



MORGAN HILL
MARATHON+HALF

Training Welcome Letter -2011

Congratulation on taking a huge step towards what we hope is a lifelong love of fitness. The attached documents detail out your workout plan. There are some very important notes:

1. Make sure you consult a physician before starting any type of plan.
2. The attached plans are semi-generic. What that means is we have taken your level and race length goal and come up with work out times. That does not mean all trainers will agree. We have our opinion and it works. **IF YOU FEEL YOU SHOULD CHANGE LEVELS PLEASE TELL US RIGHT AWAY.**
3. The attached workouts contain some cross training and walking for absolute beginners. **THIS WORKS.** This is to build up endurance. Nothing is set in stone, once again look at the big picture and substitute a different type of exercise if needed.
4. The attached workouts also contain a stretching regimen and a resistance program. Running for 2 plus hours puts a large strain on the body. Building flexibility and core strength will help you attain your goal. **DO THE STRETCHING TWICE A WEEK AND FUNCTIONAL EXERCISE LIST ONCE A WEEK.**
5. If you need to move items around to different days that is fine. Look at the week as a whole.
6. I know it seems to start easy. It **WILL** get harder. Marathons are long. Training takes time to build up the endurance to make it through. If it seems too easy please email us and we will move you up to the next level.
7. You have access to email us anytime for questions. <mailto:info@norcalmarathon.com>. Questions will be answered as soon as possible.
8. Monitor the Site Forums for runs we do as a group. All levels are invited. Usually once a week. But this is not required.
9. We would love to get your notes back after each 4 week period to see how you are doing.
10. We do suggest you log your workouts. I use inwithfitness.com but the site is getting a little old, but it is free.

11. About your diet. We can offer nutritional advice. We have access to all levels of nutritionists. The bottom line for running is the lighter you are the easier it is for you. But you should also be healthy, so do not overdo it.
12. We also offer some higher end plans where you can get fully customized plans, and meet the trainers occasionally.
13. If you have issues with joints, your back, or any odd feelings we strongly suggest you see Active Spinal in Morgan Hill, Ca. They have worked wonders on us.

Disclaimer:

All the information presented is for educational and resource purposes only. It is NOT a substitute for or an addition to any advice given to you by your Physician or Health Care Provider. Before making any changes to your lifestyle, diet or exercise habits and before implementing any information provided By South Valley Endurance you must consult your Physician. Please understand that you are solely responsible for the way information is perceived and utilized and you do so at your own risk. In no way will South Valley Endurance, LLC. or any persons associated with South Valley Endurance, LLC. be held responsible for any injuries or problems that may occur due to the use of program or the advice contained within.