

# HALF + FULL MARATHON

## TFW TRAINING GUIDE

### 2025-2026

halloween half

miami marathon

miami half marathon

spring training



## TeamFootWorks



TeamFootWorks.org

**TeamFootWorks**  
your training partner

# On your mark, get set . . .

## Training Program Details:

- Training Program Director, Josh Liebman, finished over 100 Marathons
- Experienced & Energetic Group Leaders
- Saturday Endurance Run/Walks
- Tuesday and Thursday Fun Runs at FootWorks
- Water & Vitalyte Aid Stations along the training route
- Towel Angels on 10+ mile Saturday Training Runs

## Getting Started

Our first few runs are time based (30, 45, & 60 minutes), and we stagger the groups in order of pace, with the faster groups starting first. If the pace is too brisk, simply fall back to another pace group not far behind. This way you will “find your Happy Pace.” After your 3rd training run/walk, you will select your Pace Group. Beginning in week 4, you will receive weekly emails from your Group Leaders and the training runs will be based on distance (miles).

Today marks the first step of your journey. Largely due to our passion for our participants and our continued commitment to the running community, our training programs are among the largest and best in the country.

The long runs and walks are held on Saturday mornings with your training group. Teams are led by experienced and extroverted Group Leaders. You will be amazed how quickly the time and miles pass while running / walking and talking with your training group. The energy is contagious and the friendships you develop will be for the long run.

Each program starts with a 30 minute run/walk. Employing the Run-Walk Method, allows you to break up 1 to 8 minutes of running with a one-minute walk break. Walk breaks interrupt the monotony of a long run and reduce fatigue so you can maintain your stamina. You will finish strong and fresh so you can celebrate your accomplishment that evening. We offer several different pace groups including walking to suit all abilities.

Your homework during the week is two short runs or walks and one day of low impact cross training: swimming, cycling, spinning, walking, elliptical etc. To help keep you on the training schedule, FootWorks hosts weekly fun runs every Tuesday and Thursday at 6:30pm for the afternoon group runs.

“GO TO YOUR HAPPY PACE!”



### Josh Liebman

Program Director  
Veteran of Over 100 Marathons

### Laurie Huseby

The Queen Towel Angel

### Karen Plaster

Go-To-Girl & Towel Angel





# RULES of the ROAD

## Hydration Guidelines

Stay cool and manage your fluids to avoid over-stressing your body during and after your training runs



We strive to keep you safe from group training to the race.

Safety is our number one priority.



### DON'T WEAR HEADPHONES.

Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.

Run against traffic so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than if it is behind you.

Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.

Always stay alert and aware of what's going on around you.

Carrying a cell phone is optional, but always carry identification with you.

Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure.

- 💧 Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine.
- 💧 Keep in mind that thirst is not an adequate indicator of dehydration.
- 💧 While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.
- 💧 When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- 💧 Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!



# RUNNING Terminology

## XT (Cross Training):

These workouts are designed to increase your aerobic capacity while providing a stimulus other than running. Cross training activities include weight training, cycling, swimming, pilates, elliptical machines, etc. Weight training aside, cross training provides another way to increase your aerobic capacity without the impact of running.

## r/w = run or walk

## Tuesday & Thursday:

Join us at FootWorks at 6:30pm for our group fun runs/walks or train on your own or with others in your pace group.

## Friday is a Rest Day

## Wednesday Options

This flex day gives you the ability to work on your greatest needs as you progress through the training. Below are 3 suggested options. Stay consistent with one option for a period of time (4-5 weeks) to allow your body to adapt and respond to this stimulus.

### OPTION 1: DAY OFF

New runners, or those who are feeling a little sore from training, may find that they can best use this as an extra day of rest to get a little bounce back in their legs. If you are consistently following the training program, taking a day off will not affect your improvement and may end up helping you down the road.

### OPTION 2: TEMPO RUN

While continuing to take your walk breaks, run 10% faster, or “comfortably harder,” than your Saturday pace. If you wear a heart rate monitor, run at 85% of your max aerobic capacity. The tempo run trains your body to sustain speed over distance.

### OPTION 3: CROSS TRAINING

Cross-training (XT) involves incorporating different types of physical activities to complement your 13.1/26.2 training to improve overall fitness, reduce injury risk, and prevent boredom. Options include Yoga, Weight training, Cycling, Swimming, Pilates, etc.

# RUN/WALK Method

It is important to begin your walk breaks before significant levels of fatigue set in.

Our training plan follows the Run/Walk Method. This method takes the larger goal and breaks that down into one to eight minute segments of running followed by one minute of walking. For example in the in 3:1 interval you only need to focus on running for 3 minutes, before walking for 1 minute, instead of thinking you're running 10 miles. This pattern of running and walking is repeated until you have covered that week's target distance.

The 1 minute walk break is almost magical. It allows your muscles to rest, brings the heart rate down, and helps keep everyone from spreading out too far. Giving your muscles that chance to rest during the workout extends the time and distance that you can cover. It also means you won't be out of commission for days afterwards because your body needs less time to repair itself. A running watch like a Garmin or Soleus can be used to keep track of when it's time to run or walk.

Even though you'll feel fine and want to skip the first few walk breaks, don't! The walk breaks need to be taken from the beginning. They cannot be banked and saved for later. Once you're fatigued then it means you've already damaged your muscles and built up too much lactic acid for this method to work. You'll end up running and walking slower and slower. Whatever time you think you're making up by skipping the breaks at the beginning, will be lost at the end. Don't worry too about everyone passing you. You'll be the one passing them during the second half of the race. Taking the walk break from the start will give you that strong finish we all strive for.



## SEPTEMBER 2025

| Sunday               | Monday  | Tuesday  | Wednesday  | Thursday   | Friday               | Saturday  |
|----------------------|---|--|--|--|----------------------|---|
|                      | <b>1</b><br>r/w or<br>cross train<br>30-45 min  | <b>2</b><br>r/w<br>45-60min<br>@FootWorks                          | <b>3</b><br>Tempo Run<br>or cross train<br>or off day  | <b>4</b><br>r/w<br>45-60min<br>@FootWorks                | <b>5</b><br>off day  | <b>6</b> <b>30 MIN</b><br>miami full training starts<br><b>11 MILES</b>                   |
| <b>7</b><br>off day  | <b>8</b><br>r/w or<br>cross train<br>30-45 min  | <b>9</b><br>r/w<br>20-30 min<br>45-60 min<br>@FootWorks            | <b>10</b><br>Tempo Run<br>or cross train<br>or off day | <b>11</b><br>r/w<br>20-30 min<br>45-60 min<br>@FootWorks | <b>12</b><br>off day | <b>13</b> <b>45 MIN</b><br><b>8 MILES</b>   |
| <b>14</b><br>off day | <b>15</b><br>r/w or<br>cross train<br>30-45 min | <b>16</b><br>r/w<br>30-45 min<br>45-60 min<br>@FootWorks           | <b>17</b><br>Tempo Run<br>or cross train<br>or off day | <b>18</b><br>r/w<br>30-45 min<br>45-60 min<br>@FootWorks | <b>19</b><br>off day | <b>20</b> <b>60 MIN</b><br><b>12 MILES</b>  |
| <b>21</b><br>off day | <b>22</b><br>r/w or<br>cross train<br>30-45 min | <b>23</b><br>r/w<br>30-45 min<br>45-60 min<br>@FootWorks           | <b>24</b><br>Tempo Run<br>or cross train<br>or off day | <b>25</b><br>r/w<br>30-45 min<br>45-60 min<br>@FootWorks | <b>26</b><br>off day | <b>27</b> <b>7 MILES</b><br><b>7 MILES</b><br>miami half training starts<br><b>30 MIN</b> |
| <b>28</b><br>off day | <b>29</b><br>r/w or<br>cross train<br>30-45 min | <b>30</b><br>30-45 min<br>20-30 min<br>45-60 min<br>r/w @FootWorks |  |  |                      |   |

**HALLOWEEN  
HALF**

**MIAMI FULL**

**MIAMI HALF**

**SPRING  
HALF**

## OCTOBER 2025

| Sunday               | Monday  | Tuesday  | Wednesday  | Thursday   | Friday               | Saturday   |
|----------------------|---|--|--|--|----------------------|--|
|                      |   |  | <b>1</b><br>Tempo Run<br>or cross train<br>or off day  | <b>2</b><br>30-45 min<br>20-30 min<br>45-60 min<br>r/w @FootWorks  | <b>3</b><br>off day  | <b>4</b> <b>8 MILES</b> <b>12-14 MILES</b><br><b>45 MIN</b>                              |
| <b>5</b><br>off day  | <b>6</b><br>r/w or<br>cross train<br>30-45 min  | <b>7</b><br>45-60 min<br>30-45 min<br>45-60 min<br>r/w @FootWorks  | <b>8</b><br>Tempo Run<br>or cross train<br>or off day  | <b>9</b><br>45-60 min<br>30-45 min<br>45-60 min<br>r/w @FootWorks  | <b>10</b><br>off day | <b>11</b> <b>10 MILES</b> <b>10 MILES</b><br><b>60 MIN</b>                               |
| <b>12</b><br>off day | <b>13</b><br>r/w or<br>cross train<br>30-45 min | <b>14</b><br>45-60 min<br>30-45 min<br>45-60 min<br>r/w @FootWorks | <b>15</b><br>Tempo Run<br>or cross train<br>or off day | <b>16</b><br>45-60 min<br>30-45 min<br>45-60 min<br>r/w @FootWorks | <b>17</b><br>off day | <b>18</b> <b>8 MILES</b> <b>8 MILES</b><br><b>5 MILES</b>                                |
| <b>19</b><br>off day | <b>20</b><br>r/w or<br>cross train<br>30-45 min | <b>21</b><br>45-60 min<br>30-45 min<br>20-30 min<br>r/w @FootWorks | <b>22</b><br>Tempo Run<br>or cross train<br>or off day | <b>23</b><br>45-60 min<br>30-45 min<br>20-30 min<br>r/w @FootWorks | <b>24</b><br>off day | <b>25</b> <b>11 MILES</b> <b>6 MILES</b><br>halloween half marathon<br><b>13.1 MILES</b> |
| <b>26</b><br>off day | <b>27</b><br>r/w or<br>cross train<br>30-45 min | <b>28</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks           | <b>29</b><br>Tempo Run<br>or cross train<br>or off day | <b>30</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks           | <b>31</b><br>off day |  |

## NOVEMBER 2025

| Sunday                                       | Monday  | Tuesday  | Wednesday  | Thursday   | Friday               | Saturday  |
|--|---|--|--|--|----------------------|---|
|  |   |  |  |  |                      | <b>1</b><br><b>8 MILES</b><br><b>7 MILES</b>    |
| <b>2</b><br>off day                          | <b>3</b><br>r/w or<br>cross train<br>30-45 min  | <b>4</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | <b>5</b><br>Tempo Run<br>or cross train<br>or off day  | <b>6</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | <b>7</b><br>off day  | <b>8</b><br><b>12 MILES</b><br><b>8 MILES</b>   |
| <b>9</b><br>off day                          | <b>10</b><br>r/w or<br>cross train<br>30-45 min | <b>11</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>12</b><br>Tempo Run<br>or cross train<br>or off day | <b>13</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>14</b><br>off day | <b>15</b><br><b>8 MILES</b><br><b>9 MILES</b>   |
| <b>16</b><br>off day                         | <b>17</b><br>r/w or<br>cross train<br>30-45 min | <b>18</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>19</b><br>Tempo Run<br>or cross train<br>or off day | <b>20</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>21</b><br>off day | <b>22</b><br><b>14 MILES</b><br><b>10 MILES</b> |
| <b>23</b><br>off day<br><b>30</b><br>off day | <b>24</b><br>r/w or<br>cross train<br>30-45 min | <b>25</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>26</b><br>Tempo Run<br>or cross train<br>or off day | <b>27</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | <b>28</b><br>off day | <b>29</b><br><b>8 MILES</b><br><b>8 MILES</b>   |

**HALLOWEEN  
HALF**

**MIAMI FULL**

**MIAMI HALF**



**SPRING  
HALF**

## DECEMBER 2025

| Sunday               | Monday   | Tuesday  | Wednesday  | Thursday  | Friday               | Saturday  |
|----------------------|--|--|--|---|----------------------|---|
|                      | <b>1</b><br>r/w or<br>cross train<br>or off day  | <b>2</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | <b>3</b><br>Tempo Run<br>or cross train<br>or off day  | <b>4</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks   | <b>5</b><br>off day  | <b>6</b><br><b>6 MILES</b><br><b>11 MILES</b>     |
| <b>7</b><br>off day  | <b>8</b><br>r/w or<br>cross train<br>or off day  | <b>9</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | <b>10</b><br>Tempo Run<br>or cross train<br>or off day | <b>11</b><br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | <b>12</b><br>off day | <b>13</b><br><b>10-12 MILES</b><br><b>8 MILES</b> |
| <b>14</b><br>off day | <b>15</b><br>r/w or<br>cross train<br>or off day | <b>16</b><br>r/w<br>30-45 min<br>30-45 min<br>@FootWorks | <b>17</b><br>Tempo Run<br>or cross train<br>or off day | <b>18</b><br>r/w<br>30 min<br>30 min<br>@FootWorks  | <b>19</b><br>off day | <b>18 MILES</b><br><b>12 MILES</b>                |
| <b>21</b><br>off day | <b>22</b><br>r/w or<br>cross train<br>or off day | <b>23</b><br>r/w<br>30-45 min<br>30-45 min<br>@FootWorks | <b>24</b><br>Tempo Run<br>or cross train<br>or off day | <b>25</b><br> | <b>26</b><br>off day | <b>27</b><br><b>8 MILES</b><br><b>8 MILES</b>     |
| <b>28</b><br>off day | <b>29</b><br>r/w or<br>cross train<br>or off day | <b>30</b><br>r/w<br>30-45 min<br>30-45 min<br>@FootWorks | <b>31</b><br>Tempo Run<br>or cross train<br>or off day |   |                      |   |



## JANUARY 2026

| Sunday  | Monday                                    | Tuesday   | Wednesday                     | Thursday  | Friday            | Saturday  |
|---|---|---|-------------------------------|---|-------------------|---|
|   |   |   |                               | 1<br> | 2<br>off day      | 3<br><b>20 MILES</b><br><b>12-14 MILES</b>  |
| 4<br>off day  | 5<br>r/w or<br>cross train<br>or off day  | 6<br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | 7<br>Tempo Run<br>or off day  | 8<br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks  | 9<br>off day      | 10<br><b>10 MILES</b><br><b>10 MILES</b>  |
| 11<br>off day   | 12<br>r/w or<br>cross train<br>or off day | 13<br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks | 14<br>Tempo Run<br>or off day | 15<br>r/w<br>45-60 min<br>45-60 min<br>@FootWorks                                       | 16<br>off day     | 17<br><b>8 MILES</b><br><b>8 MILES</b>  |
| 18<br>off day   | 19<br>r/w or<br>cross train<br>or off day | 20<br>r/w<br>20-30 min<br>20-30 min<br>@FootWorks | 21<br>Tempo Run<br>or off day | 22<br>r/w<br>20-30 min<br>20-30 min<br>@FootWorks                                       | 23<br><b>EXPO</b> | 24<br><b>EXPO</b>   |
| 25<br><br><b>RACE DAY!</b> | 26  | 27  | 28                            | Celebratory<br>Happy Hour   | 30                | 31<br>training break<br>Jan 26 - Feb 27<br><b>FEBRUARY 28</b><br><b>30 MIN</b><br>spring half training starts |

**HALLOWEEN  
HALF**

**MIAMI FULL**

**MIAMI HALF**

**SPRING  
HALF**

## MARCH 2026

| Sunday        | Monday                                    | Tuesday                              | Wednesday                                       | Thursday                             | Friday        | Saturday             |
|---------------|---|--------------------------------------|---|--------------------------------------|---------------|----------------------|
| 1<br>off day  | 2<br>r/w or<br>cross train<br>or off day  | 3<br>r/w<br>20-30 min<br>@FootWorks  | 4<br>Tempo Run<br>or cross train<br>or off day  | 5<br>r/w<br>20-30 min<br>@FootWorks  | 6<br>off day  | 7<br><b>45 MIN</b>   |
| 8<br>off day  | 9<br>r/w or<br>cross train<br>or off day  | 10<br>r/w<br>30-45 min<br>@FootWorks | 11<br>Tempo Run<br>or cross train<br>or off day | 12<br>r/w<br>30-45 min<br>@FootWorks | 13<br>off day | 14<br><b>60 MIN</b>  |
| 15<br>off day | 16<br>r/w or<br>cross train<br>or off day | 17<br>r/w<br>30-45 min<br>@FootWorks | 18<br>Tempo Run<br>or cross train<br>or off day | 19<br>r/w<br>30-45 min<br>@FootWorks | 20<br>off day | 21<br><b>6 MILES</b> |
| 22<br>off day | 23<br>r/w or<br>cross train<br>or off day | 24<br>r/w<br>30-45 min<br>@FootWorks | 25<br>Tempo Run<br>or cross train<br>or off day | 26<br>r/w<br>30-45 min<br>@FootWorks | 27<br>off day | 28<br><b>7 MILES</b> |
| 29<br>off day | 30<br>r/w or<br>cross train<br>or off day | 31<br>r/w<br>45-60 min<br>@FootWorks |   |                                      |               |                      |

## APRIL 2026

| Sunday        | Monday                                    | Tuesday                              | Wednesday                                       | Thursday                             | Friday        | Saturday              |
|---------------|---|--------------------------------------|---|--------------------------------------|---------------|-----------------------|
|               |   |                                      | 1<br>Tempo Run<br>or cross train<br>or off day  | 2<br>r/w<br>45-60 min<br>@FootWorks  | 3<br>off day  | 4<br><b>8 MILES</b>   |
| 5<br>off day  | 6<br>r/w or<br>cross train<br>or off day  | 7<br>r/w<br>45-60 min<br>@FootWorks  | 8<br>Tempo Run<br>or cross train<br>or off day  | 9<br>r/w<br>45-60 min<br>@FootWorks  | 10<br>off day | 11<br><b>9 MILES</b>  |
| 12<br>off day | 13<br>r/w or<br>cross train<br>or off day | 14<br>r/w<br>45-60 min<br>@FootWorks | 15<br>Tempo Run<br>or cross train<br>or off day | 16<br>r/w<br>45-60 min<br>@FootWorks | 17<br>off day | 18<br><b>10 MILES</b> |
| 19<br>off day | 20<br>r/w or<br>cross train<br>or off day | 21<br>r/w<br>45-60 min<br>@FootWorks | 22<br>Tempo Run<br>or cross train<br>or off day | 23<br>r/w<br>45-60 min<br>@FootWorks | 24<br>off day | 25<br><b>8 MILES</b>  |
| 26<br>off day | 27<br>r/w or<br>cross train<br>or off day | 28<br>r/w<br>45-60 min<br>@FootWorks | 29<br>Tempo Run<br>or cross train<br>or off day | 30<br>r/w<br>45-60 min<br>@FootWorks |               |                       |

**HALLOWEEN  
HALF**

**MIAMI FULL**

**MIAMI HALF**

**SPRING  
HALF**

## MAY 2026

| Sunday        | Monday                                    | Tuesday                              | Wednesday                                       | Thursday                             | Friday        | Saturday                 |
|---------------|---|--------------------------------------|---|--------------------------------------|---------------|--------------------------|
|               |   |                                      |   |                                      | 1<br>off day  | 2<br><b>11 MILES</b>     |
| 3<br>off day  | 4<br>r/w or<br>cross train<br>or off day  | 5<br>r/w<br>45-60 min<br>@FootWorks  | 6<br>Tempo Run<br>or cross train<br>or off day  | 7<br>r/w<br>45-60 min<br>@FootWorks  | 8<br>off day  | 9<br><b>8 MILES</b>      |
| 10<br>off day | 10<br>r/w or<br>cross train<br>or off day | 11<br>r/w<br>45-60 min<br>@FootWorks | 13<br>Tempo Run<br>or cross train<br>or off day | 14<br>r/w<br>45-60 min<br>@FootWorks | 15<br>off day | 16<br><b>12 MILES</b>    |
| 17<br>off day | 18<br>r/w or<br>cross train<br>or off day | 19<br>r/w<br>45-60 min<br>@FootWorks | 20<br>Tempo Run<br>or cross train<br>or off day | 21<br>r/w<br>45-60 min<br>@FootWorks | 22<br>off day | 23<br><b>8 MILES</b>     |
| 24<br>off day | 25<br>r/w or<br>cross train<br>or off day | 26<br>r/w<br>30-45 min<br>@FootWorks | 27<br>Tempo Run<br>or cross train<br>or off day | 28<br>r/w<br>30-45 min<br>@FootWorks | 29<br>off day | 30<br><b>SPRING 13.1</b> |
| 31<br>off day |   |                                      |   |                                      |               |                          |



## JULY 2026

| Sunday        | Monday                                    | Tuesday                              | Wednesday                                       | Thursday                             | Friday        | Saturday                                |
|---------------|---|--------------------------------------|---|--------------------------------------|---------------|---|
|               |   |                                      | 1   | 2                                    | 3             | 4<br>training break<br>June 1 - July 10 |
| 5             | 6   | 7                                    | 8   | 9                                    | 10            | 11<br><b>30 MIN</b>                     |
| 12<br>off day | 13<br>r/w or<br>cross train<br>or off day | 14<br>r/w<br>20-30 min<br>@FootWorks | 15<br>Tempo Run<br>or cross train<br>or off day | 16<br>r/w<br>20-30 min<br>@FootWorks | 17<br>off day | 18<br><b>45 MIN</b>                     |
| 19<br>off day | 20<br>r/w or<br>cross train<br>or off day | 21<br>r/w<br>30-45 min<br>@FootWorks | 22<br>Tempo Run<br>or cross train<br>or off day | 23<br>r/w<br>30-45 min<br>@FootWorks | 24<br>off day | 25<br><b>60 MIN</b>                     |
| 26<br>off day | 27<br>r/w or<br>cross train<br>or off day | 28<br>r/w<br>30-45 min<br>@FootWorks | 29<br>Tempo Run<br>or cross train<br>or off day | 30<br>r/w<br>30-45 min<br>@FootWorks | 31<br>off day |   |

**HALLOWEEN  
HALF**

**MIAMI FULL**

**MIAMI HALF**

**SPRING  
HALF**

## AUGUST 2026

| Sunday        | Monday                                    | Tuesday                              | Wednesday                                       | Thursday                             | Friday        | Saturday                                     |
|---------------|---|--------------------------------------|---|--------------------------------------|---------------|--|
| 2<br>off day  | 3<br>r/w or<br>cross train<br>or off day  | 4<br>r/w<br>30-45 min<br>@FootWorks  | 5<br>Tempo Run<br>or cross train<br>or off day  | 6<br>r/w<br>30-45 min<br>@FootWorks  | 7<br>off day  | 1<br><b>6-7 MILES</b><br>8<br><b>8 MILES</b> |
| 9<br>off day  | 10<br>r/w or<br>cross train<br>or off day | 11<br>r/w<br>45-60 min<br>@FootWorks | 12<br>Tempo Run<br>or cross train<br>or off day | 13<br>r/w<br>45-60 min<br>@FootWorks | 14<br>off day | 15<br><b>9 MILES</b>                         |
| 16<br>off day | 17<br>r/w or<br>cross train<br>or off day | 18<br>r/w<br>45-60 min<br>@FootWorks | 19<br>Tempo Run<br>or cross train<br>or off day | 20<br>r/w<br>45-60 min<br>@FootWorks | 21<br>off day | 22<br><b>10 MILES</b>                        |
| 23<br>off day | 24<br>r/w or<br>cross train<br>or off day | 25<br>r/w<br>45-60 min<br>@FootWorks | 26<br>Tempo Run<br>or cross train<br>or off day | 27<br>r/w<br>45-60 min<br>@FootWorks | 28<br>off day | 29<br><b>8 MILES</b>                         |
| 30<br>off day | 31<br>r/w or<br>cross train<br>or off day |                                      |   |                                      |               |  |

# HEALTHY EATING

There are three major macronutrients that the body needs in order to function properly : carbohydrates, proteins, and fats. Running performances are dependent on consuming the correct amount of macronutrients through quality foods on a daily basis.

An outline of your caloric ratio should be 60% carbohydrates 20% protein and 20% fat. You should be eating every few hours. The pure act of eating and digesting increases your resting metabolic rate. Eating every 2 to 3 hours will keep your metabolism high.

## First Let's Talk About Carbohydrates

Carbohydrates are the main source of energy in the human diet. Consumption of complex carbohydrates is vital for runners. They supply energy for the body. There are two types of carbohydrates simple and complex. Simple carbohydrates are made of one or two sugar units examples of this would be fruit, sugar, honey, refined pastas and breads. Complex carbohydrates are made of multiple sugar units starches and fibers. Examples of complex carbohydrates would be sweet potatoes, whole grains, barley, oatmeal, and yams. Glucose is a simple sugar that is an important energy source and is a component of many carbohydrates. Glycogen is the storage of glucose in the muscles in liver. It is important for runners to consume a diet rich in carbohydrates because during long runs you tap into glycogen storages for energy. You have about 90 minutes worth of glycogen stored in your muscle once used you will start burning your lean muscle mass.



## Next, Protein!

Proteins comprise the structural components of all living organisms. Proteins are the building blocks of life without protein we would not be living. You need protein in your diet to help you build and repair cells. Runners need protein to keep them operating efficiently, the more you run the more your muscles breakdown and the more of a repair you need from protein. Protein is essential for both tendons and muscles to be repaired. It's important to consume lean protein such as meats, milk, fish, and eggs. Lean sources of plant-based protein would be beans, legumes, and nuts.

## Not all Fat is Bad

Fats are an essential to help absorb vitamins and minerals. Fats are the most condensed source of energy. Fat is a long term storage source. As a runner you want to limit your fat intake because that takes way too long to break down for energy.







# More Healthy Eating

## Choose the Right Foods

### Protein

Egg Whites - Whole Eggs, Chicken Breast, Lean Ground Turkey or Chicken, Lean Ground Bison, Lean Ground Beef (grass fed), and Salmon - White Fish

### Complex Carbohydrates

Oatmeal (old fashioned or steel cut), Quinoa, Millet, Brown Rice Pasta, Sweet Potatoes, Yams, Beans (kidney, garbanzo, black), Brown Rice and Potatoes

### Seasonings

Balsamic Vinegar, Cinnamon, Classico Sundried Tomato Sauce, Garlic + sea salt + pepper - spices, Herbs (basil, oregano, cilantro, parsley), Horseradish (raw, not creamy), Hot Sauce (franks, Valentina, Cholula), Light Balsamic Vinaigrette, Low-Sodium Organic Ketchup, Low-Sodium Soy Sauce, Low-Sodium Tomato Soup, Mrs. Dash Spices, Mustard, Nonfat Mayo (if you must) and Salsa

### Fibrous Carbohydrates: Fruits & Vegetables

Green Leafy Lettuce, Broccoli, Asparagus, Green Beans, Spinach, Bell Peppers, Tomatoes, Squash, Zucchini, Pumpkin, Cauliflower, Celery, Mushrooms, Cabbage, Cucumber, Onion, Garlic, Berries, Apples, Melon, Lemons and Limes, Oranges, Grapefruit, Bananas, Nectarines, Peaches, Plums, Grapes (moderate consumption due to high sugar)

### Healthy Fats

Olive Oil, Coconut Oil, Peanut Oil, Avocado, Nuts, Natural Nut Butters and Coconut Butter

### Hydrate, Hydrate, Hydrate

For runners hydration is critical! You should be consuming half of your body weight in ounces of water. For every cup of coffee or alcoholic beverage you drink you need to add an extra cup of water.

It's very important to eat before running because it will decrease time of recovery, increase energy, and decrease loss of muscle tissue. Eating before workout will also give you more energy during the workout. Filling up glycogen stores or what I like to call the body's energy tank before a workout can help improve energy level significantly. You also want to protect your hard-earned muscle. When you work out hard, the body breaks down muscle tissue to use for energy. A solid pre-workout meal can prevent breakdown and improve energy repair in recovery.

### Pre Workout Meal

It is a good idea to eat a pre-workout meal 2.5 hours before your run. You want your pre-workout to be comprised of primarily carbohydrates, moderate in protein, and low in fat. Some good pre-workout ideas would be one slice Ezekiel bread, one half banana, and 1 teaspoon of honey. 1/2 cup of oatmeal topped with berries, hummus, and carrots.

1 to 2 hours before your workout You should consume 16 to 24 ounces of water. For each hour you are running you should be consuming anywhere from 13 to 30 ounces of fluid per hour.

### Workout Fluid Loss

During exercise you lose fluid and electrolytes as you sweat. The number one source of electrolytes is sodium. If you don't replace water and sodium you will become dehydrated. Losing over 2% of your body weight due to fluid loss will result in dehydration. A good tip would be to weigh yourself before an exercise to gauge your net loss of fluids.





**Sunday, June 7th**  
**6:00PM 5K Start**

presented by



**Baptist  
Health**



## **SOUTH MIAMI'S BEST BLOCK PARTY**

The Twilight 5K presented by Baptist Health is a race and block party rolled into one. The course winds through the beautiful South Miami neighborhood and ends with the twilight block party. The Family-friendly 5K offers race prizes, games, music, food & drink (free beer for 21+), a kids' zone, and a kiddie dash with souvenir shirts. **More info and to register visit [twilight5k.org](http://twilight5k.org)**



# TeamFootWorks

## GUIDE to **STRETCHING**

Group Leaders will lead groups in Warm Up Exercises prior to each Run/Walk and Cool Down Stretches after each Run/Walk

### Pre-Run

We do dynamic stretches prior to running or walking. Static stretching, where you hold a muscle in an elongated, fixed position for 30 seconds or more, is now discouraged. Dynamic stretching prepares you for the run or walk by using controlled leg movements to improve range of motion, loosen up muscles, increase heart rate, raise body temperature, and increase blood flow to help you run more efficiently.

### Post Run

Static stretching helps to remove lactic acid from the muscle after running or walking. Removing the lactic acid reduces muscle soreness. Stretching will promote better flexibility and help both you and your muscles relax.

For marathon runners, the time and effort you invest in activities outside of running may make a world of difference to your training success! Throughout this program, you will be reminded several times about the benefits and importance of consistently stretching during your training. Take a minute to read through the following pages intended to help add stretching as part of your regular training routine.

### A Few Benefits of Stretching:

- increased muscle length = greater muscle performance (i.e. capable of a longer running stride)
- decreased muscle tightness = less back pain and overall body stiffness
- decreased muscle tension and pressure on joints = decreased odds of developing tendinitis

**Walk breaks will significantly speed up recovery because there is less damage to repair.**



### The Main Muscles You'll Want to Stretch

**Quadriceps:** the front thigh muscles that absorb the impact of the landing of every stride

**Hamstrings:** the muscles in the back of your thighs that are responsible for pulling your body through on each stride

**Calves:** the muscles on the back of your lower legs that absorb each landing and helps push off with each stride

**Hip Flexors:** your front "hip" muscles responsible for raising your knees during a running stride

**Piriformis:** muscle deep in the butt area that can tighten and cause nerve pain in runners

**IT Band:** a tissue that runs from your hip to your knee and often tightens painfully in runners

**Lower Back:** as the other muscles in your body tighten, the lower back begins to absorb more of the impact of running. It is important to both strengthen and stretch the lower back!

# DAILY STRETCHING TIPS

It is important to take the time to incorporate stretching into your running routine. Stretching increases your range of motion and decreases your risk of injury running. Stretching after running can dramatically decrease your post-run soreness and stiffness.

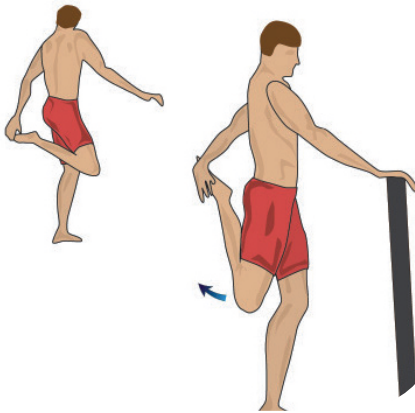
## QUADRICEPS<sup>01</sup> Heel To Buttocks Stretch

The quadriceps can be effectively stretched through 2 main actions: moving the heel towards the butt and by hip extension (moving the upper thigh backwards from the hip joint).

Pull your heel towards your butt

Keep knee in alignment with your leg

To increase the stretch, move your planted leg away from the bench to allow a greater stretch on the (left) hip



## QUADRICEPS<sup>02</sup> Lying Side Quad Stretch

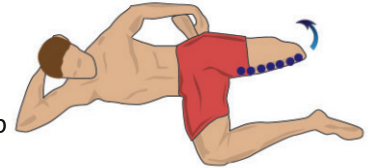
The Quadriceps is a large muscle group comprised of Rectus Femoris, Vastus Lateralis, Medialis and Intermedius muscles.

Lie on the inactive leg straightened along the ground as a foundation of support

Pull the heel of the top leg to the buttock

Can also pull upper leg backwards at the hip

A partner can also help gently guide the knee backwards for an increased stretch



## HAMSTRINGS<sup>01</sup> Standing Stretch

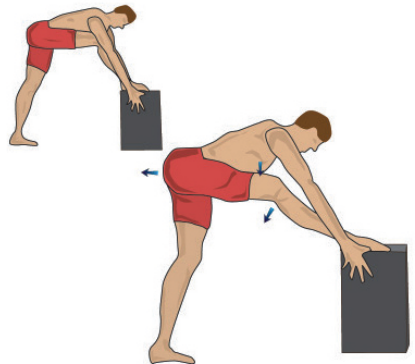
The term Hamstrings refers to the posterior thigh muscles, which include Biceps Femoris (both long and short head), Semitendinosus and Semimembranosus.

Stand in front of an object (box) approximately at knee height as indicated here

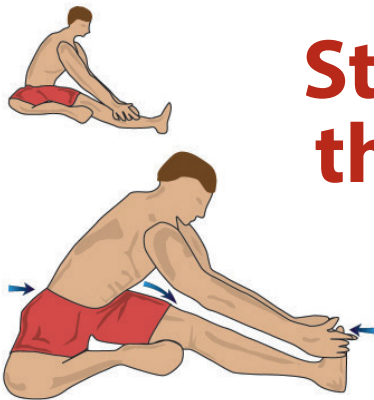
Place one heel on the object

Bend forward from the hips (try not to use your lower back)

When the hamstrings are under tension, gently straighten your knee



# Stretch for the health of it!



## HAMSTRINGS<sup>02</sup> Sitting Stretch

All the hamstring muscles, except for the Biceps Femoris Short head, are 2-joint muscles as they cross both hip and knee joint.

Sit on the ground as indicated

Lean forward from your hips (try not to bend from your lower back)

Keep your knees straight

Reach evenly with both hands towards your toes

## CALVES<sup>01</sup> Calf Muscle Stretch

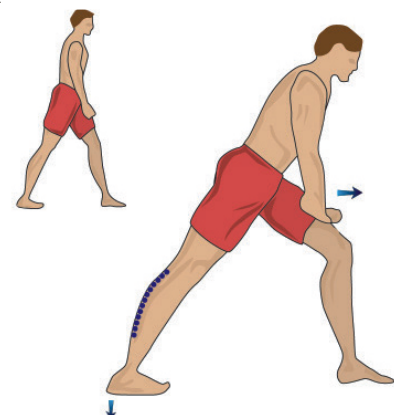
Gastrocnemius is the major calf muscle that rises above the knee joint and extends below the ankle joint, and as such plays a role in both knee and ankle movement.

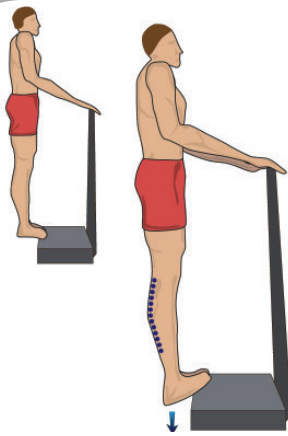
Stand with both feet pointing forward

Bend your front knee and keep your back leg straight with the heel slightly off of the ground

Lean forward while lowering your back heel to the ground

You should feel the stretch around the thickest part of your calf muscle





## CALVES<sup>02</sup> Standing Calf Muscle Stretch

Both the Gastrocnemius and the Soleus are the major parts of the calf muscle. Tightness in the calf muscle group will lead to a variety of foot and lower limb pains.

Stand on the edge of a ledge (somewhere stable like the stairs or the gutter is ideal). You will need to have enough of your foot on the edge of the ledge so it does not slip off.

Make sure you are stable, this will allow you to hold your stretch for a longer period (better quality of stretch)

Lower both heels over the edge of the ledge

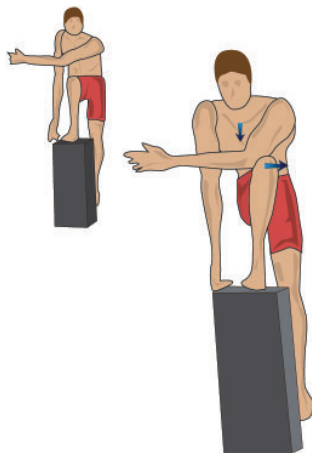
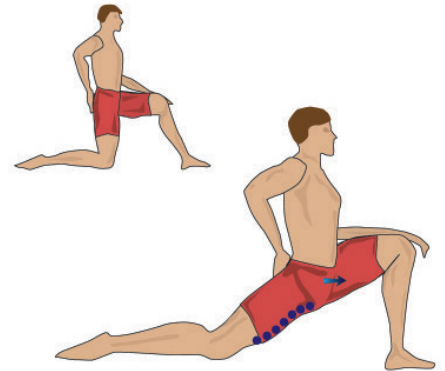
## HIP FLEXORS<sup>01</sup> Hip and Thigh Stretch

Hip flexor group aids in lifting the leg by flexing it towards pelvis, during activities like climbing stairs, simple walking, running, marching, kicking etc.

Stand with your feet split and lower your back knee to the ground as per the image

Keep your stomach tight and flat

Lean forward from your hip



## HIP FLEXORS<sup>02</sup> Lateral Hip Stretch

This exercise helps to elongate the Gluteal muscles as well as the deep lying hip rotators. The hip joint capsule is also stretched from the sides and the back. Enhances body flexibility and allows ease of movement.

Position to start as per the image

Left elbow on right knee

Lean forward and apply outward pressure to knee

## PIRIFORMIS<sup>01</sup> Gluteal Buttock Stretch Lying

This exercise helps to lengthen the Gluteal muscles as well as the upper section of the Hamstrings. Hip joint capsule stretches on its posterior aspect.

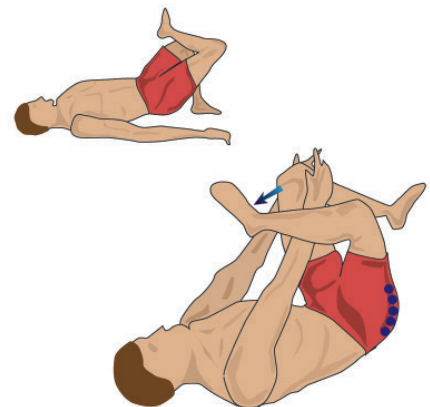
Lay at on the floor

Bend both knees

Cross one foot over the other bent knee as shown

Clasp the bent leg knee with both hands

Pull this knee towards your chest





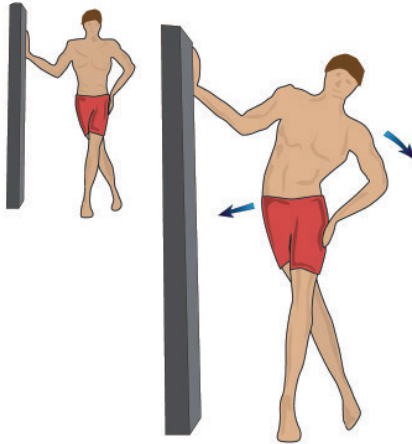
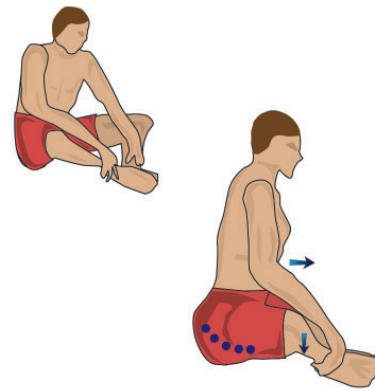
## PIRIFORMIS<sup>02</sup> Sitting Groin Stretch

This exercise helps greatly by improving the posture for daily normal activities. First, it bends the pelvis forwards, thereby reviving the normal curvature of the lumbar spine.

Position yourself sitting on the floor as in the diagram

Place the bottoms of both of your feet together with knees bent

Sit up straight, lean forward while pushing knees to the floor



## IT BAND<sup>01</sup> IT Band Wall Stretch

On the outer front of the upper part of thigh, there is a thick muscle called Tensor Fascia Lata. This muscle inserts into the knee via a tough brous band present on the outside of the thigh, the Iliotibial Band. This stretch aims to move the hip towards the midline (adduction). The hip joint can be adducted from 10 to 30 degrees, with the Tensor Fascia Lata and the Iliotibial tract restricting further movement.

Stand alongside a wall with legs crossed as indicated

Bend your upper body away from the wall and your hips towards the wall

## PLANTAR<sup>01</sup> Plantar Fascia Stretch

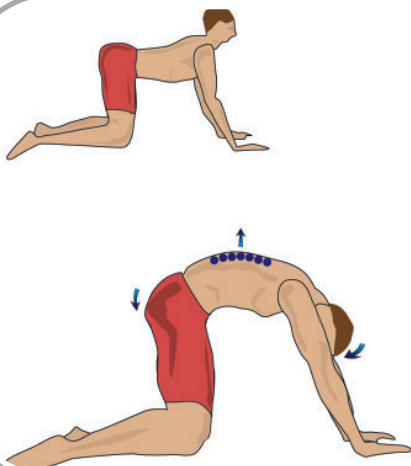
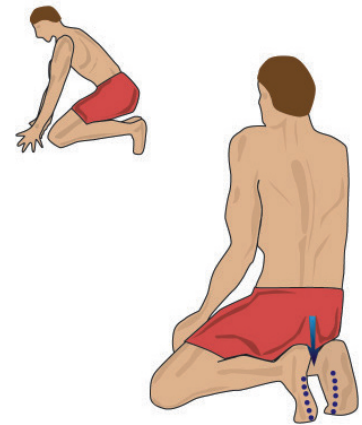
Muscles responsible for inversion (inward twisting) of the foot and plantar flexion at the ankle include Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus.

Kneel down with your toes bending upwards

Lower your buttocks towards your heels

Apply pressure to your heels until a stretch in the arch of your foot and the Achilles tendon region is felt

Lower both heels over the edge of the ledge



## LOWER BACK<sup>01</sup> Cat Arch Back Stretch

This stretch affects the lumbar and thoracic spine both in flexion and in extension, as well as the abdominal, the lumbar and the thoracic erector spinae muscles. It is an excellent stretch to work on your pelvis and it helps you to know how it moves during standing, walking, bending, running and leaping.

Get down on all fours as per image

Release stomach and allow it to sag

Arch your back upwards



# CORPORATE RUN

presented by



## 2026

28th Annual

**FORT LAUDERDALE**  
**April 2, 2026 • 6:45PM**

supported by  
JM Lexus  
Lexus of Pembroke Pines

20th Annual

**WEST PALM BEACH**  
**April 15, 2026 • 6:45PM**

supported by  
Lexus of Palm Beach  
Treasure Coast Lexus

41st Annual

**DOWNTOWN MIAMI**  
**April 23, 2026 • 6:45PM**

supported by  
Lexus of Kendall  
Lexus of North Miami  
Lexus of West Kendall



**3.1 MILES + OFFICE PARTY**  
**= TEAMWORK**



Get Your Company Involved in South Florida's Largest Office Party "Healthy Employees Make a Healthy Company"

**LexusCorporateRun.com**



# FootWorks

## TeamFootWorks Nutrition/Fueling Essentials

**Electrolytes:** Electrolytes are essential minerals—like sodium, potassium, and magnesium—that help regulate hydration, muscle function, and energy during exercise. When you sweat, you lose electrolytes, so replacing them is key to preventing cramps, fatigue, and dehydration on your runs.



### Nuun Hydration Tablets:

Light, portable, and easy to use. Just drop a tablet in water for a low-sugar drink—before, during, or after a run!



### LMNT Drink Mix:

A zero-sugar electrolyte mix with extra sodium to keep you hydrated, prevent cramps, and power through tough runs.



### Vitalyte Single-Serving Sticks:

Convenient and fast-mixing, these sticks deliver balanced electrolytes and clean ingredients without artificial sweeteners.



### Ultima Replenisher:

Clean, sugar-free electrolyte drink with six essential minerals to keep you hydrated and energized—perfect for everyday runs and recovery.

**Energy Gels:** Energy gels are quick, easily digestible carbs that give you a fast boost of energy during long runs when your glycogen stores run low. They help maintain endurance and prevent fatigue so you can keep going strong.



### Precision Fuel Energy Gels:

A Neutral-flavored, easy-digesting gel that delivers carbohydrates with a 2:1 glucose-to-fructose ratio in a vegan, gluten-free formula—designed to fuel endurance without the stickiness or flavor fatigue



### Gu Original Energy Gel:

A compact, easy-to-open gel delivering digestible carbs, plus electrolytes and amino acids to fuel long runs with minimal digestive strain—just tear, squeeze, and go!



### Spring Energy Gels:

Made with real-food ingredients like rice and fruit, Spring gels offer a smooth, smoothie-like texture and steady, natural energy



### Maurten Gels:

Clean, hydrogel-based gels that deliver quick carbs in a stomach-friendly format—trusted by elite marathoners for smooth energy without the sugar crash.

**Carb Drinks:** Carb drinks provide easily digestible carbohydrates and electrolytes in liquid form to fuel your muscles and keep you hydrated during long runs. They're an efficient way to maintain energy and delay fatigue without the need for solid food.



### Tailwind Endurance Fuel:

A light-tasting, all-in-one carb + electrolyte drink mix that provides 25 g carbs and key electrolytes (sodium, potassium, magnesium, calcium) per scoop for clean energy and smooth hydration—easy on your gut even during long runs.



### Maurten Drink Mix:

Hydrogel-based carbohydrate drink in sachet form—mix with water to get either ~40 g (Mix 160) or ~80 g (Mix 320) of fast-burning carbs in a stomach-friendly format that's smooth, easy to digest, and trusted by endurance athletes.



**Shokz OpenRun Pro Headphones:**

Open-ear technology allows you to hear the roads and conversation as well as your phone / music. Great, hands free!

**Bloq UV Sun Shirts:**

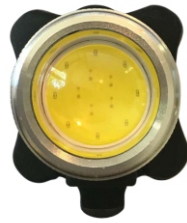
Lightweight, easy to wear for sun protection for men and women.



**Sunday Afternoon Sun Hats:** Simply the best hat! Use mine to run in the pool.

**Nathan Power**

**Wash:** Restore well-worn workout gear to its original performance with the sports detergent that blasts the stink out!

**Bright Guard Duo:**

Clip onto your water belt, vest shirt or shorts. USB rechargeable, 150 lumens.



**Garmin Forerunner 165 and Fenix 8 Solar AMOLED**

# Foot Works

## Laurie's Favorite Things

**Nathan Water Vest:**

Just bite the bullet and get yourself a hydration vest! You don't even notice you have it on.

**NEW!! Headsweats Hat:**

Pictured neon green ice hat.

**Spenco Sandals:** You'll usually find Laurie wearing her Yumi polka dot sandals. Supportive enough to work eight hours!

**currexSole RunPro Insoles:**

Available in three different profile heights for a better in-shoe fit.

**Goodr Sunglasses:**

Choose from these cool models: Superfly or BFG. Priced right so you can buy two!

**Alter Ego Running Hat**