



SERPENTINE- MARATHON
WORKSHOP 11/1/16
DAVID CHALFEN

Serpies are good at this event!

- Serps men are the strongest marathon squad in depth in UK
- We should be glad to be part of this!
- We should look at what our fastest guys are getting right
- We should want to maintain this for those who have the will and the opportunity
- Everyone has the option to see what some long term envelope stretching can achieve

Me, briefly

- ▣ Started age 13, SBH/ Ox Uni/Muswell Hill/Heathside/Serpentine(2008)
- ▣ Coaching 14 years
- ▣ Volunteer (smaller numbers, 1500m+) and non-volunteer (much bigger numbers)
- ▣ UKA Level 4 since 2009
- ▣ EA ACM 2009-14 and London Endurance Coordinator (U17 to U23) 2006-09
- ▣ Coaching point – ‘make your own luck’
- ▣ C 20 marathons, no ultras, PB 2.32 10 x sub 2.35, 71.40/33 / 16.00

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

- Physiology (vVO₂ max / AT / Running Economy; BMI relevant)
- Elites or get-you-rounds (so does 2.20 to 4.00 cover the bases for you?)
- Nutrition
- Hydration
- Specific sessions (well, a little then)
- Strength and Conditioning, circuits and drills
- Injuries and medical factors

Goal setting - ambition vs realism

- ▣ Round Numbers?
- ▣ What your mates tell you?
- ▣ Half Marathon x 106/107%
- ▣ (2 x Half Marathon) + x minutes
- ▣ (5 x 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'

General to specific phases

- Cycle of recovery - Transition - General - Event
- Specific - taper - Compete
- Duration of macrocycle
- 'general' phase has major common ground from 3k to marathon
- Evolution over time
- 7 or 14 day cycles? (to cover varied bases)
- Milestone goals
- What to emphasise and when - knock on effects of increasing long runs

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 - why none?
- Shorter gaps - OK with planning but not as regular cycles; more 'carryover' of training from 1st one to banked training for 2nd
- 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)

Warm weather - spring vs autumn

- ▣ VLM can be 18-19C for runners who haven't done longer than 18-19 miles in more than 14C - implications?
- ▣ Autumn marathon reverse - lower temps after some warm/hot summer long ones

Long runs - distance/frequency/pace

- Up to 15/16miles regularly and manageably at c 13-14 weeks out. Any longer necessary at this stage?
- 5 long 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
- 20 mile races. 20 mile and 26.2 mile race paces aren't the same!

Training at MP – solo or groups?

- Carb vs fat allocation at around AT/LT/MP
- Allow for conditions – hills/surface/weather/clothing/fatigue – BUT don't delude yourself on what is sustainable
- Faster you are, the tougher MP is to sustain – any ideas why?
- Over time, should more be done at MP to add stimulus and avoid stagnation? Or same distance at marginally quicker pace?
- A 2.52 and a 3.03 runner doing same MP session? A 2.57 and a 3.02?

Training at MP – solo or groups?

- Carb vs fat allocation at around AT/LT/MP
- Allow for conditions – hills/surface/weather/clothing/fatigue – BUT don't delude yourself on what is sustainable
- Faster you are, the tougher MP is to sustain – any ideas why?
- Over time, should more be done at MP to add stimulus and avoid stagnation? Or same distance at marginally quicker pace?
- A 2.50 and a 3.05 runner doing same MP session? A 2.56 and a 3.02?

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 (90 sec) + 4 to 6 miles at MP
- Parkrun at 95% effort plus 7 to 10 miles at MP + 20-40 secs per mile
- Differentiate sessions and stimuli within the schedule

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

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?
- 'Pfitz and Douglas' – any views/experiences?

Aerobic X training – when, what and who for?

- Injury history / prevention / rehab
- High heart rate is high heart rate
- 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, just branded 'Oregon' + / -

S+C

- Engine vs chassis
- Weakest link
- Other sporting history
- Fit for purpose - marathon vs 800m vs 100m hurdles
- Flex vs strength vs strength endurance
- Resilience at vV02 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

▣ Thanks for your time and go and
make your own marathoning luck