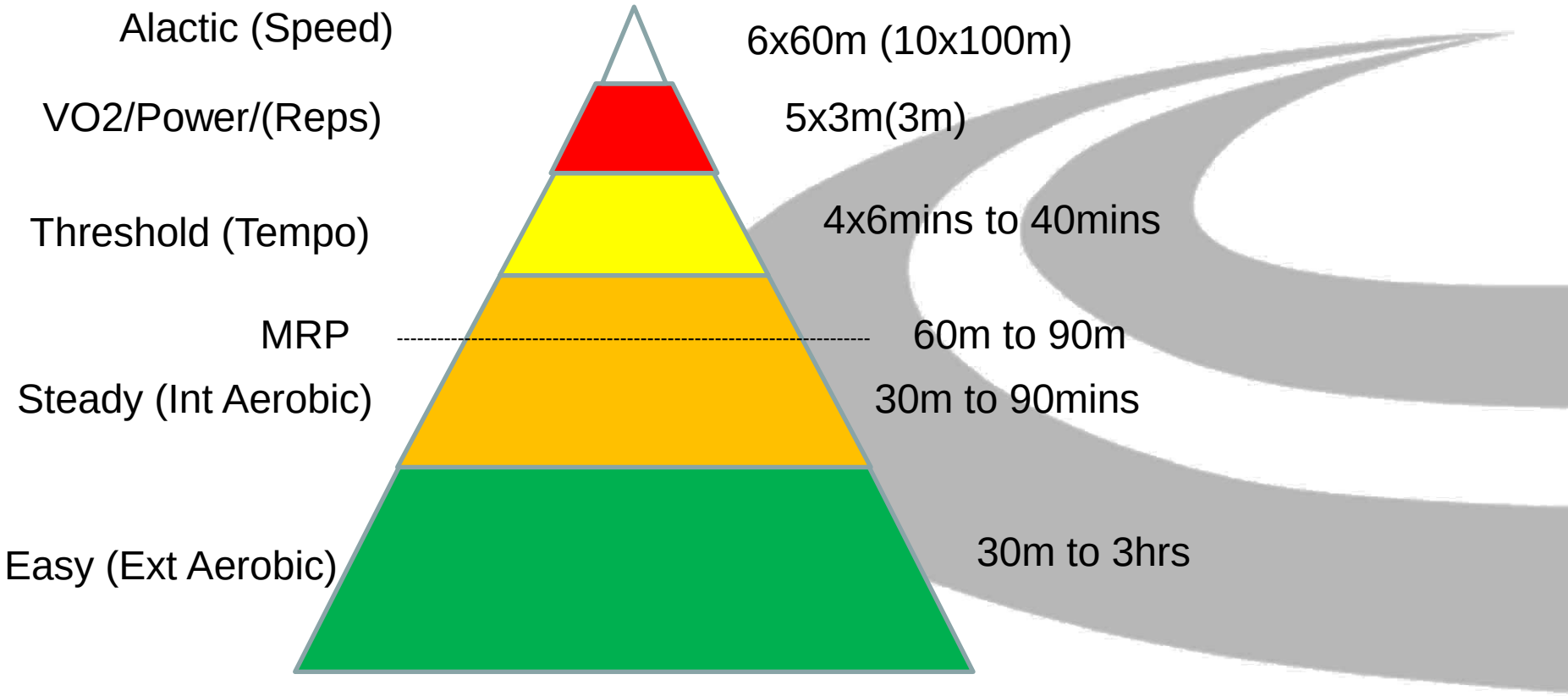
Serpentine AC Marathon and Running talk
Monday 15th August 2011

Key questions to answer

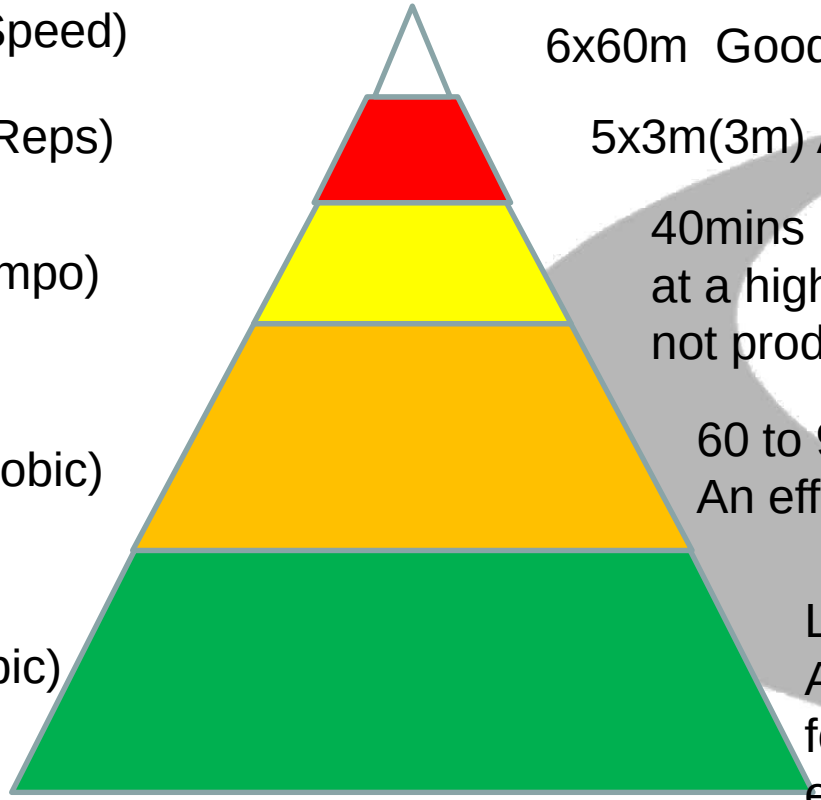
- Progressing from 3hrs to 2hrs 45m
- Progressing from 2hrs 45 to 2hrs 30m
- Marathon and XC season (planning)
- Key sessions
- Race selection
- Specifics of training

Volume Intensity Recovery Consistency Years training

Training Zones



So what makes a good endurance runner/marathon runner



Alactic (Speed)

6x60m Good turn over and leg power

VO2/Power/(Reps)

5x3m(3m) A great engine – big VO2 max

Threshold (Tempo)

40mins An ability to run a long way at a high aerobic speed not producing much lactate

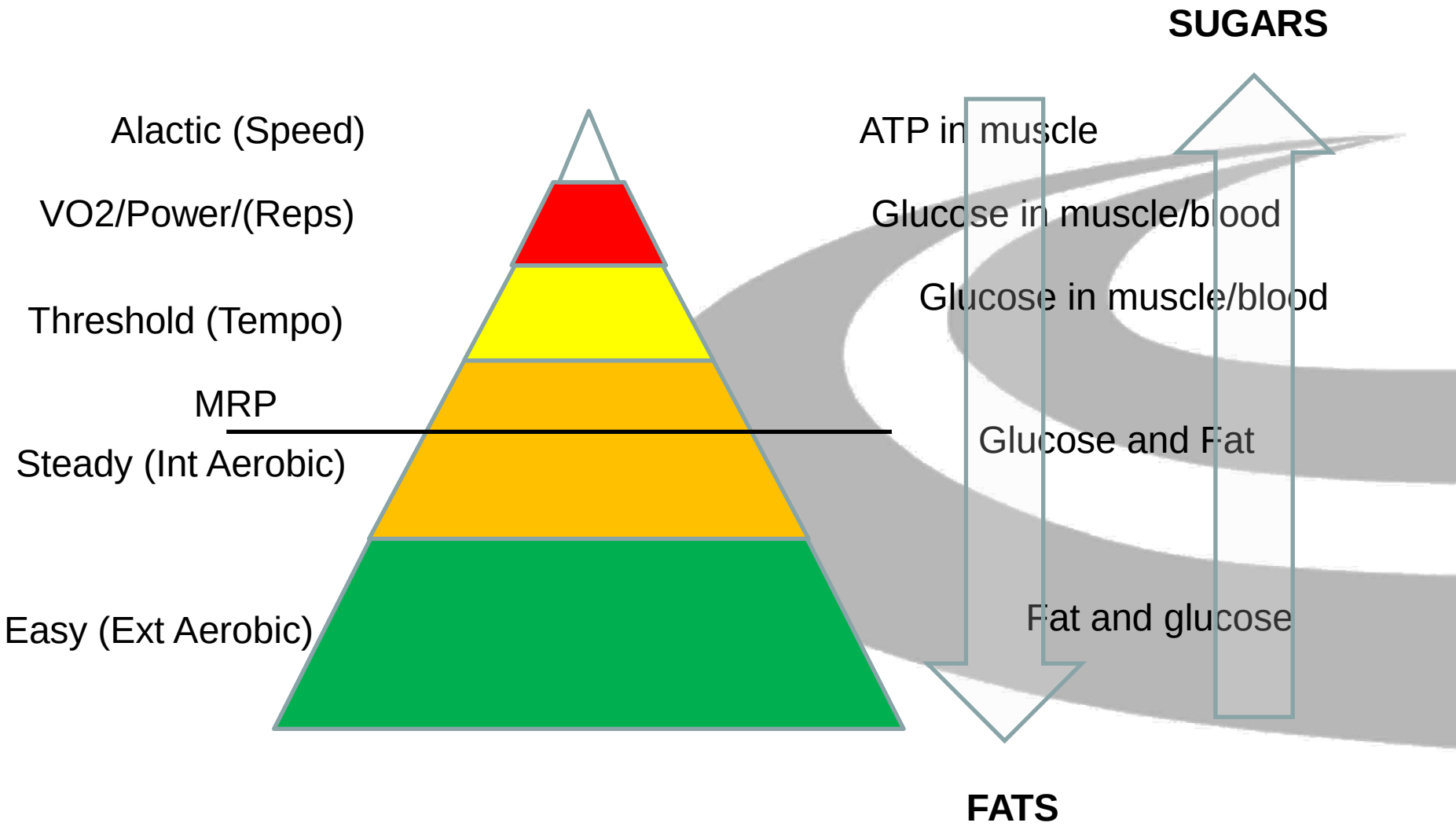
Steady (Int Aerobic)

60 to 90min runs
An efficient fat burning machine

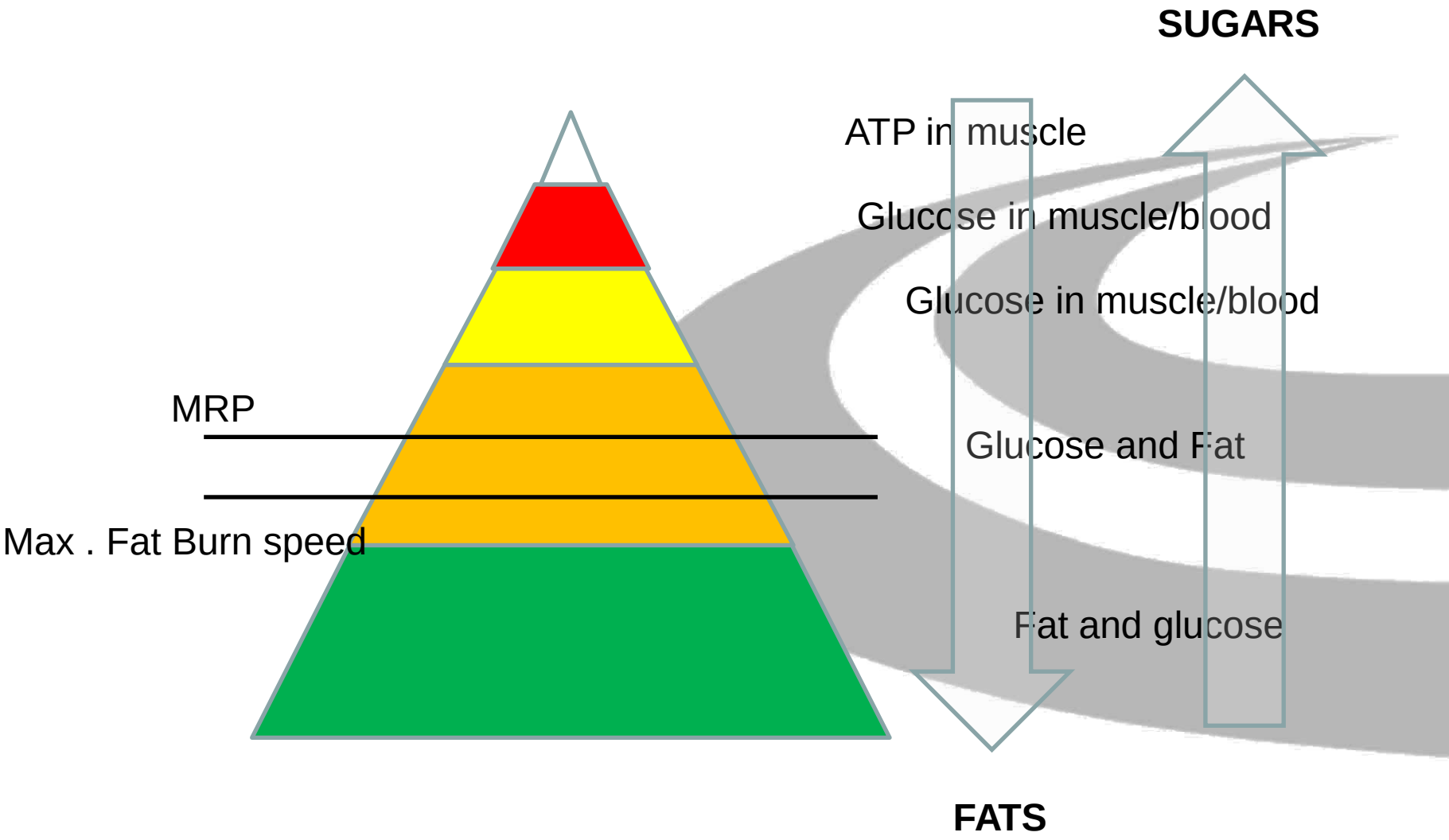
Easy (Ext Aerobic)

Long runs
An ability to withstand repetitive foot strikes and use O2 economically

So what makes a good endurance runner/marathon runner



So what makes a good marathon runner



The Mix

- Periodisation!!!!!
- Lydiard or traditional English
- Lindsay Dunn and Charlie Spedding
- Canova
- Storey

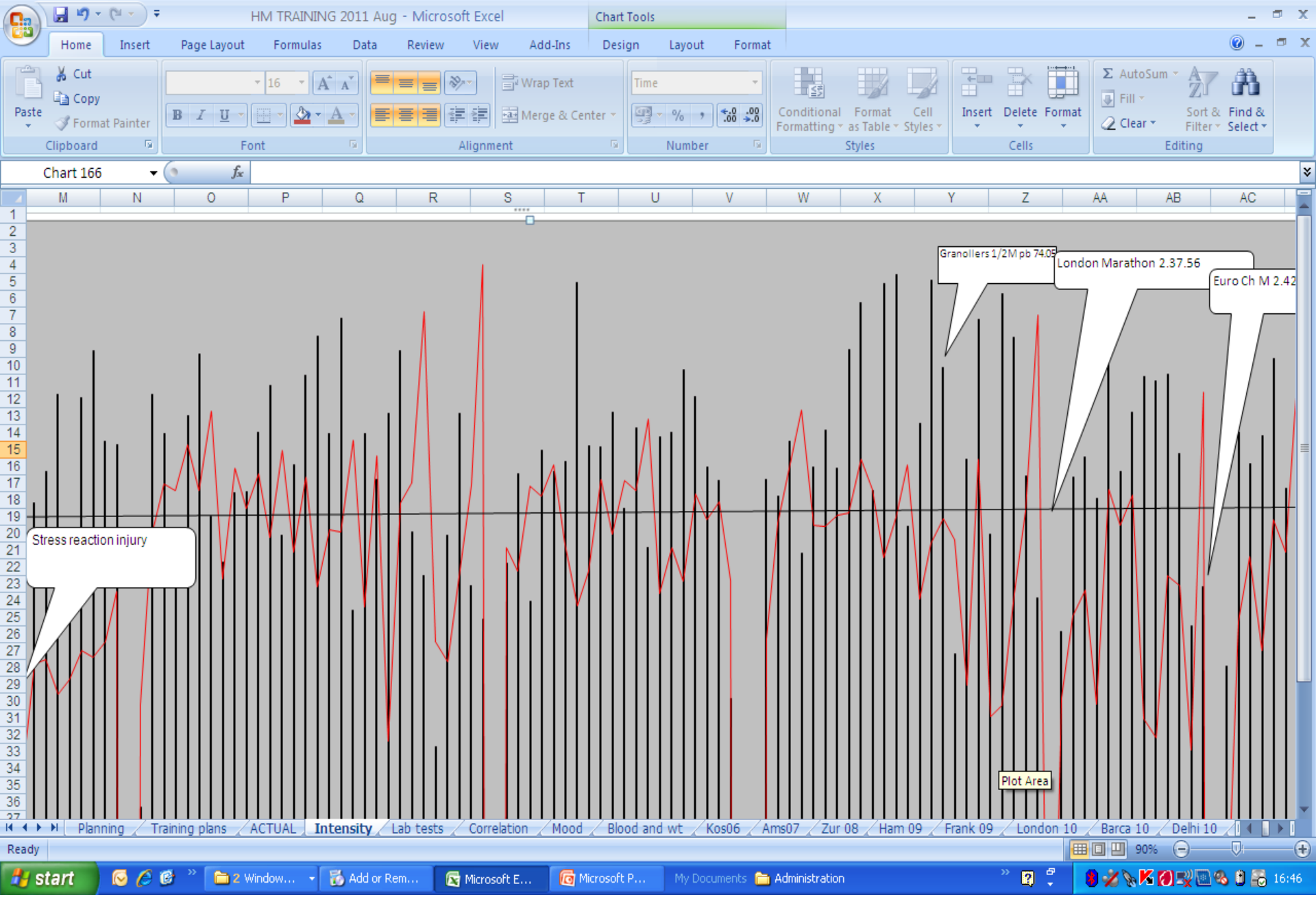
- Monday through Sunday
- 14 day ‘weeks’
- Cross country and then road but don’t leave it too late.
- Blocks 3 to 1, 2 to 1

Progression

Build

What does my year look like?

Sept	Berlin Marathon in 3hrs		2 weeks off/enjoy, 2 weeks run
Oct to end Nov	Foundation 1.	6 to 8 weeks	Rebuilding system Lots of ‘stuff’ Build miles, hills, sessions
Dec to mid Jan	Foundation 2.	6 weeks	Increase volume of all runs Increase volume globally Increase Power (hills) Increase capacity (reps)
Mid Jan to end Feb	Specific 1.	6 weeks	Increase threshold Extend pace runs Maintain capacity Maintain power 10k (1/2M) pb in this period
March to April	Specific 2.	8 weeks	Extend pace runs Extend MRP Maintain capacity/thresh/power


HM TRAINING 2011 Aug - Microsoft Excel
Chart Tools
Chart 166
Granollers 1/2M pb 74.05
London Marathon 2.37.56
Euro Ch M 2.42
Stress reaction injury
Plot Area
Planning
Training plans
ACTUAL
Intensity
Lab tests
Correlation
Mood
Blood and wt
Kos06
Ams07
Zur 08
Ham 09
Frank 09
London 10
Barca 10
Delhi 10
Ready

Marker times

Marathon = 2 x 1/2M plus 4 to 10 minutes
Diesels and petrols (BMW's or Ferraris)

So if aiming for a 3hr marathon you should be able to run 85mins for the half at the end of Specific 1.

2hr 45 marathon 77'30
2hr 30 marathon 70'00

If you can do the above you have no excuses!!
If you cant do the above then you can definitely hit the times provided you train well and have a bit of a diesel mentality and physiology

What pace is correct pace?

-Long runs
- controlled pace and time on feet
- 80 to 85% of MRP
- Medium pace runs
- steady runs
- 85 to 95% of MRP
- Marathon pace runs
-Threshold runs
- 105% of MRP
- Repetitions and intervals
- 105 to 115% of MRP

Pace	3hr	2hr 45mins	2hrs 30mins
MRP 100%	00:06:52	00:06:18	00:05:43
Long run 80%	00:08:14	00:07:34	00:06:52
85%	00:07:54	00:07:15	00:06:34
Steady 90%	00:07:33	00:06:56	00:06:17
MRP 100%	**00:06:52**	**00:06:18**	**00:05:43**
Threshold 105%	00:06:31	00:05:59	00:05:26
Reps 110%	00:06:11	00:05:40	00:05:09
Intervals 115%	00:05:50	00:05:21	00:04:52

Specifics

Threshold progressions

4x6mins done as 6bpm below/3bpm/@/@
4x8mins as above
5x8mins as above
3x15mins (2m) done as 5mins 5bpm below/5mins@/5mins 5bpm above
3x5k (2m) done as 1k@98%/1k@102%
Aim is to start below always so you work the system from more fats to less fats from more aerobic to less aerobic. You are trying to develop the aerobic capacity

MRP progressions

20k done as 20x(400 Easy Thresh/400 Easy steady) or 103%MRP/93%MRP
20k done as 10x(1k Easy Thresh/1k Easy steady) or 103%MRP/93%MRP
21k done as 7x (2k MRP/1k steady) or MRP/95%MRP
24k done as 6x (3k MRP/1k steady) or MRP/95%MRP
Build to
28k done as 3x (8k MRP/1k steady)
Aim is to increase the density of sessions i.e. extension of economy. By working From below pace ensure you go from fats to sugars

Specifics

‘Fat burning sessions’

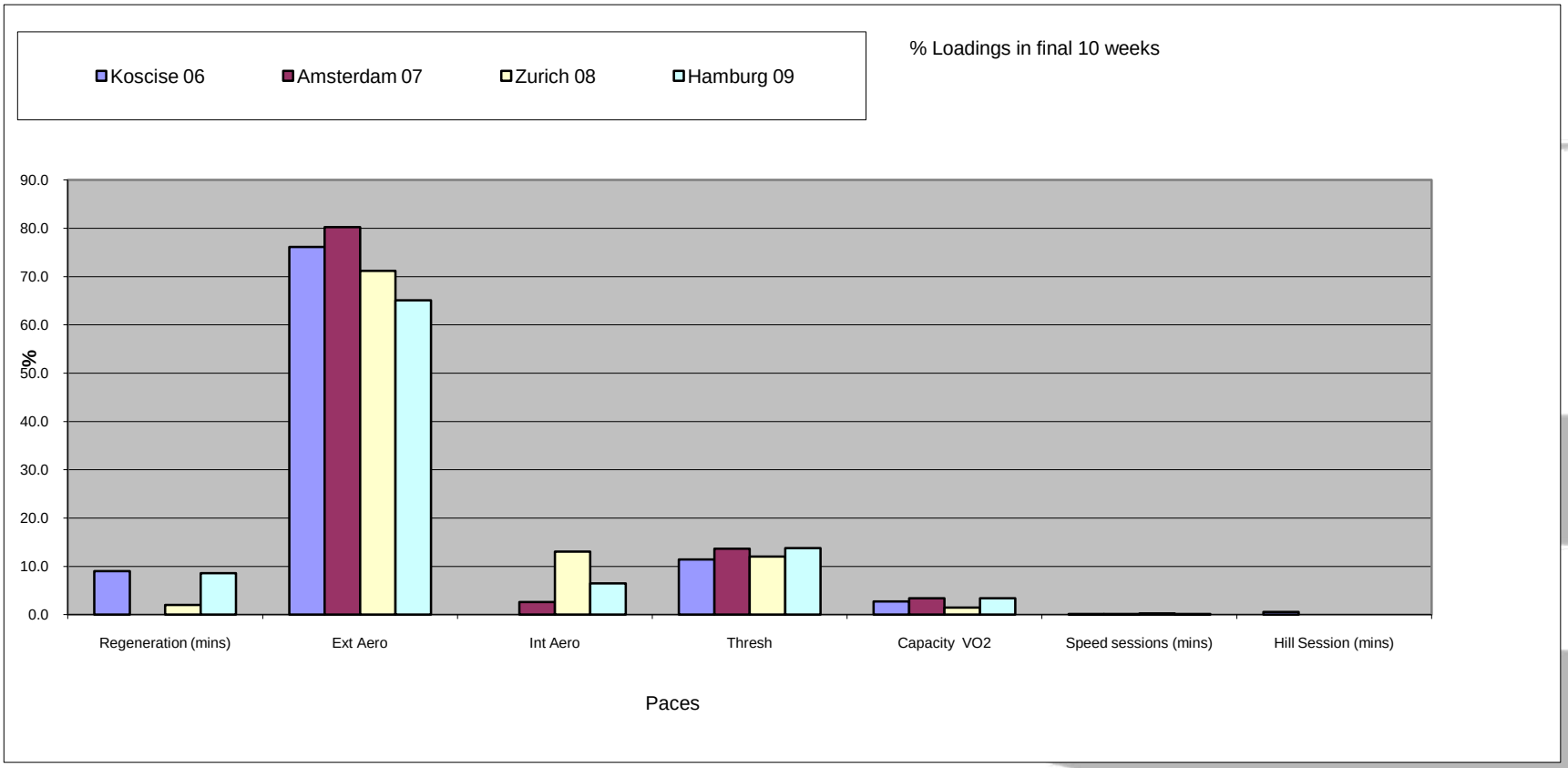
20/20/20 building to 30/30/30 End run below or at MRP NO faster
90mins progressive continuous End run 20 to 30s/ml slower than MRP
Aim is to promote ability to utilise fats at maximum rate.
Over time push this pace closer to threshold i.e. higher pace but less consumption of carbohydrates. (Measure this through lactate production)

Long runs

How long is long. Time on feet, higher average pace, replicate race scenario.
2hrs regular.
Up to 2hrs 45mins
Cost v benefits
Can you manipulate session to reduce time on feet but get same effects

- block training on day
- burn out carbs on day
- double days

			Long	(Steady plus) Intensive aerobic	MRP/Threshold	VVO2 (Reps)	Speed	
10	**17-Feb-08**		2hrs 20mins	20k Int	8x2k(1k)		10x100	
9	**24-Feb-08**			5k Ext plus 25k Int	6x3k(1k)	6k	8x60	
8	**02-Mar-08**	1/2 wk Rec	2hrs 30mins			400/300/200 x6	8x80	
7	**09-Mar-08**			30k Int	4x5k(1k)	20x300(30s)	6x100	
6	**16-Mar-08**	Rec	80mins		1/2M	2x1k plus 6x300	8x60	Bath 1/2M
5	**23-Mar-08**		2hrs 30mins		3x7k(1k)	6k or test	8x60	
4	**30-Mar-08**	Rec		30k progressive		10k or 10x1k	6x50	
3	**06-Apr-08**		2hrs plus 20mins MRP		2x10k(1k)	6k	8x60	
2	**13-Apr-08**		80mins		12k and 20m	6k		
1	**20-Apr-08**				Marathon			


Koscise 06
Amsterdam 07
Zurich 08
Hamburg 09
% Loadings in final 10 weeks
90.0
80.0
70.0
60.0
50.0
40.0
30.0
20.0
10.0
0.0
%
Regeneration (mins)
Ext Aero
Int Aero
Thresh
Capacity VO2
Speed sessions (mins)
Hill Session (mins)
Paces

Other key things

-**Race day energy**

- Carbohydrate loading works
- Getting your race day drinks sorted
- Practice taking in training

-**Consistency**

-Conditioning
-Leg strength and stride
-Injury management
    -Massage, ice, food
-Training environment
-Recovery
-Patience, Rome wasn't built in a day

Summary

-Be realistic with your goals, are you where you need to be at shorter distances
-Commit to training volume and intensity over a period of time
-Train on the road

-Commit to building a robust body
-Get organised with recovery
-Be patient
-Keep experimenting and learning

“However beautiful the strategy,
you should occasionally look at the results.”
Winston Churchill