

# SERPENTINE- MARATHON WORKSHOP 21/1/19

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# Serpies are good at this event

- ▣ Serps men are the strongest marathon squad in depth in UK (Age grading: M 2.43 = W 2.59)
- ▣ Only one club in UK can say this – it's your club!

# What are our fastest guys doing right?

1. Mid/long term planning;
  2. they run a lot, year round;
  3. work/run/'normal' life balance;
  4. all do track seasons 5k to 10k; and XC
  5. very rarely more than 2 marathons per year;
  6. no ultras;
  7. they don't eat all the pies;
  8. they have injuries, miss goals, rehab, and return
  9. no big egos and good balance of team spirit with individual focus
  10. "It's a tough sport; why wouldn't you want to do it as well as you can?" (Serpie 2.20 runner)
- ▣ .....OK, their genes aren't bad either

# Me, briefly

- ▣ Started age 13, SBH/ Ox Uni/Muswell Hill/Heathside/Serpentine(2008)
- ▣ Coaching 15 years
- ▣ Volunteer (smaller numbers, 3000m+) and non-volunteer (bigger numbers)
- ▣ UKA Level 4 since 2009
- ▣ England Athletics Area Coach Mentor 2009-14
- ▣ Author of Marathon/Half Marathon book (Crowood 2012); EA Recommended list
- ▣ Coaching point – ‘make your own luck’
- ▣ C 20 marathons, no ultras, PB 2.32 ,10 x sub 2.35, 71.40/33.00/ 16.00

# Coachees

- ▣ Serpies – Will Green (age 43:- 31.03/68.16/2.24), Chris Oddy (68.08/2.29 in heat), John Franklin (14.53,68.52,2.26), Chris Wright (14.29/30.40/66.27), Martin O'Connell (15.29/2.27), Mariah O' Connaughy 2.51, Eve Bugler (80/2.51), Izzy Clark (34.34/76.28), Christine Kennedy (at 63 y/o) 90.11, World Masters Gold HM and Silver 5000, Barbara Yff (35.17/2.06 for 20m)
- ▣ Outside – Jake S (7.59 3k/13.46 5k/29.23 10k), Jack P (30.13 10k/67.10, Top 20 GNR), Paul P 2.25, Angela H 3 x 2.49 (won San Seb and E/burgh), Martin G 2.31 age 43, won Snowdonia, Beth A 9.51/17.03

We are mainly NOT going to talk *in great detail* about...

- ▣ Physiology ( $\dot{V}O_2$  max/ AT/ Running Economy; BMI relevant). All proxies, not determinants of result.
- ▣ Elites or get-you-rounds (so does 2.20 to 3.45 cover the bases for you?)
- ▣ Nutrition
- ▣ Hydration
- ▣ Strength and Conditioning, circuits and drills
- ▣ Injuries and medical factors

# Goal setting – ambition vs realism

- ▣ Round Numbers?
- ▣ What your mates tell you?
- ▣ Half Marathon Pace  $\times$  106/107%
- ▣  $(2 \times \text{Half Marathon}) + x$  minutes
- ▣  $(5 \times 10k) - 10$  minutes
- ▣ More precise as level and experience gets higher
- ▣ Must be subject to course/weather/pacing
- ▣ Hierarchy of positive goals from 'ultimate' to 'acceptable' – mentally helpful on the day

# Phases of Training

- ▣ Cycle of: Recovery – Transition – **General – Event Specific** – Taper – Compete
- ▣ Duration of macrocycle
- ▣ ‘general’ phase has major common ground from 3k to marathon; ignored more by newer/slower runners
- ▣ Phases evolve and overlap, not an overnight step change
- ▣ 7 or 14 day micro cycles? (to cover varied bases)
- ▣ Milestone goals
- ▣ What to emphasise and when – knock on effects of increasing long runs



# Is this marathon training?

	a/m	p/m
Mon	5 miles easy	S+C, non aerobic
Tues		Track w/u – 7 x 1200m at 5k pace (2 mins)- w/d
Weds	5 miles easy	6 miles easy
Thurs		Battersea – w/u – 4 x 1.7 miles c HMP (3 mins steady active)
Fri	6 miles easy	
Sat		6 miles XC
Sun	15 miles easy/steady	Core/pilates
Week's Running Miles	c 65	

# Long runs – distance/frequency/pace

- ▣ Up to 15 miles **regularly** and manageably at c 13-14 weeks out. Any longer necessary at this stage?
- ▣ 5 longest ones to total c 100-105 miles
- ▣ Over c 11-12 weeks up to 3 weeks out
- ▣ Start with distance then add pace, but usually not linear progression
- ▣ Up to 26 miles? Beyond? Maybe for the faster more experienced. Jury's out on added value. Max of c 3.05/3.15 time on feet at any level
- ▣ 20 mile races. 20 mile and 26.2 mile race paces aren't the same!

# Training at/close to MP – solo or groups?

- ▣ Carb vs fat allocation at around AT/LT (2 hour race pace)/MP
- ▣ Allow for training conditions – hills/surface/weather/clothing/fatigue – BUT don't delude yourself on what is sustainable
- ▣ Over time, should more be done at or close to MP to add stimulus and avoid stagnation?
- ▣ A 2.50 and a 3.05 runner doing same MP session? A 2.56 and a 3.02?

## Specific Sessions,.....borderline cruelty

- ▣ Progress from eg 5 sets of (6 mins 10 mile pace/6 mins at MP ) alternate for 60 mins to max of eg 6 sets of (8 mins 10 mile pace/8 mins at MP + 10 secs per mile)
- ▣ Or, by distance, from c 9 to max 15 miles at this sort of varied intensity
- ▣ Works for Canova, Storey, Daniels, ... and Serpentine
- ▣ Try a/ m 12 miles MP + 10-15 secs per mile p/ m 11 miles at MP, finishing faster (with light carbs in between) (aka How to lose partner and kids)

# Theory vs the real world - Parkruns and Tues rep sessions?

- ▣ 2 x 5k sessions per week: - would a 5k runner do this? Should a marathoner?
- ▣ Build the sessions to add purposeful volume (not just slow miles for numbers in diary)
- ▣ Eg 8 -9 x 800 at 5k pace (70 sec) + 4 to 6 miles at MP
- ▣ Parkrun at 95% effort/10k pace plus 7 to 10 miles at MP + 20-40 secs per mile
- ▣ Differentiate sessions and stimuli within the schedule

# Mileage

- ▣ 10% guideline is negligible value once training established over some years
- ▣ Mileage Threshold – injury aside, adding 10% volume can add 40% fatigue; raise threshold over time
- ▣ Don't think 'low' or 'high' volume as coaching ethos, just what it takes for each runner and their goals
- ▣ Male vs female max?
- ▣ Weighting of volume vs intensity = load
- ▣ Do as little as seems necessary for goal
- ▣ Average not maximum is the indicative figure
- ▣ Doubles?
- ▣ Anyone measure sleep? Or travel to work time?
- ▣ 'Run Less Run Faster' – hmm.....

# Marathon frequency

- ▣ Main Seasons: March to May and late Sept to early Dec
- ▣ 2 per year evenly spread? Or 1? Or 3? Or maybe none?
- ▣ Shorter gaps (a la Tony Payne 2018) – OK with planning but not as regular cycles; more ‘carryover’ of training from 1<sup>st</sup> one to banked training for 2<sup>nd</sup>
- ▣ Spring in Y1 to Autumn Y2 or Autumn Y1 to Spring Y3 (eg if chasing smaller gains towards sub 3.00/2.45/2.30 etc)

# XC season – how long/how close to marathon

- ▣ Male vs female differences?
- ▣ Saturday or Sunday races
- ▣ Knock on effect re training
- ▣ Can't spend every week recovering and tapering for races
- ▣ Team vs individual



# Warm weather – spring vs autumn

- ▣ VLM can be 19C to 21C for runners who haven't done longer than 18-19 miles in more than 12C – implications
- ▣ Autumn marathon reverse – lower temps after some warm/hot summer long ones
- ▣ Training kit can help prepare for warmer temps

# Aerobic X training – when, what and who for?

- ▣ Injury history/prevention/rehab
- ▣ High heart rate is high heart rate except.....
- ▣ Won't apply to running economy
- ▣ Age factor – recovery rate declines with age, early/mid 30s+, but trend varies individually
- ▣ Try to do harder/specific training as running; easy/steady as XT if relevant
- ▣ Transferability: 1 -cycle 2 – elliptical 3 – swim/rower
- ▣ Compensate for flexibility loss depending on XT module
- ▣ BMF and other – all round circuits; fair enough in early general phase, branded 'Oregon' +/-

# S+C

- ▣ Engine vs chassis
- ▣ Weakest link
- ▣ Other sporting history
- ▣ Fit for purpose – marathon vs 800m vs 100m hurdles
- ▣ Flex vs power vs strength vs strength endurance
- ▣ Resilience at  $vV_{O2\text{ max}}$  = max aerobic speed and impact in running training, c 1500/2k speed
- ▣ Each case history varies
- ▣ Adaptation, and therefore benefit (and added value) varies

# Finish Line

- ▣ Thanks
- ▣ Any Questions?
- ▣ Time to go and make your own marathoning luck