <http://learn.bu.edu> and can be accessed by entering your username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancellations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be given and midterm and at the end of the semester.

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Definitions:

PMP – Personal Marathon Pace

Yasso 800s – 800M at minutes equivalent to projected marathon goal (want to run a 5 hour marathon, run 800M at 5 minutes each)

Tempo Run – runs to improve aerobic threshold. 2 mile warm up, tempo run of choice, 2 mile cool down

Medium Long Run – distance run to be ran at easy or moderate pace (at least one hour long)

Recovery Day - cross training or no activity

Rest Day – no activity

Cross Training – pool running, bike, walking, weight training, yoga or other form of non-running cardio exercise

Schedule:

You will be provided with a calendar that will help you create a training plan that fits your schedule, current level of training, and your marathon goals. All runners should take at least one day off per week. Stretching after all runs/or during long runs is very important for injury prevention. Up your mileage slowly and stop running and cross train if you experience ongoing pain. If pain does not cease, see a doctor. Sports doctors are available at Student Health. Train using nutrients you plan to use on race day. Run different areas of Boston, not just on the Esplanade, and include hills in your workouts.

Information regarding nutrition, injury prevention and proper attire will be provided. Information, articles, and a pacing calculator can be found on my blog <http://blogs.bu.edu/marathon101/>. Using a pacing calculator will help you figure out your 5K, 10K, etc. pace for training purposes. Incorporating races into your training will help you set realistic goals for the marathon. Hyannis ½ Marathon or the New Bedford ½ Marathon are two races that fall within the training period for Boston. If you are racing on any given day incorporate a rest day after you race.

A training calendar will be created for outdoor running and made available to all students. You can incorporate the trainings for pool running, treadmill, or elliptical. However, it is best to do most of your training outdoors as it provides you with a realistic pace and helps you prepare for weather conditions on race day.