

COURSE SYLLABUS
MARATHON TRAINING
KINE 1102.001
Spring Semester 2009

Instructors: Dr. Scott A. Spier
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Office hours: TWR 1:00 – 3:00, or by appointment (Drop-ins welcome)

COURSE DESCRIPTION: This course is designed to prepare students to *complete* (not race) a 26.2-mile marathon. Course requirements include participating in a four days per week training program (including mandatory mid-week and Saturday group runs), maintaining and turning in a running log for each week of training, participating in pre- and post-training fitness tests, and completing at least one long-distance race equal to or greater than the half-marathon distance.

RECOMMENDED TEXT: Whitsett, D.A., F.A. Dolgener, and T.M. Kole (1998). The NonRunner's Marathon Trainer. McGraw-Hill, ISBN: 1570281823.

PREREQUISITE: None.

COURSE OBJECTIVES: The objectives of this course are to help each student:

1. develop a higher level of aerobic fitness and the capacity to run long distances at a steady pace;
2. complete a long-distance race equal to or greater in length than the half-marathon;
3. become familiar with establishing and fine-tuning distance running training plans;
4. appreciate the health benefits associated with endurance training.

ATTENDANCE: The class will meet for group runs twice per week, including a weekly Saturday group run. Students are permitted to miss no more than *three* class sessions per semester. In addition, students are permitted no miss no more than *two* Saturday group runs.

BLACKBOARD: There is a blackboard website for this class at <http://blackboard8.uttyler.edu>. I will post the training schedules, locations, announcements about the class, race information, and other running resources on this website.

SAFETY: Running is generally a safe activity; however, the risk of sudden death does increase during running (though physically active people have much lower risk of a cardiac event

overall). As such, each student must fill out a medical history, PAR-Q, and consent to take part in this activity course. If any significant medical history is noted, it is highly recommended that the student obtain a physician's approval prior to taking part in the class. Furthermore, it is expected that each student will take the following precautions to avoid injury during the training program:

1. Warm up properly for each run.
2. Wear clothing appropriate for the weather.
3. Wear good running shoes (avoid worn out shoes).
4. Modify the intensity level to your current fitness level
5. If you are experiencing pain, do not push through it. Stop and let the instructor(s) know.
6. Practice *safe* stretching.

EVALUATION: Your final grade for the course will be based on the following formula:

Training logs	30%
Participation	10%
Fitness tests	10%
Completion of race	50%

Training logs: You will be required to keep a training log for each week of training. These logs will include the distance scheduled to run, the distance you actually ran, and comments about how the run went and felt, including HR (if wearing HR monitor), any pain during the run, the weather conditions, time, perceived exertion, etc. These logs will be turned in each week at the mid-week group run.

Participation: As noted previously in the syllabus, attendance is required for this course.

Fitness tests: We will conduct fitness tests on each student including a standard Microfit assessment and possibly other physiological tests, as well. These will be conducted pre- and post-training.

Completion of the race: Each student will be required to complete a distance race equal to or greater in length than the half-marathon. If the half-marathon option is chosen, the student will also be required to complete a 10-km race during the semester, as well. There are several options for 10-km races in the Tyler and Dallas areas (see below).

KEY RACES: The following is a list of local races during the semester:

Mar 28	Tyler Azalea 10K and 2M
April 5	Big D Half-Marathon and Marathon
April 25	Country Music Marathon (Nashville, TN)
May 9	Race for the Cure 5K (Tyler)