

Preparing for London 2006: becoming your own coach

Karen Hancock
9 Jan 2006



Structure

1. Determinants of marathon success
2. Designing your own programme
3. Overcoming roadblocks
4. Useful resources

1. Determinants of marathon success



1. Determinants of marathon success

- First define “success” ...
 - To finish your first in say 4:00, 4:30
 - To set a pb, or age-graded best
 - To meet particular qualifying standards (champs; GFA etc)
 - To win a title or prize
 - To set a record
- ...But there are common success factors
 - Physiological
 - Psychological, behavioural

Physiological factors...mostly trainable

- **High % of Slow-Twitch fibres** (pick good parents)
- **High Lactate Threshold** (ability to produce energy at fast rate aerobically w/o accumulating high lactate in muscles)
- **High glycogen storage and fat utilisation**
- **Excellent running economy** (ability to use energy efficiently, maximising the conversion of energy into forward motion)
- **High maximal oxygen uptake ($\text{VO}_2 \text{ max}$)** (ability to transport large amounts of oxygen to your muscles and the ability of the muscles to extract and use oxygen)
- **Quick recovery**

Karen Hancock

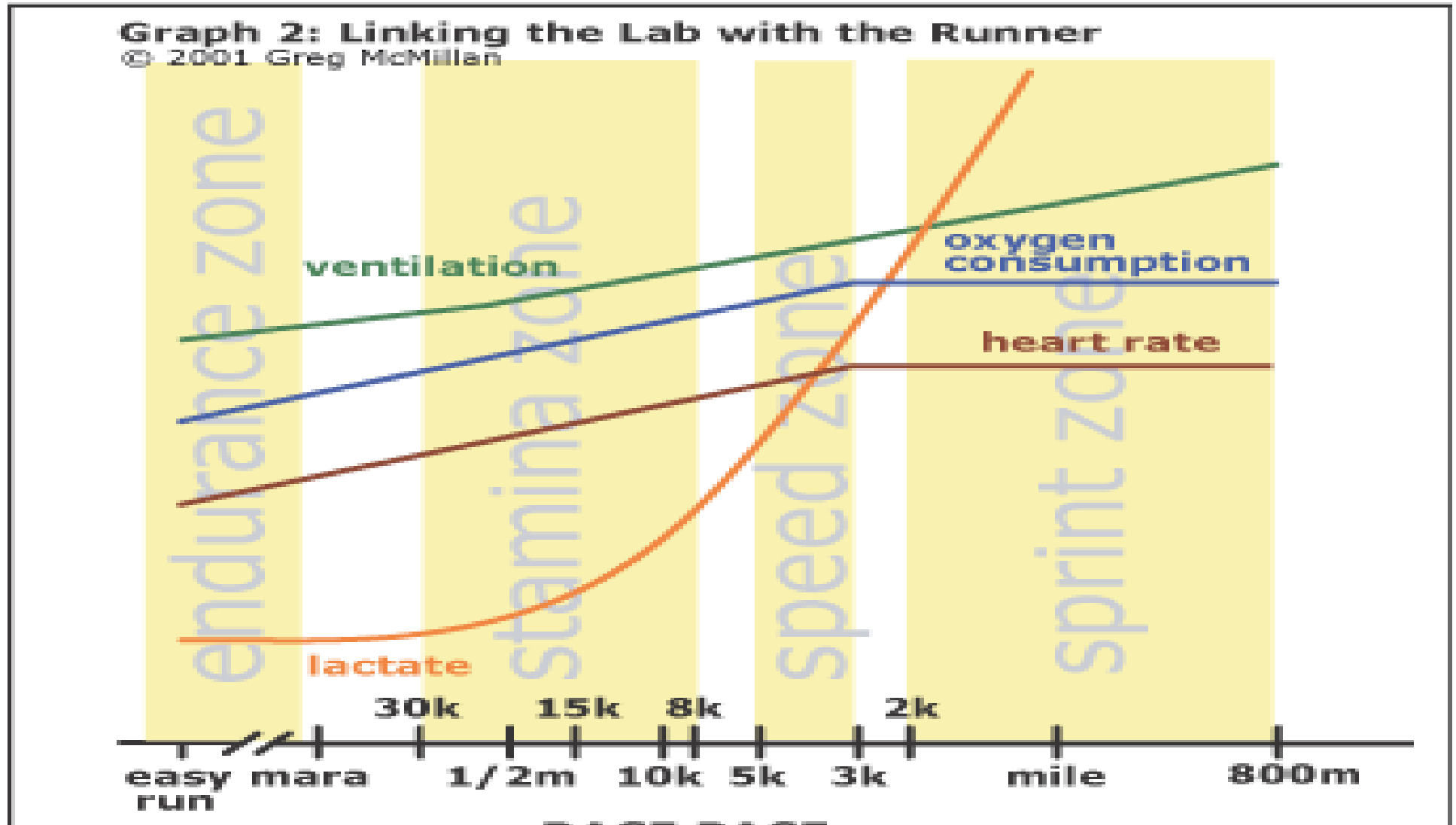
Psychological and Behavioural factors...

- **Planning and Preparation**
 - research among drop-outs and finishers in HK marathon: marathon-finishers trained on average 32 mpw; drop-outs averaged 5 mpw and
 - 18 of the non-finishers thought best preparation was to run 3 mpw!!
- **Flexibility, patience (7-10 years rule), determination**
- **Positive mental attitude** in face of setbacks
- **Resourcefulness**

Patience and determination...



Training the body...finding the right zones



Calculating your zones...

Zone	Why?	How and How often?	% HRR	Pace per mile	Perceived effort
Endurance and recovery	Build endurance – encourage specific adaptations (1)	Long run weekly; semi-long run including some miles at marathon pace plus recovery runs on easy days	About 65-75%	40-60 secs per miles <u>slower</u> than marathon pace up to marathon pace	“Comfortable”
Stamina/lactate threshold	Pushes up lactate, ventilatory and anaerobic thresholds (2)	Tempo runs, Threshold intervals, weekly up to sharpening phase; occasionally thereafter	About 80-90%	Pace you could sustain in an hour-long race (about 15k race pace)	“Comfortably hard”
Speed	Increases capacity of several systems (3)	Interval training; hills sessions; XC races; occasionally in earlier phases; weekly in sharpening phase and taper	95-98%	3k-5k pace	“Hardly comfortable”

And not forgetting... marathon-pace runs

- **Extended run** at marathon pace, once a week
- Build from 9 – 14/18 miles
- Develops endurance, speed-endurance, confidence and focus
- Run at 75-80% HRR
- Feels hard because of need to sustain the pace over a long distance
- Requires concentration - easiest with club-mates
- can be incorporated as second half of long runs

2. Designing your training programme - phasing

Phase	Rationale	Suggested key races	Weeks to go	Training (in priority order)
1. General Preparation	Develop endurance, strength, behaviours, skills	10m 10k 20m	20 – 9 (i.e. up to 19 Feb)	1. Long Run 2. MP run; 3. LT run; 4. Rest/recovery run; 5. Strength, flex, core/hills; XC races
2. Specific Preparation/ Sharpening	Increase speed; improve running form	½ marathon to determine target race pace	8-3 (i.e. up to 2 April)	1. Long Run 2. MP run 3. Speed session. 4. Rest/Recovery runs
3. Taper and Race	Regain strength and freshness; rebuild glycogen stores	? 5k or 10k Karen Hancock	Race weeks – 2, -1 and Week Zero	1. Rest 2.. MP runs (but shorter) 2. LT runs (but shorter) 3. Speed session.

2. Designing your own programme – structuring your week – Intermediate example

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
X-training/recovery run (0-5 miles)	(am) Steady run (7-10miles)	(pm) MP run (9-18 miles)	X-training/rest/recovery day (0-5 miles)	Lactate threshold or Speed session (6-9 miles)	Strength/hills/XC (0-6 miles)	Long run or key race (18-24 miles)
Easy	Moderate	Hard	Easy	Hard	Moderate	Moderate Total for week: 33-77 miles/ No. of runs: 3-7

Karen Hancock

3. Overcoming roadblocks



3. Overcoming roadblocks...

- **Injuries and illnesses:**
 - Deal with them early
 - Assess impact on your programme
 - Modify programme and/or goal
- **Bad weather:**
 - Don't be a wimp – it could be foul on the day!
 - Dress wisely/ use a treadmill/ go to a warm weather training camp
- **The rest of your life:**
 - Negotiate “something for something”
 - Try training in the early morning
 - And if they fail... revise your goals

Making up for Lost Time...

Number of days missed	> 7 weeks to marathon	< 8 weeks to marathon
< 10	Resume schedule	Resume schedule
10 to 20	Resume schedule	Revise goal
> 20	Revise goal	Revise goal

4. Useful resources

- **Websites**

- www.serpentine.org.uk; www.mcmillanrunning.com;
- www.runningforfitness.org; www.runnersworld.co.uk

- **Books**

- Pfizinger and Douglas' *"Road Racing for Serious Runners"* and *"Advanced Marathonning"*;
- Bob and Shelley-Ann Glover's *"The Competitive Runner's Handbook"*;
- Tim Noakes' *"Lore of Running"*

- **Magazines** – *"Runner's World"*

- **Coaches** – see Serpentine website

- **E-group/Runner's World forums**

- **Serpies!**

Karen Hancock