



Marathon Tips

(or marathon training by dummies)

Marathon Tips



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First - Don't Worry.....



Around 30% of runners don't make it to the start line
(Mostly through injury)

Over 99% of those who start finish

So the statistics (VLM) tell us.....

if you can make it to the start line **uninjured** you'll be fine!



Training

Training is based on “progressive overload”

Training causes micro-damage to muscles, which then recover to be stronger than before

This micro-damage / recovery cycle allows “running” muscles to build up over time

The two most important things about this are:

- **Mileage should be built up slowly** over time (10% rule)
- **Recovery** is very important to allows muscles to develop and to prevent injury



Training – Long Runs

The most important part of training is the **long slow run**

The clue is in the name - **Run Slow!**

You should be able to talk during these runs – if you can't, slow down.

This could be based on distance or time (or even heart rate)

The distance / time should increase over time (16-week plans)

Don't eat much beforehand- reduces stomach problems

Eat something within 30 minutes of finishing – promotes muscle recovery (milkshake?)

Think about bringing water / snacks (or £ to buy them)



Training – Long Runs - Tips

These are much easier if you're in a group (other Tortoises?)

If not, ipod (or dog?) – phone for security

Plan runs so that the second half is downwind

Keep £10 in your pocket so that you can “bail out” on the train

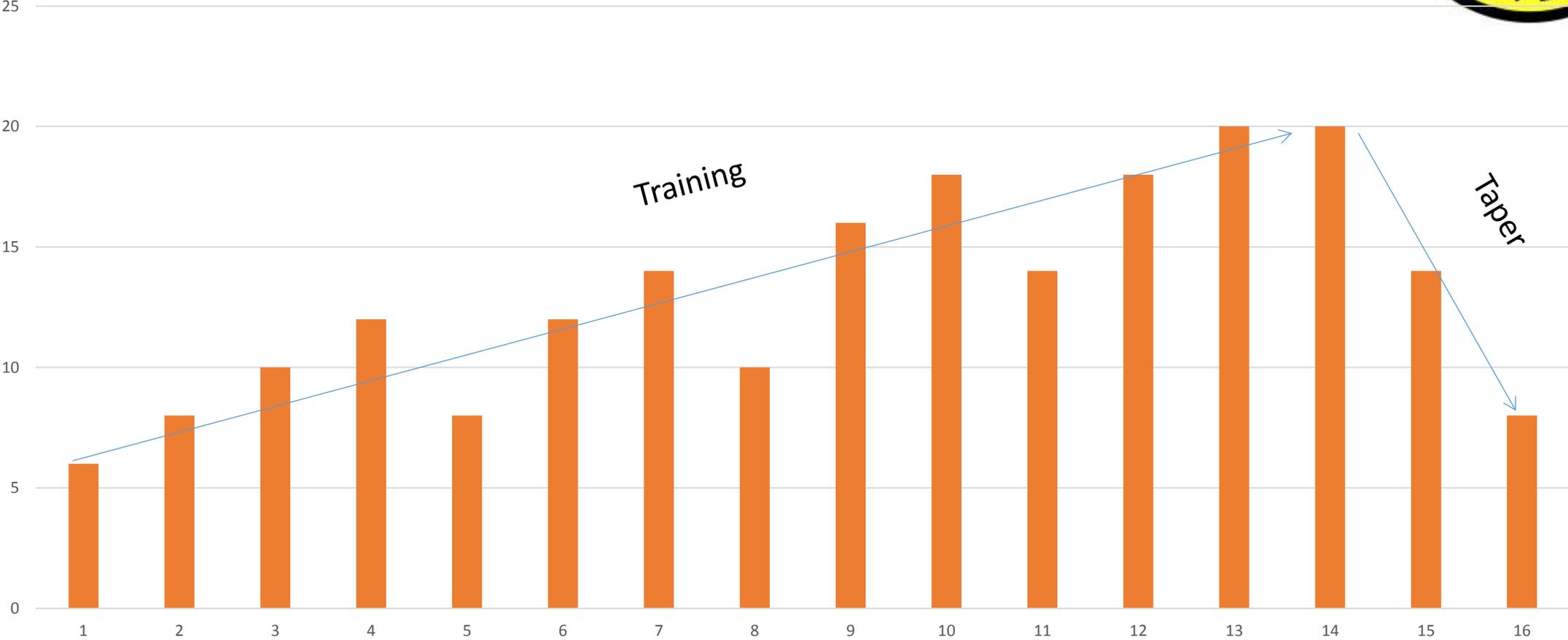
Run first thing at the weekends? Get used to running in the morning.

Toilets - plan

If running e.g.- a 10 mile run, plan route so that furthest point is halfway, then the easiest way home is to finish the run.

Long run – remember that the weather could change - clothing

Typical 16-Week Plan





Typical 16-Week Plan

“Cutback” weeks – reduce mileage to promote recovery

No need to run full distance in training (increased injury risk)

3-week “**Taper**” - Reduce mileage in final 3 weeks

- Allows recovery and any “niggles” to heal
- Energy levels should build up
- It takes 2 weeks to get the benefit of training, so focus is on recovery and getting to the start line
- Avoid temptation to “catch-up” on lost training – no real benefit now
- Relax – the hard work is done.

Other training



Ideally running at least 3 times per week (more even better)

“Speedwork” – builds CV fitness and strength, e.g.- hill reps, intervals, fartlek

“Listen to your body” – allow any injuries to heal before they get worse
Physio, foam roller, recovery runs

Cross-training – e.g.- cycling, swimming, gym, etc.

Recovery days after long or hard runs

Practice – run part of long runs at planned marathon pace

Other Races



Shorter distances (10K, half-marathon)

Get used to running with other runners

Make sure raceday kit fits and doesn't cause any problems

Alloa half-marathon - 18th March – supported by club

Practice taking on water / gels (and carrying these!)

Using watch to monitor pace

Assess your fitness – work out your target pace for marathon?

Make sure to recover afterwards

Last week before Raceday



Reduced training – reduce food intake

Carb loading – last two days, focus on carbs. Pasta party!

Don't eat anything spicy or new.

Make sure you know which kit will be worn – nothing new

Cut toenails 3 or 4 days before raceday.

Prepare kit bag and drop bag

Charge any electronics the day before (remember to bring charger)

Do as little as possible the day before the race (don't use up energy)

Try to get as much sleep as possible in the last few days

A / B / C targets

Beware of “Maranoia”!

Raceday



Carb-based breakfast (porridge?) at least 2 hours before race

Vaseline / lube on any sensitive areas

Binbag or disposable jumper – lots of waiting time

Guys – empty bottle for peeing in a start line?

Gels? Jelly babies? (how to carry these?)

Clothing – remember you'll heat up while running

Name on vest if you want even more support from onlookers

Even pace – don't get carried away at the start (the no. 1 mistake!)

Even effort going up hills (i.e.- probably slower pace)

Remember to enjoy the day – smile & high-five the kids!

Water – don't overdo it – little & often. Pinch paper cups.

Positive thoughts – “just keep running”

Liverpool R&R Marathon

Indoor arena at start / finish

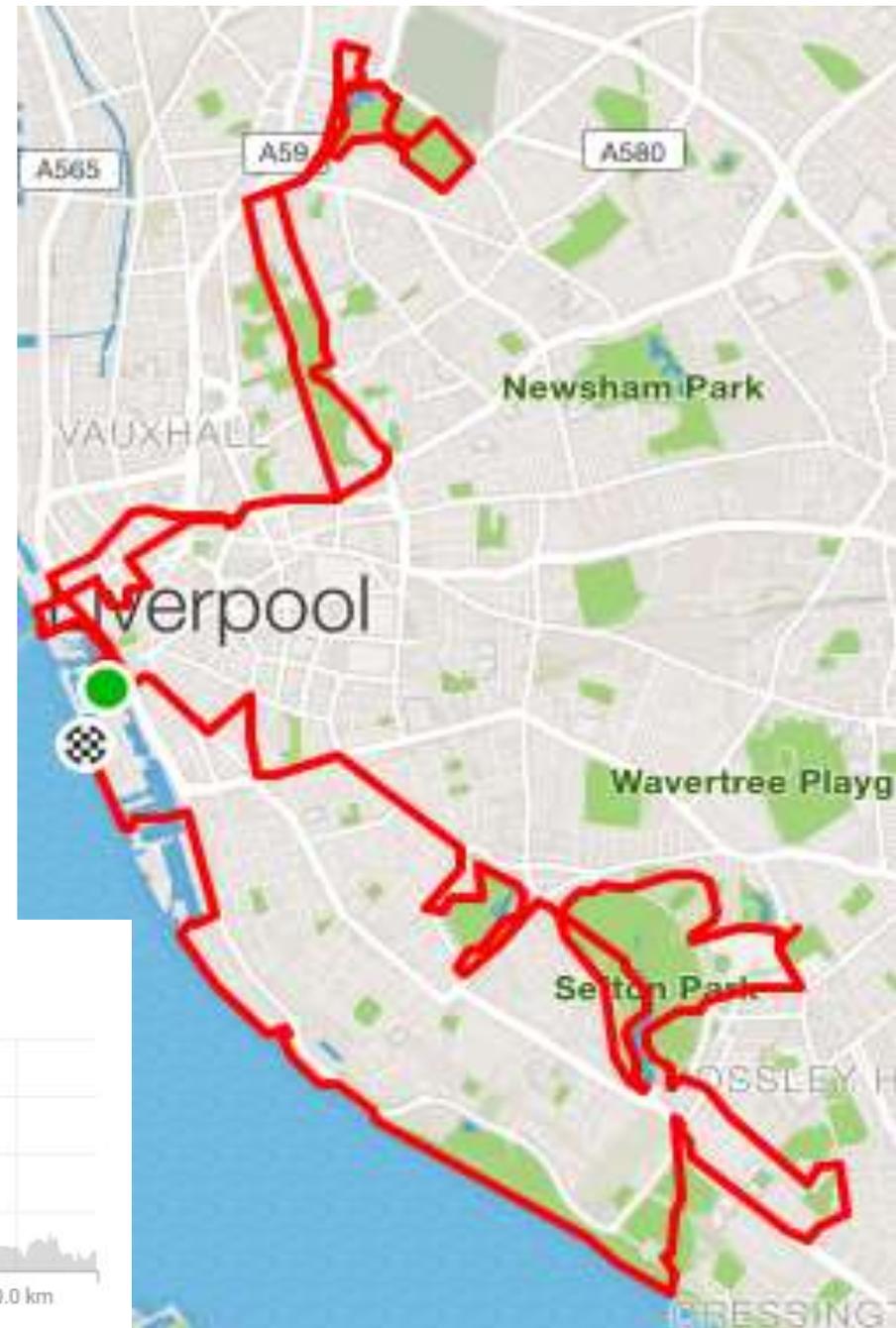
- Can wait there until 10 minutes before start
- Toilets / water / secure bag storage

Few hills on route – either long or steep (but not both!). Second half mainly downhill

Couple of tight corners

Can be slippery in places – parks, wooden bridges

Final 4 miles flat but can be exposed.



Course Elevation





After the Race

Keep walking if possible after the race

Re-hydrate and eat something salty. Treat yourself – you’ve earned it!

Warm /comfortable clothes (waterproof?) – you will get cold quickly. Maybe an umbrella if the forecast is wet.

Flip-flops?

Blisters – tape or pierce (antiseptic) & squeeze.

Expect DOMS but this will pass within a few days – if you can’t walk down stairs it’s easier to walk down them backwards!

“Never again” 😊

Have some time off afterwards (1-2 weeks) – get back into running gently

Finally.....



Don't worry – you'll be fine – remember that 99% statistic

“Respect the distance”

Training for a marathon is hard work – you're preparing your body to do something amazing and difficult. Remember why you're doing this.

If it was easy, everyone would do it, and it wouldn't mean anything.

You're part of a great running club, and the whole club will be supporting you. We will all help you get to the finish!

