

WORKOUT ROUTINES

Before Weeknight Workouts: We meet for workouts in four Oahu locations. The announcements posted on our marathon home page will specify the meeting locations. You may attend workouts at the most convenient location.

- **There are restrooms at the meeting places** for changing clothes and using the toilet. ***Please use the toilet before the stretching*** so you don't delay your group from starting the workout after the stretching.
- **The pre-workout routine:** Directors will be at the meeting place for consultation thirty minutes before the stretching begins. On weekdays, the stretching begins at 5:30 p.m., announcements and instructions begin at 5:40, and the workout begins at 5:50. Please be present for announcements not later than 5:40 p.m.
- **If you are sick.** No one is allowed to train when they have cold-like or allergy symptoms, including any of the following: coughing, sneezing, fever, and running nose. Please take care of yourself by staying home instead of training. Please also call or send your director an email to explain your absence.

Weekend Workouts. The weekly announcements will give directions to the workout meeting place. Stretching begins at the starting time indicated in the program schedule (usually 6:30 a.m.). The routine for weekend workouts is essentially the same as weeknight workouts, except that we also stretch following the workout and groups often segue from the workout to nearby restaurants for breakfast.

After Workouts: Please make it your highest priority to take care of yourself.

- **Fill out the program diary** in one of the binders in the black box the director brings to workouts, or do so using an online digital form.
- **Towel off immediately and change** from your sweaty workout clothes into warm, dry and loose fitting clothes. We find that colds are often caused by driving home in wet workout clothes.
- **If you are injured,** indicate it in the diary after the workout, tell your group leader and your director immediately. It's their job to assist you in handling the injury so you can return to training quickly. Continue coming to workouts, but slow down so you experience the injury at no more than a tender level, i.e. no sharp pains.
- **Begin rehydration** with a carbohydrate replacement drink that you bring with you from home or work. (Try putting ice and juice, soda, or a powdered mix in a large plastic bottle, and wrap it in your towel.)
- **Eat a healthful carbohydrate snack** on your way home to take the edge off your hunger. Try bringing crackers and fruit in Tupperware.