

Ease into this running program

This running schedule was created by Budd Coates.

Each spring Coates leads a corporate running program for beginners that takes nonrunners and, in 10 weeks, gets them to the point where they can run 3.5 miles without stopping. You too can do the same. Before you start this schedule, get your legs ready with eight days of walking: Walk for 20 minutes a day for the first four days, then increase to 30 minutes a day for four more days. Now you're ready to begin with Week 1.

Each week of the program, do your run/walk workouts on Monday, Wednesday, Friday, and Saturday. Take a rest day or an easy walk on Tuesday, Thursday, and Sunday.

Week 1 Run 2 minutes, walk 4 minutes. Complete 5 cycles.

Week 2 Run 3 minutes, walk 3 minutes. Complete 5 cycles.

Week 3 Run 5 minutes, walk 2.5 minutes. Complete 4 cycles.

Week 4 Run 7 minutes, walk 3 minutes. Complete 3 cycles.

Week 5 Run 8 minutes, walk 2 minutes. Complete 3 cycles.

Week 6 Run 9 minutes, walk 2 minutes. Complete 2 cycles, then run 8 minutes.

Week 7 Run 9 minutes, walk 1 minute. Complete 3 cycles.

Week 8 Run 13 minutes, walk 2 minutes. Complete 2 cycles.

Week 9 Run 14 minutes, walk 1 minute. Complete 2 cycles.

Note: After completing Week 9, if you feel tired, repeat this week of training before moving on to Week 10.

Week 10 Run 30 minutes.

Take the “wet test.”

A “wet test” is a quick and easy way of discovering what your footprint tells you about your degree of pronation.



(a) A high-arched foot means you may be a supinator.

(b) A normal foot means you probably are a normal pronator.

(c) A flat foot means you may have a tendency to overpronate.

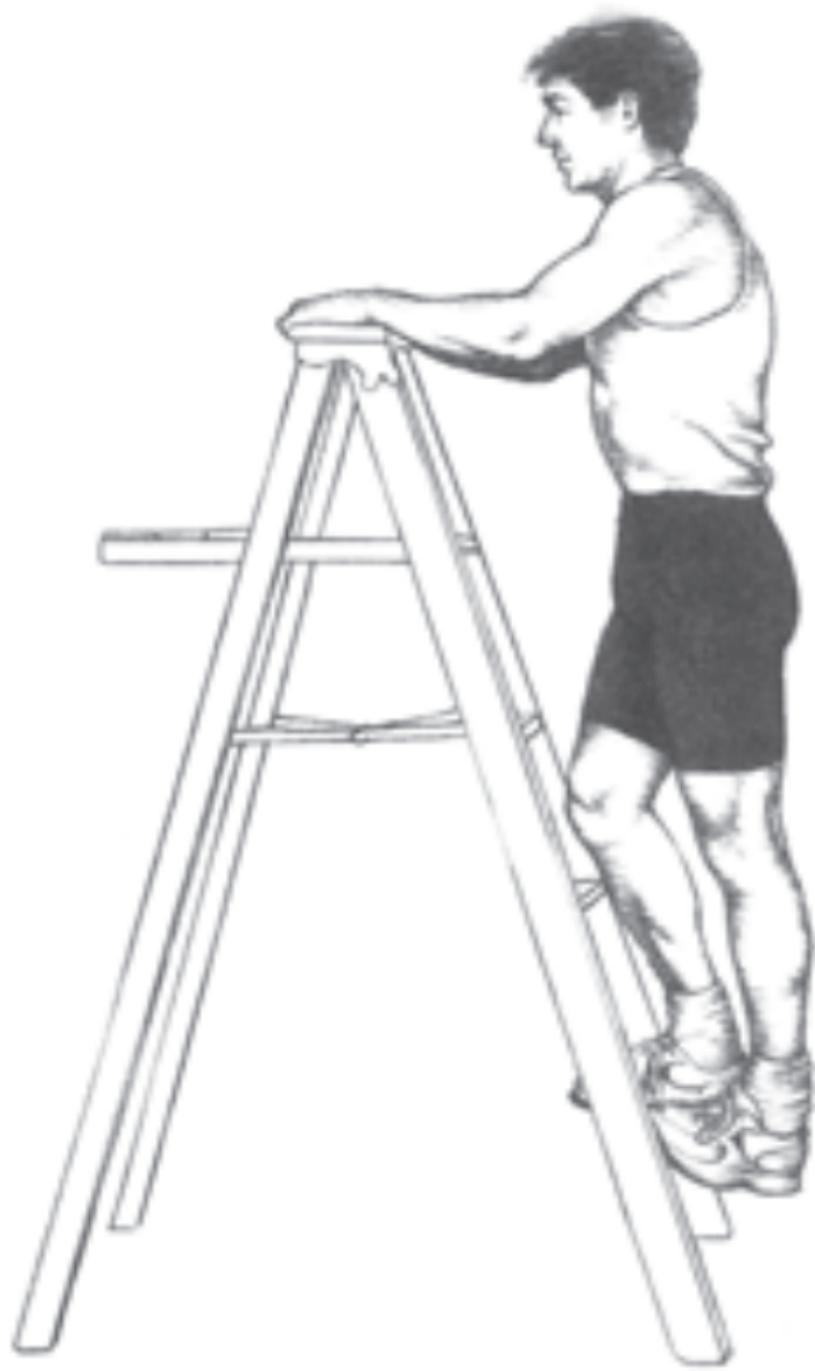
Protein Sources

Here are 20 vegetarian foods that provide good ways to get protein.

| FOOD | CALORIES | FAT (GRAMS) | PROTEIN (GRAMS) |
|-------------------------------|----------|-------------|-----------------|
| Black beans, 1 cup cooked | 227 | 1 | 15 |
| Bread (whole-grain), 2 slices | 140 | 2 | 6 |
| Brown rice, 1 cup cooked | 232 | 1 | 5 |
| Corn, 1 cup cooked | 178 | 2 | 6 |
| Corn bread, 2-inch square | 130 | 4 | 3 |
| Corn tortilla | 67 | 1 | 2 |
| Cottage cheese (1%), 1 cup | 164 | 2 | 28 |
| Egg, 1 large | 75 | 2 | 6 |
| Egg white, 1 large | 16 | 0 | 3 |
| Garbanzo beans, 1 cup cooked | 285 | 3 | 12 |
| Kidney beans, 1 cup cooked | 225 | 1 | 15 |
| Lentils, 1 cup cooked | 231 | 1 | 18 |
| Milk (1%), 1 cup | 120 | 2 | 11 |
| Pasta, 1 cup cooked | 200 | 2 | 7 |
| Potato, baked with skin | 220 | 1 | 5 |
| Refried beans, 1 cup cooked | 270 | 3 | 16 |
| Split peas, 1 cup cooked | 231 | 1 | 16 |
| Tempeh, ½ cup | 165 | 6 | 16 |
| Tofu, ½ cup | 183 | 11 | 20 |
| Yogurt (fat-free), 1 cup | 127 | 0 | 13 |



Achilles Tendon



Achilles Stretch



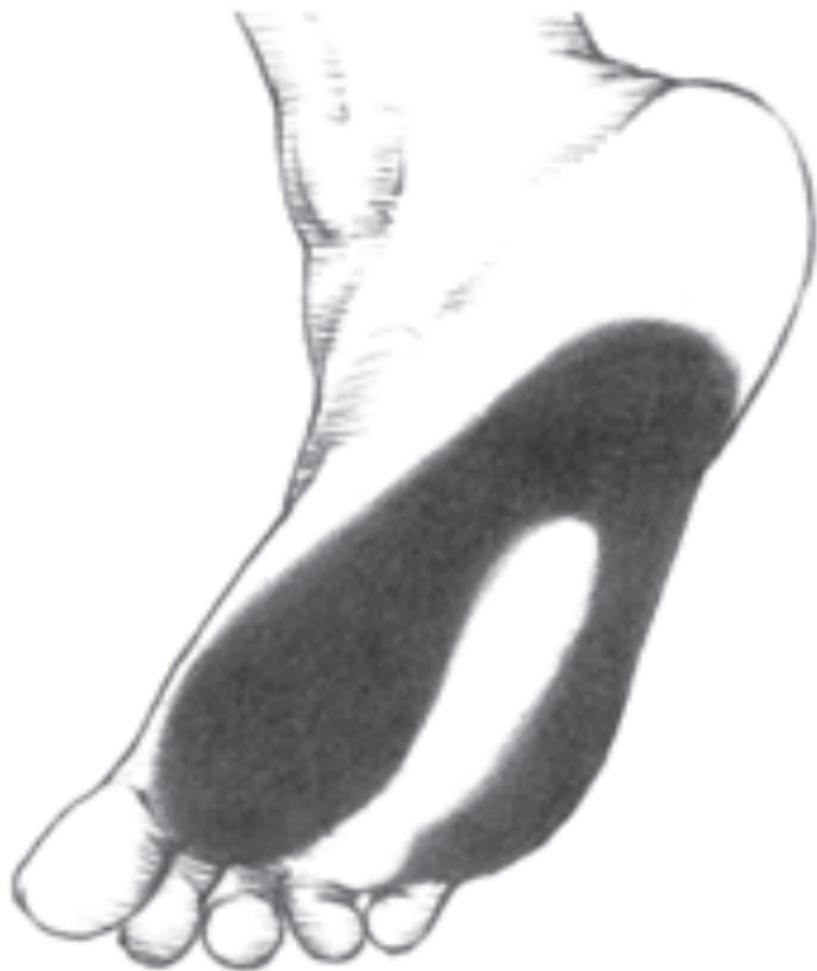
Chondromalacia: A condition whereby a softening or wearing away of the cartilage under the kneecap occurs.



Iliotibial Band Syndrome: In severe cases of iliotibial band syndrome, pain can be sharp and the outside of the knee tender.



Iliotibial Band Stretch



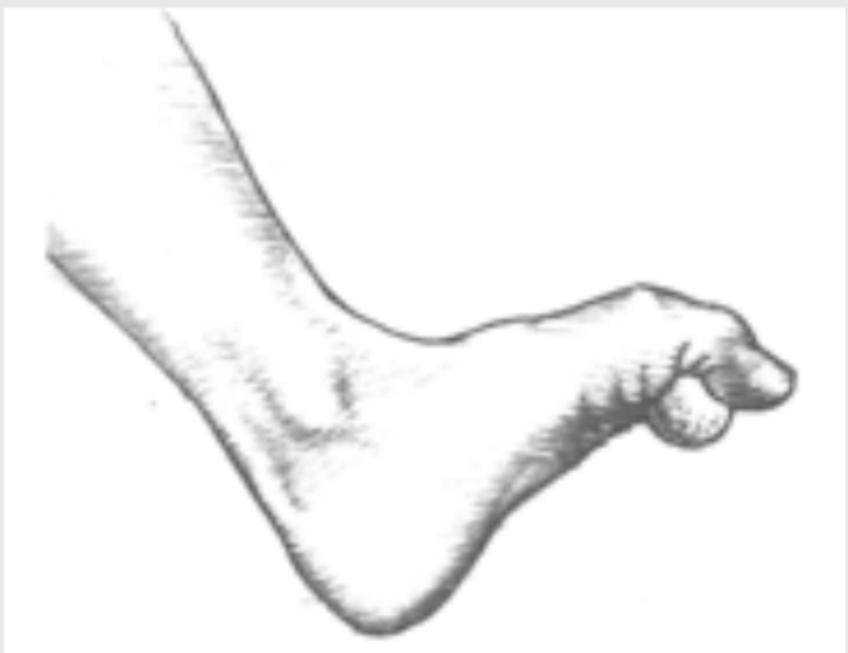
Plantar Fasciitis: The symptom of plantar fasciitis is a pain at the base of the heel similar to a bruising sensation.

The golf ball trick

To help stretch the fascia, you can perform a motion using a golf ball. Start with the golf ball under the base of your big toe and roll the foot laterally over the ball to the base of the second toe and repeat. Do the same motion starting from each toe, always exerting enough pressure so that you feel a little tenderness.



Plantar Fascia Pain Reliever



Plantar Fascia Strengthenener



Shinsplints: Shinsplints are an inflammation of the tendons on the inside of the front of the lower leg.

“The best injury-prevention advice I know is also the most boring: rest.”

Shinsplint solutions

To stretch and strengthen the tendons and muscles in the front of the leg, sit on a table or chair and loop an ankle weight around your foot. Without bending your knee, move your foot up and down from the ankle. Or have a partner grasp the foot to provide resistance.



LONG RUN**10-K RACE PACE + 60 TO 75 SECONDS/MILE**

Long Tempo

10-K + 30 to 35 seconds

Mid Tempo

10-K + 15 to 20 seconds

Short Tempo

10-K pace

1600 mm Repeats

10-K -35 to 40 seconds

1200 mm Repeats

10-K -40 to 45 seconds

800 mm Repeats

10-K -45 to 50 seconds

400 mm Repeats

10-K -55 to 60 seconds

| WEEK | TUESDAY-SPEED (METERS) | THURSDAY-TEMPO (MILES) | SATURDAY-LONG (MILES) |
|------|---------------------------|---------------------------|--------------------------|
| 1 | 8 X 400 | 3 | 10 |
| 2 | 4 X 1200 | 5 | 12 |
| 3 | 4 X 1200 | 7 | 13 |
| 4 | 4 X 1200 | 3 | 10 |
| 5 | 10 X 400 | 5 | 14 |
| 6 | 10 X 400 | 5 | 15 |
| 7 | 7 X 800 | 8 | 17 |
| 8 | 3 X 1600 | 10 | 13 |
| 9 | 12 X 400 | 3 | 18 |
| 10 | 8 X 800 | 5 | 15 |
| 11 | 4 X 1600 | 8 | 20 |
| 12 | 12 X 400 | 5 | 15 |
| 13 | 6 X 1200 | 5 | 20 |
| 14 | 7 X 800 | 4 | 15 |
| 15 | 3 X 1600 | 8 | 10 |
| 16 | 30 min easy | 20 min easy | |

Cross-Training Guide

The chart below provides an outline for your running and cross-training (x-training) workouts. In addition, for almost all runners, several circuit weight-training workouts per week will strengthen the upper body and certain leg muscles. Don't mix circuit weight training with a hard running schedule, however.

BEGINNING RUNNER

| Running Days | Running Days, Hard | X-Training Days | X-Training Days, Hard | Best X-Training Activities |
|--------------|--------------------|-----------------|-----------------------|---|
| 2 | 1 | 2 | 1 | In-line skating, cross-country skiing, stair climbing |

INTERMEDIATE RUNNER

| Running Days | Running Days, Hard | X-Training Days | X-Training Days, Hard | Best X-Training Activities |
|--------------|--------------------|-----------------|-----------------------|--|
| 3-5 | 1-2 | 2 | 1 | Bicycling, in-line skating, cross-country skiing |

ADVANCED RUNNER

| Running Days | Running Days, Hard | X-Training Days | X-Training Days, Hard | Best X-Training Activities |
|--------------|--------------------|-----------------|-----------------------|---|
| 5-6 | 2 | 0-2 | 0 | Bicycling, swimming, pool running, rowing |

INJURY-PRONE RUNNER

| Running Days | Running Days, Hard | X-Training Days | X-Training Days, Hard | Best X-Training Activities |
|--------------|--------------------|-----------------|-----------------------|---|
| 2-4 | 0-1 | 2-3 | 1-2 | In-line skating, cross-country skiing, stair climbing, swimming, pool running, rowing |

GENERAL-FITNESS RUNNER

| Running Days | Running Days, Hard | X-Training Days | X-Training Days, Hard | Best X-Training Activities |
|--------------|--------------------|-----------------|-----------------------|---|
| 2 | 0 | 2 | 1 | Swimming, rowing, cross-country skiing, bicycling with arm resistance |

| | MEN | WOMEN |
|------------------|--------|--------|
| essential fat | 2-4% | 10-12% |
| athletic range | 6-13% | 14-20% |
| fitness range | 14-17% | 21-24% |
| acceptable range | 18-25% | 25-31% |

What a difference

A week of workouts for Sanders, then and now

| | THEN CALORIES BURNED | NOW CALORIES BURNED | CALORIE DIFFERENCE |
|--|------------------------------------|--|--------------------|
| MONDAY | Off | 45 min recumbent bike, moderate (mod) + 15 min core $347+106=453$ | 453 |
| TUESDAY | 2-mile run, easy (11 min/mile) 246 | 3-mile run, easy (11 min/mile) 369 | 123 |
| WEDNESDAY | Off | 3-mile run, mile 2 at tempo (9 min/mile) + 15 min core $385+106=491$ | 491 |
| THURSDAY | 3-mile run, easy 369 | 45 min recumbent bike, hard 405 | 36 |
| FRIDAY | Off | Off | 0 |
| SATURDAY | Off | 6-mile run, easy + 15 min core $738+106=844$ | 844 |
| SUNDAY | 5-mile run, easy 615 | a.m.: 4-mile run, easy; p.m.: 30 min recumbent bike, mod $492+231=723$ | 108 |
| TOTAL CALORIES BURNED | 1,230 | 3,285 | |
| CALORIE DIFFERENCE: EXTRA CALORIES BURNED: 2,055 | | | |

What's your sweat worth?

Whatever your pace and weight, here's your calorie burn per hour.

| | 130 POUNDS | 160 POUNDS | 190 POUNDS |
|-------------|------------|------------|------------|
| 12 MIN/MILE | 472 | 582 | 691 |
| 11 MIN/MILE | 532 | 655 | 734 |
| 10 MIN/MILE | 591 | 727 | 864 |
| 9 MIN/MILE | 650 | 800 | 950 |
| 8 MIN/MILE | 709 | 873 | 1,036 |
| 7 MIN/MILE | 827 | 1,018 | 1,209 |
| 6 MIN/MILE | 945 | 1,163 | 1,382 |

The Half-Marathon Plan

Getting through the first four weeks

| | WEEK 1 3:1 RUN-WALK | WEEK 2 4:1 RUN-WALK | WEEK 3 5:1 RUN-WALK | WEEK 4 5:1 RUN-WALK |
|-----------|------------------------------|----------------------------|----------------------------|-----------------------------------|
| SUNDAY | 2 miles, easy | 2 miles, easy | 2 miles, easy | 3 miles, easy |
| MONDAY | XT* | XT | XT | XT |
| TUESDAY | 2.5 miles, easy w/ 4 strides | 3 miles, easy w/ 6 strides | 3 miles, easy w/ 6 strides | 3 miles, w/ 4 30-60 sec. fartleks |
| WEDNESDAY | XT or off | XT or off | XT or off | XT or off |
| THURSDAY | 2.5 miles, easy w/ 4 strides | 3 miles, easy w/ 6 strides | 3 miles, easy w/ 6 strides | 3 miles, easy |
| FRIDAY | Off | Off | Off | Off |
| SATURDAY | 5 miles | 6 miles | 7 miles | 5 miles |

* Cross-training (XT): at least 30 minutes of easy to moderate effort. Can be strength training, yoga, Pilates, or something aerobic (swimming, elliptical, rowing, cycling).

Four Weeks of Sleekness

How Tam will kick-start his weight loss and training

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|-----------|---|--|--|--|
| MONDAY | Off | Off | Off | Off |
| TUESDAY | *TH: 5 x 7 min. @ 7% w/ 5 min. recovery | *TH: 4 x 10 min. @ 8% w/ 5 min. recovery | *TH: 4 x 12 min. @ 8% w/ 7 min. recovery | *TH: 4 x 10 min. @ 8% w/ 10 min. running @ 1% between hills |
| WEDNESDAY | 5 miles | Off | 5 miles | 4 miles |
| THURSDAY | 10 miles | 10 miles | 8 miles | 11 miles |
| FRIDAY | Off | Off | Off | Off |
| SATURDAY | 4 miles | 5 miles | 4 miles | 7 miles w/ 8 x 100 meters |
| SUNDAY | 12 miles | 13 miles | 8 miles | 15 miles |

*TH=Treadmill hills; start and end each with a 10-minute warmup and cooldown.

| CHANGE IT UP | ROUTINE CALORIE DEFICIT | CHANGE-UP CALORIE DEFICIT |
|---|-------------------------|-----------------------------|
| Swap out two days of regular running for two days of speedwork | 440 | 1,760 |
| Add three miles to your weekly total | 300 | 1,200 |
| Cut 400 calories from your daily intake | 22,800 | 11,200 |
| Every week add one session of cross-training on a day when you don't run | 500 | 2,000 |
| Every week add one session of strength training on a day when you don't run | 400 | 1,600 |
| TOTAL CALORIE DEFICIT | 24,440 | 17,760 (five pounds) |

Estimates are based on a 150-pound person who runs four days a week, logging 15 to 20 miles total, running at a nine-minute-per-mile pace.

As you take the quiz, note your responses on a sheet of paper. On page 232, you'll find the answers and explanations you're looking for.

1. How many servings are in a cup of pasta?
 - A. Half a serving
 - B. One serving
 - C. Two servings
 - D. Three servings
2. How large is a single portion of meat?
 - A. A deck of cards
 - B. A slice of Wonder bread
 - C. A hockey puck
 - D. A big, fat porterhouse steak
3. What does a single serving of most cereals look like?
 - A. A softball
 - B. A clenched fist
 - C. A golf ball
 - D. A bicycle helmet
4. What is the ideal size for a dinner plate?
 - A. 9-inch diameter
 - B. 10-inch diameter
 - C. 12-inch diameter
 - D. It really doesn't matter, as long as you fill it only halfway.
5. Do you know how many calories you consume in a day?
 - A. Hmm, I have no clue.
 - B. More or less, but I hardly think about it most days.
 - C. Sure. I have a fairly accurate knowledge of my daily caloric intake.
6. Which has the most calories?
 - A. 1 cup of Kellogg's Bran Flakes
 - B. $\frac{1}{2}$ cup of Kellogg's Frosted Flakes
 - C. $\frac{1}{4}$ cup of Kellogg's Mueslix
 - D. $\frac{1}{4}$ cup Bear Naked Granola
7. Pound for pound, which of these meats has the least fat?
 - A. 95% lean ground beef
 - B. Ground turkey
 - C. Skinless chicken thigh
8. How many calories are in a venti (24-ounce) Starbucks' Strawberry Cream Frappuccino?
 - A. 560
 - B. 770
 - C. 850
9. Which has more vitamin A?
 - A. One cup of Wheaties
 - B. One cup of cooked peas
 - C. One sweet potato
 - D. One cup of kale
10. What is the best source of vitamin K?
 - A. Spinach
 - B. Broccoli
 - C. Carrots
 - D. Vitamin what?
11. Do you take a multivitamin?
 - A. Yes, every day
 - B. Yes, several times a week
 - C. Never
12. How many servings of fruits and vegetables should you consume every 24 hours?
 - A. 3 to 4 servings
 - B. 5 to 9 servings
 - C. 9 to 11 servings
 - D. More than 12
13. What is the maximum number of energy bars you should consume in one week?
 - A. Three per week
 - B. One per day

- C. As long as they are high-fiber and low-sugar, you can eat as many as you like.
- 14.** How many servings of dairy should you consume daily?
- A. Two servings a day, preferably in the morning
 - B. Two to three servings, spaced throughout the day
 - C. Active people need three to four servings a day.
- 15.** How much alcohol did you drink last night?
- A. None. I rarely, if ever, drink at all.
 - B. A glass or two of wine
 - C. More than three drinks; same as always
- 16.** It's okay to eat fast food every day if:
- A. The rest of your diet is balanced, low in fat, and high in fiber from vegetables, fruits, and grains.
 - B. It is never okay to eat fast food daily; twice a month at most.
 - C. Your diet is low-calorie for the rest of the day.
- 17.** How often do you eat sweets?
- A. At least twice a day
 - B. Every night
 - C. Several times a week
 - D. Only on special occasions
- 18.** What is the ideal ratio of carbohydrates to protein for an energy bar?
- A. 2 to 1
 - B. 3 to 1
 - C. 5 to 1
 - D. It depends on whether you're eating before or after exercise.
- 19.** What percentage of a runner's calories should come from protein?
- A. 25%
 - B. 10%
 - C. 30%
 - D. 5%
- 20.** How often do you run on a completely empty stomach?
- A. Never
 - B. Almost never
 - C. Almost always
 - D. Always
- 21.** What is the best way to refuel after a five-mile run?
- A. With a low-sugar granola bar
 - B. With a generous plate of pasta
 - C. With a milk shake
- 22.** What is your favorite snack to consume during a long run?
- A. A granola bar
 - B. A handful of pretzels and some water
 - C. Gatorade or another sports drink
- 23.** Approximately how many calories should an active man/woman eat per day?
- A. 2,200 calories/1,900 calories
 - B. 2,600 calories/2,200 calories
 - C. 2,900 calories/2,400 calories
 - D. 3,000 calories/2,500 calories
- 24.** If you're trying to lose weight while running, should you cut calories from your diet?
- A. Yes. Any way you can cut calories while running is the fastest way to lose weight.
 - B. No. Just increase your mileage or pace.
 - C. Yes, as long as you don't skimp on calories consumed during or right after a workout.

- 25.** How much fluid should active people consume each day?
- A. Men need 125 ounces, women need 90 ounces
 - B. Eight cups a day
 - C. As much as you need to quench your thirst
 - D. Six cups a day, excluding coffee and other diuretics

ANSWERS

Give yourself four points for each correct answer, unless noted otherwise below. Then check the “Scoring” section to see how you did and where you need to make changes in your nutritional approach.

1. C. Most people guess lower, and as a result eat more refined pasta than they need to. Here’s a better approach: Fill your pasta plate with half the pasta you normally eat now, and the other half of your plate with steamed veggies. You’ll get all the carbs you need, along with a lot more vitamins and phytonutrients, such as the antioxidants that are plentiful in many vegetables.

2. A. It’s easy to make smart food choices and still sabotage your diet by ignoring serving sizes. To make matters tougher, portions keep growing. “Many people assume muffins are healthier than doughnuts, for example,” says Leslie Bonci, R.D., director of sports nutrition at the University of Pittsburgh Medical Center. “It’s a good assumption, but muffins used to be two inches in diameter. Today they can be more than four inches, which means they’ve tripled in calories.”

3. B. Nutrition consultant Susan McQuillan, M.S., R.D., advocates using body parts for measurement (presuming you don’t have hands like Yao Ming). “Your fist is about a cup, which is a serving of cereal or vegetables,” says McQuillan, author of *Low-Calorie Dieting for Dummies*. “An ounce of nuts, or two ounces of chips or popcorn, fits in the cup of your open fist. Your palm is roughly the size of a three-ounce serving of meat. Your thumb from the tip to the second joint is about the size of one ounce of cheese.”

4. A. Fifty years ago, American plates were smaller (much like they are in Europe today), and as they have grown larger, so has the collective American waistline. Bigger plates lead to more eating, because they make portions look smaller. “Choosing smaller plates, glasses, and bowls will help train your body to get used to smaller sizes,” says Bonci.

5. C. (two points for picking B) For those of us who resist studying nutrition labels, a good rule of thumb for cutting calories is to eat wet foods over dry ones, says Bonci. “Drier foods have a higher calorie density. They don’t take up a lot of room in the stomach, so we need to eat a lot of them before feeling full.” Cushion the blow of cookies, chips, and other dry foods by combining them with wet ingredients. Eat salsa with your chips. Have a glass of skim milk with your cookie.

6. D. Cereal is delicious, healthy, and more calorie-dense than many people realize. “The calorie costs of Mueslix and nut-and-grain-packed granolas like Bare Naked are huge,” says Bonci. “The serving sizes are two or three tablespoons. Of course, no one is eating that little.”

7. A. Many assume otherwise, but ground poultry generally has more fat than red meat, because it often contains dark meat and skin. Choose ground breast meat, or look for the words “low-fat.” And lean cuts of beef—which include round, chuck, sirloin, and tenderloin—are a healthy, high-protein alternative. Select packages marked 90 percent lean or higher.

8. B. Brace yourself: Some Frappuccinos have more than 20 times the calories of a cup of joe (only 35 to 40 calories with a quarter cup of milk). Of course, fancy coffee drinks are hardly the only perpetrator. Fast-food sodas, large glasses of juice, and oil-can-sized energy drinks are packed with calories. Even an innocent-sounding bottle of Vitamin Water contains 300 calories.

9. C. One baked sweet potato contains about twice the Daily Value of vitamin A. Other good sources of this nutrient (which promotes bone growth and helps regulate your immune system): cooked carrots and spinach.

10. A. (two points for picking B) Spinach and other leafy greens are the best sources of vitamin K, which protects your heart and builds bones. And unfortunately, it’s one of many nutrients that runners tend to be deficient in. Why? In many cases, runners simply shy away from foods they don’t like (say leafy greens) or limit their intake of red meat, oils, and fatty foods—a healthy habit to be sure, but one that can lead to shortfalls in key nutrients, says Bonci. “Vitamin D can be difficult to get because it’s found in foods like liver and egg yolks, which aren’t at the top of most runners’ lists.” Two other problem nutrients for runners who limit oils and fats: vitamin E and zinc.

Creating a Food Diary

Yes, it’s possible that you have dietary habits you likely don’t even know you have. “Food diaries are very eye-opening when people are trying to get a handle on their eating,” says Leslie Bonci, R.D. That’s true whether you’re trying to lose weight or better understand your eating habits. Rather than spend \$250 on a nutritionist, here’s how to create your own diary.

Log the details: Bonci has clients create six columns in their food logs: the food, the amount, the time it was consumed, how many minutes it took to consume, where it was eaten, and reason for eating it. “Being detail-oriented is really important for people trying to change habits,” she says. Everything—even small bites—counts.

Go long (enough): A five-day food diary is long enough, but be sure to include a weekend in the diary. “Many uncover that their alcohol intake really spikes on the weekend, for instance,” says Bonci.

Look for clues: Common mistakes diaries turn up include: unconscious snacking; consuming too many packaged foods; eating too much at night; and ingesting too much salt.

11. A. “I look at multivitamins as an insurance policy—and it’s great to take one daily,” says Bonci. “But I tell athletes that they still need to do their part by eating real foods.” At the other extreme are supplement junkies, who overfortify with nutrient-enhanced energy bars and shakes. Problem is, getting an excess of certain vitamins and minerals can be unhealthy. For example, too much chromium can interfere with the absorption of zinc. And excess iron can cause liver damage.

12. B. While meeting the FDA recommendation of five-to-nine servings of fruits and vegetables a day may seem daunting, there are many easy ways to boost your intake of these important foods. “People forget about spaghetti sauce, vegetable soup, pickles, V8, raisins in cereal, even the peppers and onions on a pizza,” says Bonci. “These all count.”

13. A. Athletes who pound energy bars on a daily basis do so with the best of intentions; after all, most are rich in fiber and vitamins, and contain an ideal mix of carbs to protein. But when these processed bars start to replace real food, it’s time to worry, says McQuillan. Bonci urges her athletes to consume bars, which are often dense with calories, in stages. “Split them in half,” she says, “so you have something for pre-run and post-run fuel.”

14. B. It is important to consume at least two to three servings of dairy a day, but our bodies can absorb only about 500 milligrams of calcium at a time. That’s roughly what’s in one cup of yogurt, so space your dairy throughout the day.

15. A or B. According to a study in the *Journal of the American College of Sports Medicine*, serious recreational runners drink more alcohol than sedentary folks. And a glass or two a night is widely recognized as a healthy part of a balanced diet. More than three, however, and you’re likely compromising your health and athletic performance. Plus, alcohol can interfere with runners’ already higher hydration needs. Try diluting your cocktail with seltzer, and alternate a glass of water between each alcoholic beverage.

16. A. Hey, we all lead fast-paced lives, and there’s a time and a place for fast food in those lives. Like once a day, perhaps. As long as the fast foods you pick are generally healthful, and not huge portions of fat, salt, and sugar masquerading as foods. The key is balance and moderation. You can afford to eat fast foods as long as you don’t overdo them or rely too heavily on them. For example, at lunchtime you could choose a high-protein, low-fat sandwich, along with a salad that’s not drowning in a fatty dressing.

17. D. (three points for picking C; two for choosing B) “If you routinely eat a nutritious, well-balanced diet, then you can fit in sweets or fast food every day, in small amounts,” says McQuillan. “The trouble is, most people go overboard. A cup of ice cream is very different from the whole pint.” Too many simple sugars “provide the raw material for the manufacture of triglycerides—fats that circulate in your bloodstream that experts now believe are as important as cholesterol when it comes to risk of heart disease, not to mention weight gain,” she says.

18. B. An energy bar with a 3-to-1 ratio of carbs and protein perfectly answers your pre-workout and post-run fuel needs. Too many carbs can slow down digestion, causing discomfort mid-workout. (The carbs, by the way, should come in the form of dried fruit, cane juice, or honey, rather than simple sugars.) And a bar with a 3-to-1 ratio supplies plenty of protein to meet your body’s post-run demands. The many protein bars on the market are intended more for meal replacements, and while they can serve as an

alternative to mindless snacking, they should be used sparingly.

19. C. In spite of the recent protein craze, Bonci still sees many runners skimping. “They all know how important carbohydrates are, but they don’t realize that they lack protein and fat in their diets.” Most nutritionists advise at least a half gram per pound of body weight. Simple ways to up intake: eating bean dip with your corn chips, adding cheese to your vegetarian chili, or spreading peanut butter on your celery or banana.

20. A. (three points for picking B; one for choosing C) Even though nutritionists harp on the importance of eating before training, many runners still head out the door on empty—and then overeat later. How come? “Lack of planning,” says Bonci. “Runners forget or wait until the last minute. I tell my athletes to think about their run one hour before.” Aim for a small amount of easily digested carbohydrates so the fuel will be available during your run. Afternoon and evening runners should eat a snack one or two hours prior to exercise; this is as simple as a banana, a handful of cereal, or a bagel.

21. A. Postrun replenishment doesn’t require a lot of food, either. “Runners think they need to refuel with large amounts of carbohydrates, like a huge plate of pasta, but all you need is something like a reduced-sugar chewy bar, a half cup of cereal, or a single granola bar,” says Bonci.

22. C. During a long run (the only kind that demands midworkout nourishment), stick to wet-

Sudden Impact

4 easy ways to eat better—today

1. Start serving dinner on smaller plates.
2. Eat a snack an hour or two before every run.
3. Take a multivitamin.
4. Eat low-fat dairy twice a day.

ter foods, says Bonci. “A sports drink is my first choice, since it provides fuel, fluid, and electrolytes. But for those who like more calories, opt for gels or honey sticks; these aren’t dry and they leave the stomach quickly.”

23. B. Very active women need to consume about 17 calories per pound; similarly, active men require about 20 calories per pound.

24. C. “I don’t encourage runners to actively try to lose weight while increasing mileage, as it usually results in fatigue, delayed recovery, and sometimes increased risk of injury,” says Bonci. “You can slightly trim down the amount eaten at the meals that are not around the time of exercise, however.” And don’t skip the post-run fueling window: It will help ward off a late-night hunger attack.

25. A. If you’re drinking to quench your thirst, you’re probably not drinking enough. All types of fluids count (the obvious exception is alcohol); whatever it takes to get your intake near 100 ounces daily.

SCORING

0 TO 20 POINTS

Look on the bright side: You're still alive. It wouldn't be an awful idea to read the advice above and make some changes today.

21 TO 40 POINTS

The bad news: You don't have the best eating habits. The good news: It's easy to improve your score (and your health) with a little extra effort.

41 TO 60 POINTS

Decent—you surely know how to read a nutrition label and eat smart. But that doesn't mean you can't boost your food IQ.

61 TO 80 POINTS

Impressive. You must have strong knowledge—and good habits. With a couple of changes, you can be a nutrition superstar.

81 TO 100 POINTS

You're either a closet nutritionist or a freaking genius. Either way, we toast your future—it's probably going to be a long one.

Beginner

(20-25 miles per week)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--------|---------|-----------|----------|--------|----------|--------------|
| Week #1 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 3 mi. | 3 mi. | 0 mi. | 1 hr. | 6 mi. |
| Week #2 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 3 mi. | 3 mi. | 0 mi. | 1 hr. | 7 mi. |
| Week #3 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 4 mi. | 3 mi. | 0 mi. | 1 hr. | 5 mi. |
| Week #4 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 4 mi. | 3 mi. | 0 mi. | 1 hr. | 9 mi. |
| Week #5 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 5 mi. | 3 mi. | 0 mi. | 1 hr. | 10 mi. |
| Week #6 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Race |
| Distance or Time | 0 mi. | 3 mi. | 5 mi. | 3 mi. | 0 mi. | 1 hr. | 10-K or 15-K |
| Week #7 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 6 mi. | 3 mi. | 0 mi. | 1 hr. | 12 mi. |
| Week #8 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 6 mi. | 4 mi. | 0 mi. | 1 hr. | 13 mi. |
| Week #9 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 7 mi. | 4 mi. | 0 mi. | 1 hr. | 10 mi. |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--------|---------|-----------|----------|--------|----------|--------------|
| Week #10 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 3 mi. | 7 mi. | 4 mi. | 0 mi. | 1 hr. | 15 mi. |
| Week #11 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 4 mi. | 8 mi. | 4 mi. | 0 mi. | 1 hr. | 16 mi. |
| Week #12 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Race |
| Distance or Time | 0 mi. | 4 mi. | 8 mi. | 5 mi. | 0 mi. | 1 hr. | 20-K or 25-K |
| Week #13 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 4 mi. | 9 mi. | 5 mi. | 0 mi. | 1 hr. | 18 mi. |
| Week #14 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 5 mi. | 9 mi. | 5 mi. | 0 mi. | 1 hr. | 14 mi. |
| Week #15 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 5 mi. | 10 mi. | 5 mi. | 0 mi. | 1 hr. | 20 mi. |
| Week #16 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Race |
| Distance or Time | 0 mi. | 5 mi. | 8 mi. | 5 mi. | 0 mi. | 45 min. | 10-K |
| Week #17 | | | | | | | |
| Type of Work | Rest | Easy | Medium | Easy | Rest | X-train | Long |
| Distance or Time | 0 mi. | 4 mi. | 6 mi. | 4 mi. | 0 mi. | 30 min. | 8 mi. |
| Week #18 | | | | | | | |
| Type of Work | Rest | Easy | Easy | Rest | Rest | Easy | Marathon |
| Distance or Time | 0 mi. | 3 mi. | 4 mi. | 0 mi. | 0 mi. | 1-3 mi. | 26.2 mi. |

Intermediate

(25-30 miles per week)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|---------|-----------|----------|--------|----------|--------------|
| Week #1 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 5 mi. | 3 mi. | 0 mi. | 5 mi. | 10 mi. |
| Week #2 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 5 mi. | 3 mi. | 0 mi. | 5 mi. | 11 mi. |
| Week #3 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 6 mi. | 3 mi. | 0 mi. | 6 mi. | 8 mi. |
| Week #4 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 6 mi. | 3 mi. | 0 mi. | 6 mi. | 13 mi. |
| Week #5 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 7 mi. | 3 mi. | 0 mi. | 7 mi. | 14 mi. |
| Week #6 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Race |
| Distance or Time | 1 hr. | 3 mi. | 7 mi. | 3 mi. | 0 mi. | 7 mi. | 10-K or 15-K |
| Week #7 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 3 mi. | 8 mi. | 3 mi. | 0 mi. | 8 mi. | 16 mi. |
| Week #8 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 4 mi. | 8 mi. | 4 mi. | 0 mi. | 8 mi. | 17 mi. |

Note: Tempo runs are workouts that include 20 to 30 minutes of faster-paced running in the middle of the workout; you do not run all your mileage at tempo pace on these days. After a brief warmup, you should try to do pace runs at your marathon goal pace.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|---------|-----------|----------|--------|----------|----------|
| Week #9 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 4 mi. | 9 mi. | 4 mi. | 0 mi. | 9 mi. | 12 mi. |
| Week #10 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 4 mi. | 9 mi. | 4 mi. | 0 mi. | 9 mi. | 19 mi. |
| Week #11 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 4 mi. | 10 mi. | 4 mi. | 0 mi. | 10 mi. | 20 mi. |
| Week #12 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Race |
| Distance or Time | 1 hr. | 5 mi. | 6 mi. | 5 mi. | 0 mi. | 6 mi. | 20-K |
| Week #13 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 5 mi. | 10 mi. | 5 mi. | 0 mi. | 10 mi. | 20 mi. |
| Week #14 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 5 mi. | 6 mi. | 5 mi. | 0 mi. | 6 mi. | 12 mi. |
| Week #15 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 1 hr. | 5 mi. | 10 mi. | 6 mi. | 0 mi. | 10 mi. | 20 mi. |
| Week #16 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Race |
| Distance or Time | 1 hr. | 5 mi. | 8 mi. | 5 mi. | 0 mi. | 4 mi. | 10-K |
| Week #17 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Easy | Rest | Pace | Long |
| Distance or Time | 45 min. | 4 mi. | 6 mi. | 4 mi. | 0 mi. | 4 mi. | 8 mi. |
| Week #18 | | | | | | | |
| Type of Work | X-train | Easy | Tempo | Rest | Rest | Easy | Marathon |
| Distance or Time | 30 min. | 3 mi. | 4 mi. | 0 mi. | 0 mi. | 1-3 mi. | 26.2 mi. |

Advanced

(more than 30 miles per week)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--------|---------|-----------|-----------|--------|----------|--------------|
| Week #1 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 5 mi. | 3 mi. | — | 3 mi. | 5 mi. | 10 mi. |
| Week #2 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 5 mi. | 3 mi. | — | 3 mi. | 5 mi. | 11 mi. |
| Week #3 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 4 mi. | 3 mi. | — | 3 mi. | 6 mi. | 8 mi. |
| Week #4 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 6 mi. | 3 mi. | — | 3 mi. | 6 mi. | 13 mi. |
| Week #5 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 7 mi. | 3 mi. | — | 3 mi. | 7 mi. | 14 mi. |
| Week #6 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Rest | Race |
| Distance or Time | 3 mi. | 5 mi. | 3 mi. | — | 3 mi. | 0 mi. | 10-K or 15-K |
| Week #7 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 3 mi. | 8 mi. | 3 mi. | — | 3 mi. | 8 mi. | 16 mi. |
| Week #8 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Pace | Long |
| Distance or Time | 4 mi. | 8 mi. | 4 mi. | — | 4 mi. | 8 mi. | 17 mi. |

Note: Tempo runs are workouts that include 20 to 30 minutes of faster-paced running in the middle of the workout; you do not run all your mileage at tempo pace on these days. After a brief warmup, you should try to do pace runs at your marathon goal pace.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--------|---------|-----------|-----------|--------|----------|----------|
| Week #9 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Easy | Long |
| Distance or Time | 4 mi. | 6 mi. | 4 mi. | — | 4 mi. | 9 mi. | 12 mi. |
| Week #10 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Easy | Long |
| Distance or Time | 4 mi. | 9 mi. | 4 mi. | — | 4 mi. | 9 mi. | 19 mi. |
| Week #11 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Rest | Pace | Long |
| Distance or Time | 4 mi. | 10 mi. | 4 mi. | — | 0 mi. | 10 mi. | 20 mi. |
| Week #12 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Rest | Race |
| Distance or Time | 5 mi. | 6 mi. | 5 mi. | — | 5 mi. | 0 mi. | 20-K |
| Week #13 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Rest | Pace | Long |
| Distance or Time | 5 mi. | 10 mi. | 5 mi. | — | 0 mi. | 10 mi. | 20 mi. |
| Week #14 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Easy | Long |
| Distance or Time | 5 mi. | 6 mi. | 5 mi. | — | 5 mi. | 6 mi. | 12 mi. |
| Week #15 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Rest | Pace | Long |
| Distance or Time | 5 mi. | 10 mi. | 5 mi. | — | 0 mi. | 10 mi. | 20 mi. |
| Week #16 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Rest | Race |
| Distance or Time | 5 mi. | 8 mi. | 5 mi. | — | 4 mi. | 0 mi. | 10-K |
| Week #17 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Speedwork | Easy | Easy | Long |
| Distance or Time | 4 mi. | 6 mi. | 4 mi. | — | 3 mi. | 5 mi. | 8 mi. |
| Week #18 | | | | | | | |
| Type of Work | Easy | Tempo | Easy | Rest | Rest | Easy | Marathon |
| Distance or Time | 3 mi. | 4 mi. | 3 mi. | 0 mi. | 0 mi. | 1-3 mi. | 26.2 mi. |