

SERPENTINE MARATHON SEMINAR:
YOUR FIRST MARATHON – FROM TRAINING TO RECOVERY

14th February 2011

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Plus On-the-Day Pearls of Wisdom from Greg Stevens

SERPENTINE MARATHON SEMINAR AGENDA

- Session 1**
- 1. Do You REALLY Want to do This??!**
 - 2. Target Setting (and Adjusting)**
 - 3. The Key Sessions**
 - 4. Building Up the Miles Safely**
- Session 2**
- 5. Managing Illness and Injury**
 - 6. Race Practice**
 - 7. Tapering for Success**
 - 8. The Race and What to Expect**
 - 9. Post-Race Recovery**

SERPENTINE MARATHON SEMINAR AGENDA

Session 1

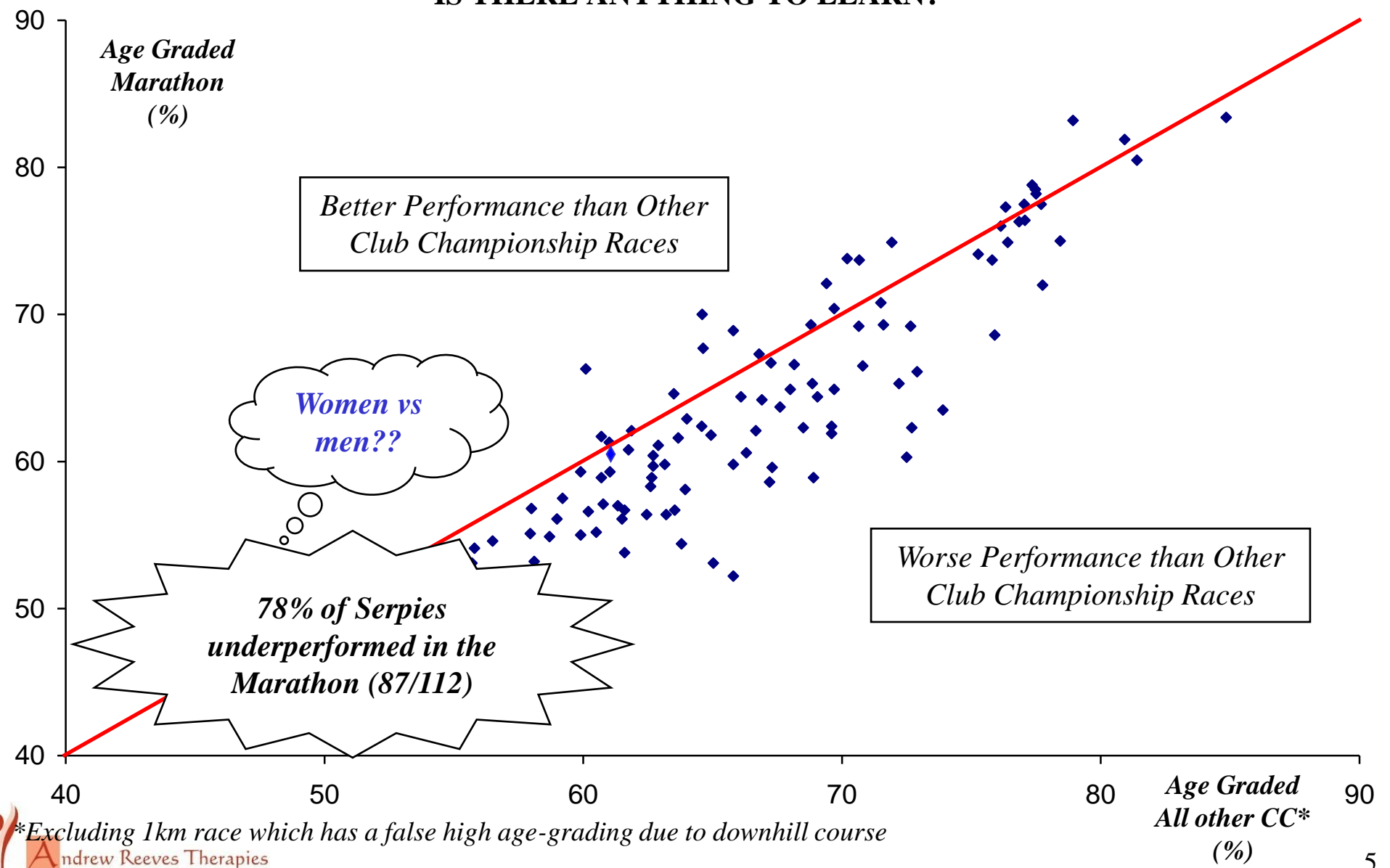
1. **Do You REALLY Want to do This??!**
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DO YOU *REALLY* WANT TO DO THIS??!

“More people run in the London Marathon than in the 1,500m for the whole of Europe in one year– yet it is the worst trained for distance of all”

(Frank Horwell, 12 Things You Should Know About Marathon Training)

HOW DO MOST RUNNERS PERFORM? IS THERE ANYTHING TO LEARN?



*Excluding 1km race which has a false high age-grading due to downhill course

WHY IS THE MARATHON DIFFERENT?

- **Energy requirement cannot be met by normal liver and muscle glycogen stores:**
 - The wall! (sudden blow out or gradual decline)
 - ➔ *Need to adapt to fat burning while running (Long Slow Runs)*
 - ➔ *Need to practice taking gels / sweets / water in training*
- **Shear time taken has implications:**
 - Foot / leg damage (blisters, knees, muscles...)
 - ➔ *Correct shoes (pronation?) & socks!*
 - Toilet needs!
 - ➔ *Imodium? Need to practice!*
 - Boredom / Incentive
 - ➔ *Train with others*



*For all other races training should go beyond distance (eg train 10 miles for 5 mile race)
– but only for the Marathon will this actually damage you.*

➔ *Need a different strategy*

➔ *Do you REALLY want to do this NOW?*

DO YOU *REALLY* WANT TO DO THIS??!

Quick Show of Hands...

- What is your Running Age? – how many years training and racing seriously (ie racing for time)
 - Have you started doing Long Runs?
 - How motivated are you (1-10)?

Question Your Own Motivation – Are You Sure Now is Right for You??

Are you doing it for the right reasons? (NOT just because your friends are doing it and that is all they seem to talk about...)



- *There is plenty of time ahead of you to do the marathon justice...*
- *You DONT want to do it now, badly and never want to do it again...*

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TARGET SETTING I

<i>Distance</i>	<i>Multiplier</i>	<i>Correction</i>	<i>Example Calcs</i>	
			<i>Actual Time for Distance</i>	<i>Target Time for Marathon</i>
Half	2	+6 to 10mins	1:31:45	3:10:00
10 km	5	-10 mins	40	3:10:00
[5km	10	-	19	3:10:00]

Better corellation for women



Defines your Pace for Pace Runs

TARGET SETTING II

- **Factors to consider when setting a target:**
 - Number of years running: (specifically years training for the marathon) it takes 5-10 years for your body to adapt
 - Duration and intensity of training: How motivated are you and how much time can you give?
 - Previous marathons runs: What went well and what went wrong? – where should you concentrate your training?
 - Your own ability: some people can do decent times with 3 runs and 30 miles per week, while others need 7+ runs and 100miles per week.
 - Recent injuries: Do you need to avoid longer runs?
 - The marathon course: New York is hilly due to the bridges; Berlin is fast and flat; London has first 3 miles downhill; Chicago is very windy; Lausanne is out and back
 - mentally challenging or easier?
 - Weather: Change your target on the day to account for hot weather
 - Take the first few miles into account

TARGET SETTING III

Think: **S M A R T E R**

- **Strategies for achieving your goals (any walk of life):**
 - **Specific:** A specific time or even just finishing
 - **Measurable:** YES
 - **Agreed:** No good me setting you a target – has to be your target. Family input?
 - **Realistic:** goals must be achievable otherwise you will feel miserable when you fail
 - **Exciting:** Your target should get your adrenalin going! Be positive towards the goal – don't fear it
 - **Reviewed:** Consider having more than one goal – and be prepared to revise your goal before and during the race
 - **Finally:** have a goal for after the race – think about what your next race will be.

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THE KEY SESSIONS PERIODISATION

Macrocycle																									
Months	April		May			June				July				August				September				Oct			
Weeks	1-2		3-6			7-11				11-15				16-20				20-24				24-25			
Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Period	General Preparation											Specific Preparation				Comp.		X	Trans						
Mesocycle	Increase Volume								VO2 Introduction				Testing		Speed Training			Taper				Rest			
Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

Notes:

- Single Macrocycle represents all the time available for the single goal of Berlin Marathon (plus recovery and transition to the next Macrocycle)
- The first schedule will be a framework with different sessions with a pacing guide to allow you to pick and choose while you are travelling
- There are only 15 weeks to the race from when you get back from travelling so the more you can do while travelling the better.
- There are 4 periods:
 - 1) General Preparation where you will increase volume gradually and introduce Lactate Threshold training
 - 2) Specific Preparation where you will test the progress to date, consolidate volume and introduce speed sessions
 - 3) Competition period where you will taper and focus on day to day preparation for the race.
 - 4) Transition where you have a chance to recover properly, through rest, swimming and gentle exercise. This is followed by X-training before the next Macrocycle begins.
- Each period is split into Mesocycles which introduce different aspects of training into the Period.
- Periods and Mesocycles are not fixed in duration and may change as we progress.

THE KEY SESSIONS

LONG RUNS

What?

- Long: Build up to 20+ miles (or ~3 hours or target time – whichever comes first)
- **Slow:** 60s to 90s slower than marathon race pace

7:45-8:15 / 9-9:30 / 9:30-10

 - Caution: Not too slow as will change gait

3

3 1/2

4




Why?

- Build up for 3 weeks then cut back for a week to aid recovery
- Get used to the time (“time on feet”) and distance mentally and physically – allows body to adapt. (note: Full adaptation takes 5-10 years of training)
 - Increase capillaries and mitochondria in leg muscles
 - Increase bone density and strengthen muscles, ligaments and tendons
- Train body to store more muscle glycogen and to burn fat stores to prevent hitting the wall. (We have plenty of fat but it is harder for our bodies to use, whereas we only have enough muscle glycogen for ~20 miles)
- Practice race conditions: gels / toilet stops / clothing / shoes / up early

When?

- Do not need to do EVERY week – have some rest weeks in your programme
- Choose a day when you can recover adequately and are not tired from day before.

Recovery?

- Replenish food reserves: Sugars / starch / protein. Within 20 mins - Great. 2hrs - OK
- Sleep or nap on day and power nap throughout week 
- Do not run the day after - swim / massage / rest / eat! Remember the damage!!

copies



THE KEY SESSIONS CONSTANT PACE RUNS (TEMPO)

Lactate Threshold

Race Pace

What?

- Running at the pace you can sustain for ~1hour. Ie 10k to 10mile pace
 - “Comfortably hard” pace – can say 4-5 words (count)
- E.g. 40 mins run or intervals 3 x 2mile

- Marathon target race pace
 - Pace should be controlled – can chat in bursts.
- Build up to 13+ miles



Why?

- Key fitness session:
 - Pushes the boundary of when you go anaerobic
 - Increases aerobic capacity

- Key pacing session:
 - Gets the body used to running at target pace over long distances
 - Body learns the pace so you wont go off too fast on the day

When?

- Great weekly session or alternate with the Tempo runs
 - Karen’s Tuesday Dome
 - Beate / Nicola’s Thursday Battersea

- Great weekly session or alternate with the Lactate Threshold runs
 - Wednesday club runs – Tower / Millenium / Battersea Bridges

Recovery?

- Medium to hard session
- Food / hydration within 2hrs (20mins!)

- Hard session – rest or recovery next day
- Food / hydration within 2hrs (20mins!)

~6:30 / ~7:35 / ~8:40

6:50 / 8:00 / 9:10



THE KEY SESSIONS STRENGTH AND SPEED

Hills

Fartlek

Speed (Endurance)

What?

- Kenyan: constant EFFORT up AND down continuous. 3 x 10 mins OR
- Hard up and sloooooow down. 3 x 6 hills

- “Speed Play” – slow interspersed with fast bursts
- 20 to 40 mins on grass / trail
- Bursts as and when you feel

- Repeated fast exertions
- Constant speed(s) (10k/5k/3k)
- Defined distances on Track

Why?

- Leg strength
- VO2 max
- Running form

- Aerobic capacity
- Leg strength
- “Different” – maintains interest

- Aerobic capacity
- Anaerobic capacity
- Leg strength and form
- Vo2 max

When?

- ←————— • Mix up with other intense sessions once per week —————→
- Lars Hampstead Hills
 - Karens Greenwich Hills
 - Malcolm + Jeannette’s Tuesday Track Willesden
 - Urban Tuesday Battersea

Recovery?

- ←————— • All are hard sessions – recovery crucial. Sleep / nap rest afterwards —————→
- Immediate food plus replenish continuously afterwards for rest of day

THE KEY SESSIONS

REST AND RECOVERY

1. Sleep:

- Get adequate amounts every night (specific to you)
- Power nap at work (20mins tops)

2. Rest Days:

- Do absolutely NO exercise, veg out, have a massage
- After the hardest sessions

3. Recovery Days:

- Gentle runs of ~30mins
- X-training for 30mins-1hr (swim / cycle)
- After tough sessions
- To add mileage in mornings when session afternoon (caution!)

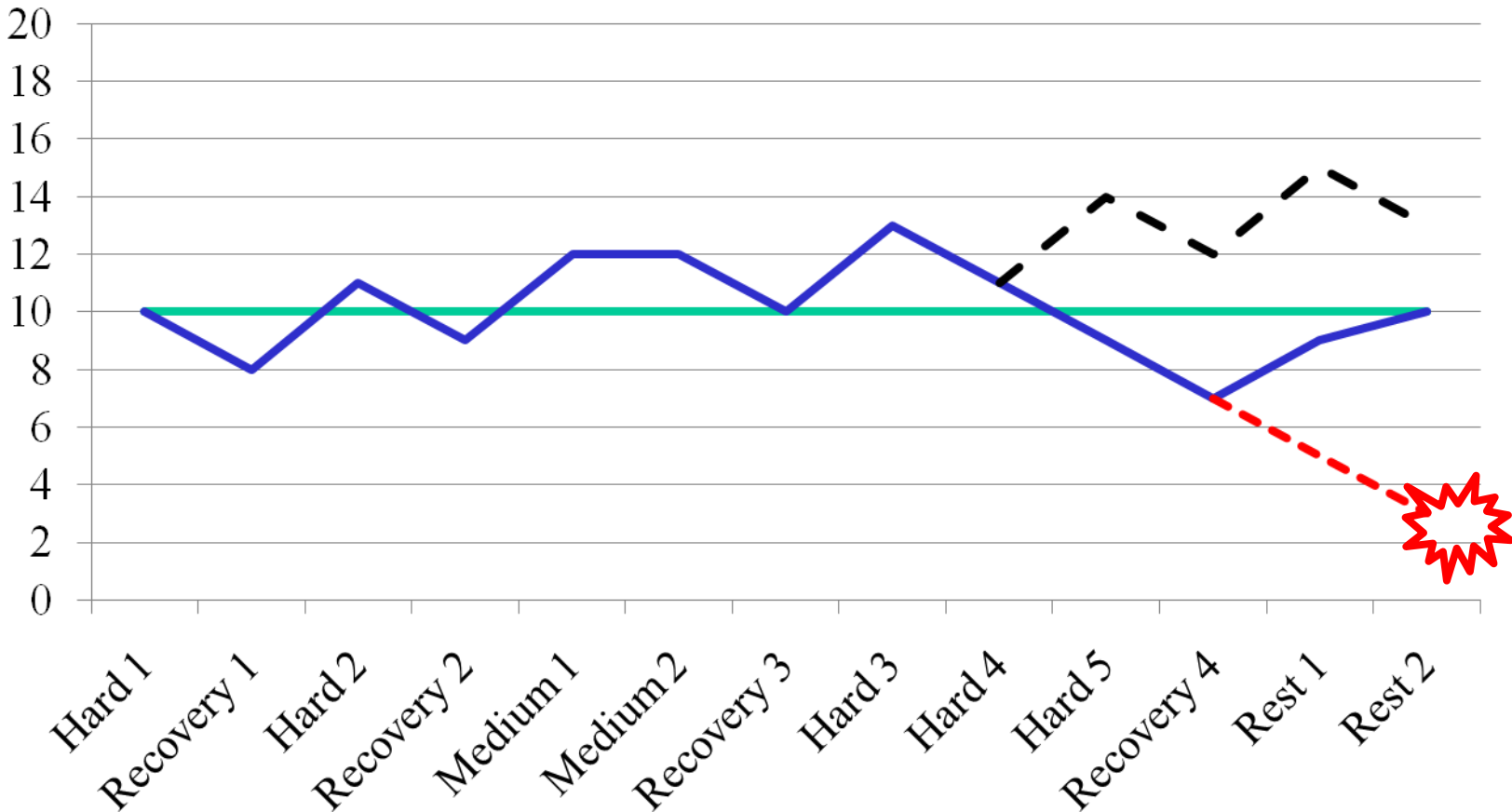
4. Strength and Stretching Days

- Pilates / gym / core conditioning
- Gentle stretches held for 20-30s (much longer than straight after a run 5-10s)
- At least 1 per week

THE KEY SESSIONS ADAPTATION AND OVERTRAINING

*Most adaptation does NOT occur DURING training,
but AFTER when you are RESTING*

Fitness Index



THE PLAN

MAKE IT NOW AND ~~STICK TO IT~~ ADAPT IT!

		Track		Flu		Rest!! & No Track		Lanzarote		Flu		Rest!!								
Week	Month	1	2	3	4	6	7	8	9	10	11	12	14	15	16	17	18	19		
Day	Type	Dec 6	Dec 13	Dec 20	Dec 27	Jan 10	Jan 17	Jan 24	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28	March 7	March 14	March 21	March 28	April 4	April 11	
Monday	A Recovery	35mins S or J	35mins S or J	35mins S or J	35mins S or J	35mins Swim	35mins Swim	35mins S or J	35mins Swim	35mins Swim	35mins Swim	35mins Swim	35mins S or J	13	35mins S or J	35mins Swim	60 mins walk	35mins S or J	35mins Swim	
Tuesday	Intervals	8*800 @ 3m	8*800 @ 3m	16*400 @ 76s	9*800 @ 3m	9*800 @ 3m	8*800 @ 2:40	10*800 @ 3m	10*800 @ 3m	10*800 @ 3m	10*800 @ 2:50	10*800 @ 2:50	10*800 @ 2:50	OR Tri	10*800 @ 2:40	7*800 @ 2:40	5*800 @ 2:40	1200, 1000, 800, 2*600, 300 @ 78	3*800 @ 2:40	
Wednesday	1 Tempo Run	4.3	4.3	7.3	10	11	13	12	16	7.3	14	13.0	12.6	14	9.6R+400S+25R	16	5	13	7	4
Thursday	B Recovery	35mins S or J	35mins S or J	35mins Swim	35mins Swim	35mins Swim	35mins Swim	35mins S or J	35mins Swim	35mins Swim	35mins Swim	35mins Swim	4*1000 @ 81	5	35mins S or J	35mins S or J	35mins Swim	35mins S or J	35mins Swim	
Friday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	2 Hills	4/12/4 MM	3*5	3*5+3	3*5	5.0	3*5	3*5+3	9.4	Rest	5.0	7.5	6.0	1kS+12k Sprint Tri+25R	4*5	3*5	5.0	Rest	1*5+TT	Rest
Sunday	3 Long Run	10	5.3	10	12	16	14	16	19	13.1	19.5	23	18	8	5	20.0	24	5+5	10	26
Low Intensity		-	-	18	17	25	9	1	9	32	27	15	10	-	29	14	13	9		
Medium Intensity		4	4	7	7	7	1	1	20	13	13	14	27	10	5	13	7	4		
High Intensity		12	11	6	6	6	1	1	5	8	6	13	1	1	5	8	4	2		
Total Miles		16	15	30	27	41	26	2	34	53	46	42	52	20	39	35	24	15		
Low Intensity		-	-	58	62	61	35	70	52	31	27	61	59	36	19	-	74	41	54	62
Medium Intensity		26	29	24	38	27	50	13	30	45	58	25	28	33	52	50	13	38	30	28
High Intensity		74	71	18	-	12	15	16	18	25	15	14	13	31	29	50	13	22	16	10
Total %		100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Track

Flu

Rest!! & No Track

Lanzarote


Flu

Rest!!

Mostly Low intensity

Max Miles (incl swim) 2*distance

Taper



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■ Not Done!
 ■ Completed
 ■ Illness
 ■ Race
 ■ X-Country

LISTEN TO YOUR BODY - EXPERIENCE

07/02/2011	Session	Swim + Pilates		Speed (5k)		Tempo	Threshold		Hills		TW Half							
Week 7	Pace	Great	0	5.1			5.4		Kenyan	6								
14/02/2011	Session	Swim + Pilates		Speed (5k)		Tempo	Threshold		Hills		TW Half							
Week 8	Pace	2	0	4			6		2	6	1	13.1						
21/02/2011	Session	Swim / Pilates		Rest		Tempo		Swim / Pilates		Rest		Long Run						
Week 9	Pace	Swim + Pilates		Speed (3k)		Tempo		Met League		Long Run								
28/02/2011	Session	Swim + Pilates		Speed (3k)		Tempo		Met League		Long Run								
Week 10	Pace	Great	0	1:20 hard		6.15		Met League		Long Run								
	Volume	2	0	0		13		2		5		0	15					
07/03/2011	Session	MARCH	Swim / Pilates		Rest		Tempo		Lanzarote		Lanzarote		Lanzarote		Lanzarote		4	64
Week 11	Pace		H	M	0	0	0	6	Easy	0	0	0	0	0	0	3.6	5.7	
	Volume		2	0	0	0	0	13	5	0	5	5	5	5	0	20	60	627
14/03/2011	Session	MARCH	Lanzarote		Lanzarote		Lanzarote		Lanzarote		Rest		Orion 15		Long Run		5	69
Week 12	Pace		H	M	0	0	0	0	0	0	0	0	0	0	0	2.6	5.4	
	Volume		0	0	5	5	5	5	5	0	0	0	1	15	0	13	64	691
21/03/2011	Session	MARCH	Swim / Pilates		Rest		Tempo		Swim / Pilates		Rest		Rest		Southern 12-Stage		2	71
Week 13	Pace		L	H	0	0	0	6	0	0	0	0	0	0	0	5.9	5.4	
	Volume		2	0	0	0	0	13	2	0	0	0	0	0	10	5	32	723
28/03/2011	Session	APRIL	Swim / Pilates		Speed (5k)		Recovery		Threshold		Rest		Hills		Long Run		5	76
Week 14	Pace		M	M	0	0	5.1		7	5.4		0	0	0		3.9	5.3	
	Volume		2	0	4	4	0	7.3	2	6	0	0	2	5	0	15	47.3	769.9
04/04/2011	Session	APRIL	Swim / Pilates		Rest		Tempo (3pks)		Swim / Pilates		Rest		National 12-Stage		Rest		2	78
Week 15	Pace		L	H	0	0	0	6	0	0	0	0	0	0	0	5.4	5.4	
	Volume		2	0	0	0	0	7.3	2	0	0	0	5	5	0	0	21.3	791
11/04/2011	Session	APRIL	Swim / Pilates		Speed (M/3k)		Tempo (2pks)		Rest		Strides		Rest		VLM		4	82
Week 16	Pace		H	M	0	0	5		6	0	0	6	0	0	Marathon		2.4	5.2
	Volume		2	0	2	2	0	4.3	0	0	2	2	0	0	0	26.2	40.5	832

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BUILDING UP THE MILES SAFELY

- **The 10% principle:** From a decent base (approx 20 miles) build up the mileage by 10% a week – so, if your base week was 20 miles, the next week 22 miles, then 25 etc. BUT
 - Remember the fundamental principle of adaptation so
 - Every four or five weeks, have an easy week – reduce mileage by 20-25%, then start to build the miles again the next week
 - Focus on building the miles should be long runs initially
 - Be careful about increasing intensity and distance in the same week
 - Things go wrong – be prepared to back off and **don't be a slave to a schedule**

BUILDING UP THE MILES SAFELY

Pearls from Greg Stevens **Practicalities of the High Mileage Regime**

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SUCCESSFUL INJURY AND ILLNESS MANAGEMENT

CAVEAT – Seek Appropriate Medical Attention!
(Physio / (Sports) Doctor / Chemist)

The following are generalities only!

Note: A Sports Therapist / Sports Masseur is NOT medically qualified to give a diagnosis – just a working hypothesis

**SUCCESSFUL ILLNESS AND INJURY MANAGEMENT
COMMON INJURIES**

Action	Symptoms	Cause (Most Overuse / repetitive / shoes)	Prevention (ALL: Stretch / Strengthen)	Treatment (After RICE)
ITB	Pain hip or knee (hammering)	Overuse / Pavement	Mix it up – grass / X-country	Massage (painful)
Femoral Tendonitis	Knee gives way / soreness up stairs	Patella Tracking? High Intensity	Good Scheduling	Patella Taping / Vastus Lateralis
Runners Trots	!!!	Nerves / Trigger foods / Fibre	Remove triggers / Increase Soluble	
Anterior Tibial Tendonitis	Crepitus / Intense pain	Long Runs / Tight Calves		Massage / Physio
Achilles Tendonitis	Crepitus / annoying pain	Tight calves / ageing	Massage / Heat / S&S	Massage / Physio
Compartment Syndrome	Dull pain worse when run	Build up of pressure	Seek Medical Advice	Seek Medical Advice
Plantar Fasciitis	Pain (mornings!)	Overuse	S&S	Ball rolling
Stress Fracture	Localised Pain worse when run	Overtraining	S&S	Rest 3-6 weeks

SUCCESSFUL ILLNESS AND INJURY MANAGEMENT SUMMARY STRATEGIES

Action	Prevention	Treatment (Acute)	Rehab (w Physio)	Management (Chronic)
Sleep / Recovery	✓	✓	✓	✓
Dont Overtrain	✓	n/a	Controlled	✓
Stretching	Dynamic / Static	×	Controlled	✓
Strengthen	Pilates / Gym / X-Train	×	Pilates / Gym / X-Train	Pilates / Gym / X-Train
Massage	✓	×	✓	✓
RICE (After)	✓	✓✓✓	✓	✓
Heat (before)	✓	×	✓	✓
Dont Train	Ill Below Neck			

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Race Practice:

- 1. Practicing the Marathon**
- 2. Pure Racing**

PRACTICING FOR THE MARATHON

1. Running at your goal pace (Race pace):

- Running at goal pace helps you become accustomed to what you will be trying to achieve in the marathon.
- Don't run quicker than goal pace; and it will feel more strenuous in training than in the race – remember – you will taper!

2. Running in the kit you'll be wearing on the day:

- In particular, check for chafing and blistering – NO NEW SHOES
- Also make sure you can cope in cool/hot/wet weather

3. Hydration/refuelling strategies:

- Experiment with gels – taste and texture are very different.
- Remember – you should drink with most gels – 1g of carbs needs 3g of water to be used for energy.
- Multi-sugar gels absorb faster (eg glucose+fructose+sucrose) (Jentjens et al. 2004)
- What type will you get given on the day (if any)

4. Race day preparations:

- Best way is to enter another race!
- Prepare kit the day before – know where your number is!
- Pre-race food – get to know what you want to eat and how early
- Travel plans (have a back up)

PURE RACING

1. 5k Race:

- Every month as a time trial to test your progress (train through)
- Week before as sharpener
- Good for speed-endurance

2. 10k/10mile Race:

- Do at least once in build up – could do every month instead of 5k
- Train through – dont worry if not PB
- Good for endurance

3. Half Marathon:

- Use as practice for Marathon – gels / hydration etc
- Could do one with a taper to get a PB

4. Others:

- Max 25k race (on flat)
- If longer do as progression run eg 30km race:
 - 1st 10k at MP+60s
 - 2nd 10k at MP+30s
 - 3rd 10k at MP

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TAPERING FOR SUCCESS THE MARATHON TRAINING PARADOX

Uniquely the marathon poses a paradox:

- **We do short fast runs (Speed Endurance / Hills)**
- **We do medium runs (MP / LT)**
- **We do long slow runs**
- **But we never do the full distance either fast or slow (as it would be too damaging – ie no overdistance)**

→ *So how can we possibly do the full distance fast?*

TAPERING FOR SUCCESS

The answer is the Taper (...as well as weeks of hard training, a bit of race day adrenalin and lots of support!):

- Reduce mileage by 50% every week for 2 to 3 weeks: 50 / 25 / 12
 - But maintain INTENSITY and FREQUENCY
 - Stay off feet in last few days – no shopping trips or sightseeing or DIY / gardening. VEG OUT!
 - Switch some calories from proteins and fats to carbohydrates eg 60% to 70% from carbs. Keep hydrating (3g of water to store 1g glycogen).
 - Visualise running the race – get to know the course and the finish (first / last 10miles week before?)
 - Last big meal Saturday lunch. Lighter meal evening. Mix of carbs 3hrs before race (eg porridge / banana / honey)
- ➔ ***We fully replenish our muscle glycogen stores (probably for first time since we started training)***
- *We even fit in that little bit more by carbo-loading starting 3 days before the race (Some research on small samples suggests only need 24 hrs. Bussau et al. 2002)*
- ➔ ***We are fully rested and fresh***
- ➔ ***The adaptation of our last runs has time to kick-in***
- *No run will improve your fitness in the last 10-12 days (Pfitzinger) – you are just increasing your chances of injury*

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THE RACE AND WHAT TO EXPECT PLANNING FOR THE DAY

- **Know the route/ine:**

- Do first 10 miles of route weekend before & visualise!
- Practice getting there – how long should you give yourself?
- When do you need to get up & have breakfast (work backwards)
- Test any drugs eg imodium / food (energy drinks / gels / breakfast)
- Note position of loos en-route
- ➔ *Wont get caught out (caught short) on day*

- **Shoes:**

- Trainers or racers or racer/trainers?
- Racers: need to be light & light-footed & certain speed
- Make sure they are worn in!

- **Kit:**

- Practice with & take relevant clothing – warm / cold (gloves / hat) - layers
- Make yourself a bin-liner / foil jacket that you can throw away at the start - to keep warm
- Take a bottle to pee in at start (guys only??)

- **Nutrition:**

- Carbo-load Friday & Saturday with the last big meal at Saturday lunchtime
- Remember to up intake of fluids as well (need water to store glycogen)

THE RACE AND WHAT TO EXPECT PRE & DURING THE RACE

- **Pre-Race:**
 - Breakfast (what works for you) eg porridge / bananas / sugar (H/M/LG)
 - Drink 1-2 litres of isotonic fluid per 60kg body weight & sip regularly in race
 - Stop drinking 30 mins before start & have last few swigs on start line
 - *More people get over-hydrated (can be fatal!) than de-hydrated in marathons*
 - Vaseline / Bodyglide foot to stop blisters esp. btwn toes, under ball and achilles
 - Vaseline / Bodyglide Groin / nipples (or tape)
- **Stick to your target pace:**
 - Don't get dragged too fast at start
 - Re-adjust at first mile!
 - Re-adjust regularly after that
- **If you are feeling good at 20 miles:**
 - Is it worth the risk to step up the pace? **You may never finish!!**
 - ***If*** you are prepared to lose everything and want a great time – go for it – it may pay off
 - Max: 10s faster per mile
 - ***But don't make the decision at 13miles! 20 miles is the half way point in a marathon!***
- **If (when) you feel bad:**
 - Kick yourself for risking all when you were feeling good!
 - Concentrate on next mile...and the next – split it up
 - Visualise yourself hitting each mile, finishing and what you will feel like if you give up!
 - Take sports drinks / suck sweets (*before you feel bad!*)

THE RACE AND WHAT TO EXPECT THE WALL

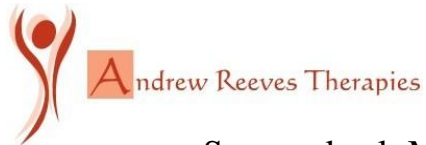
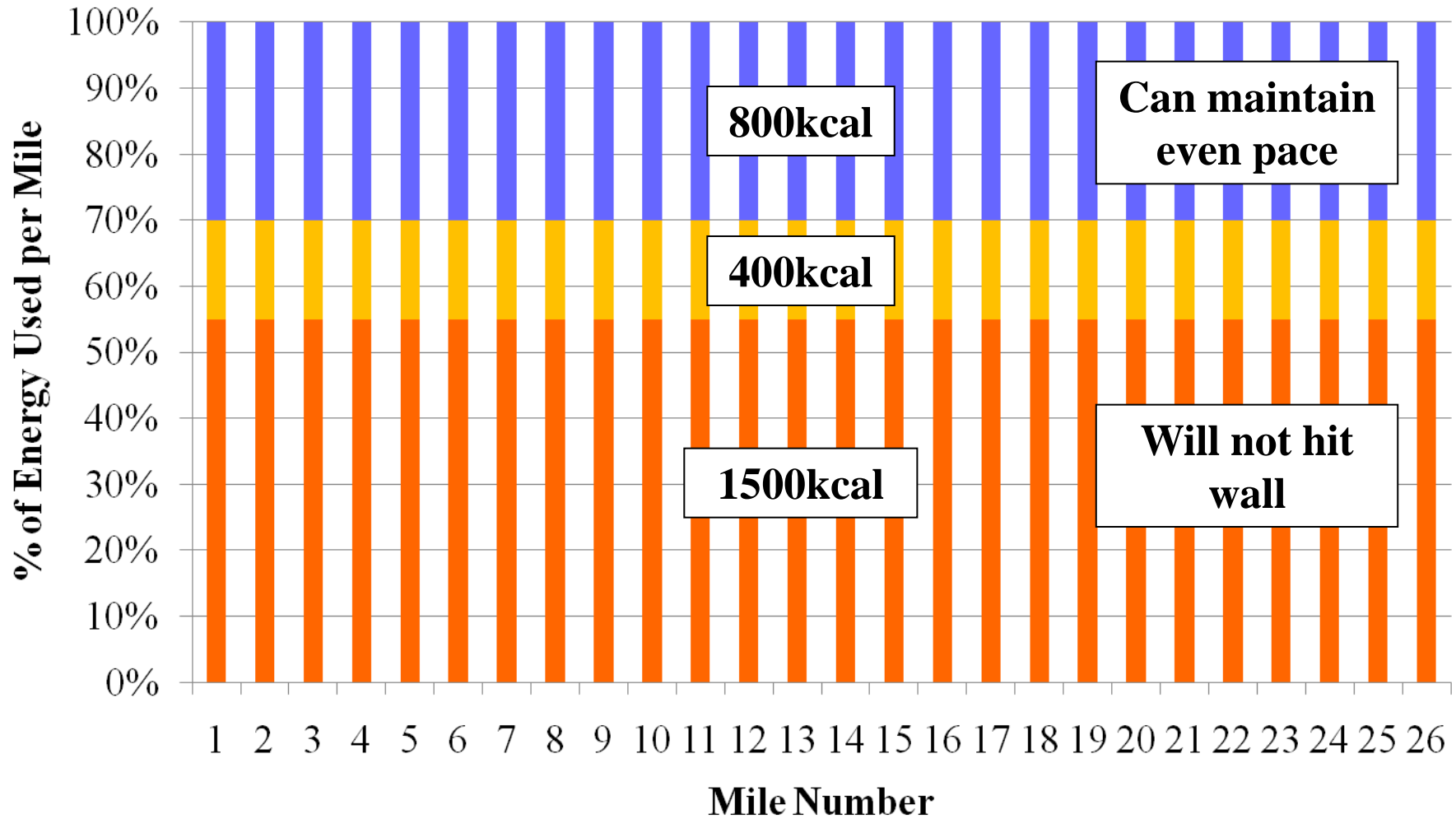
1. What is it?

- **Muscle glycogen stores become depleted and your body must increase fat burning**
- **Requires more oxygen so you slow down**
- **Liver glycogen stores become depleted and so your blood sugar falls (hypoglaecemia)**
- **Brain has no glycogen stores so depends on blood sugar**
- **As go hypoglaecemic brain effected:**
 - **Confused**
 - **Uncoordinated**
 - **Depressed**
 - **DONT CARE**

2. If Hit dont panic (too Much):

- **Take on carbs – whatever is at hand**
- **Try to run through it – your brain will be effected first – your muscles will actually be OK**
- **When impossible just walk for 1 mile – allow blood sugar return to normal**

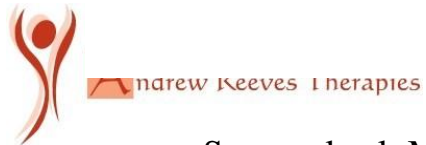
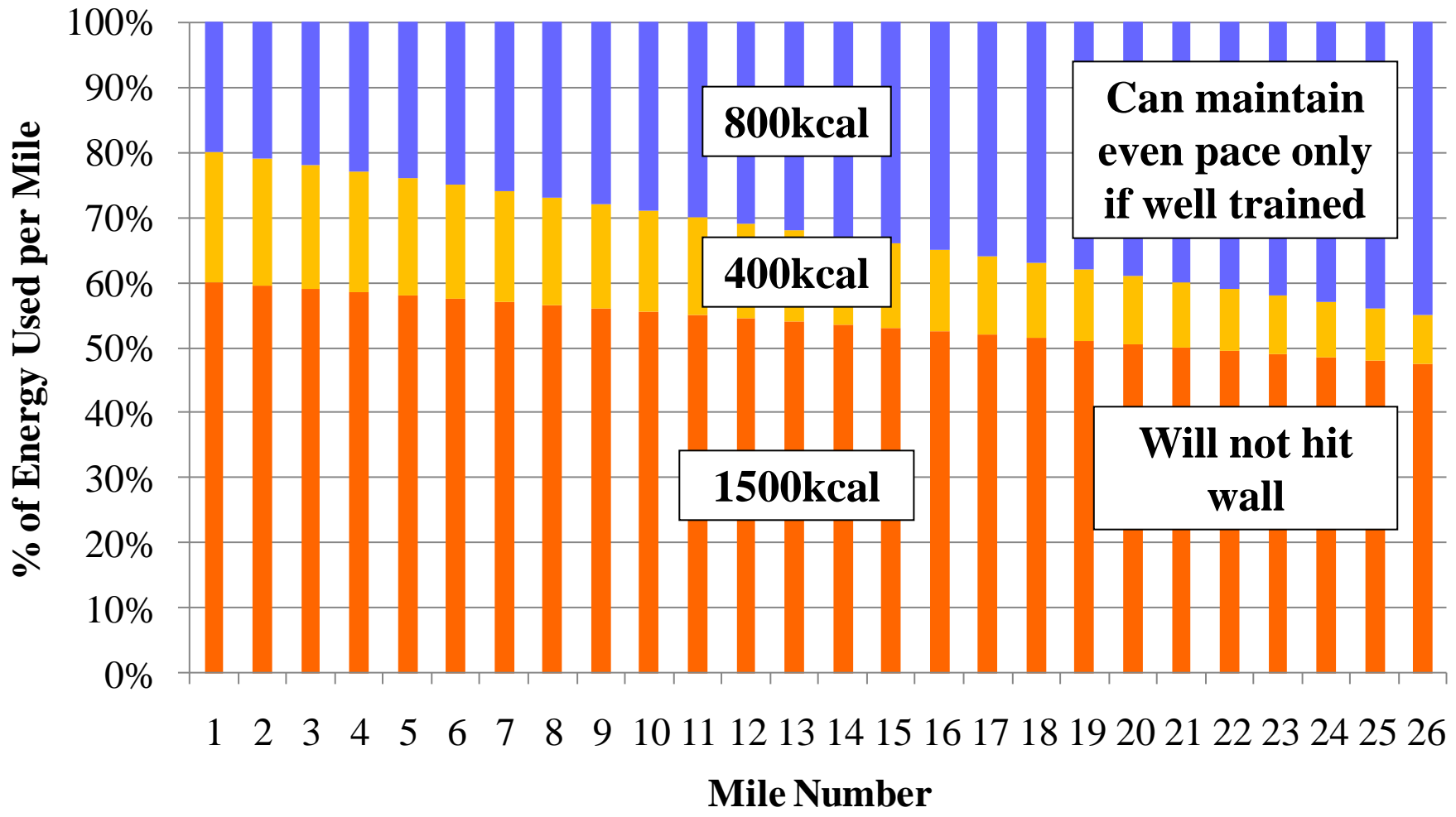
**THE RACE AND WHAT TO EXPECT
ENERGY SOURCES WITH CAUTIOUS PACING
(DIAGRAMMATIC , 70kg, AVERAGE ECONOMY)**



■ Muscle Glycogen ■ Liver Glycogen ■ Fats

Source: kcal: Marathon Training - A Scientific Approach, Canova

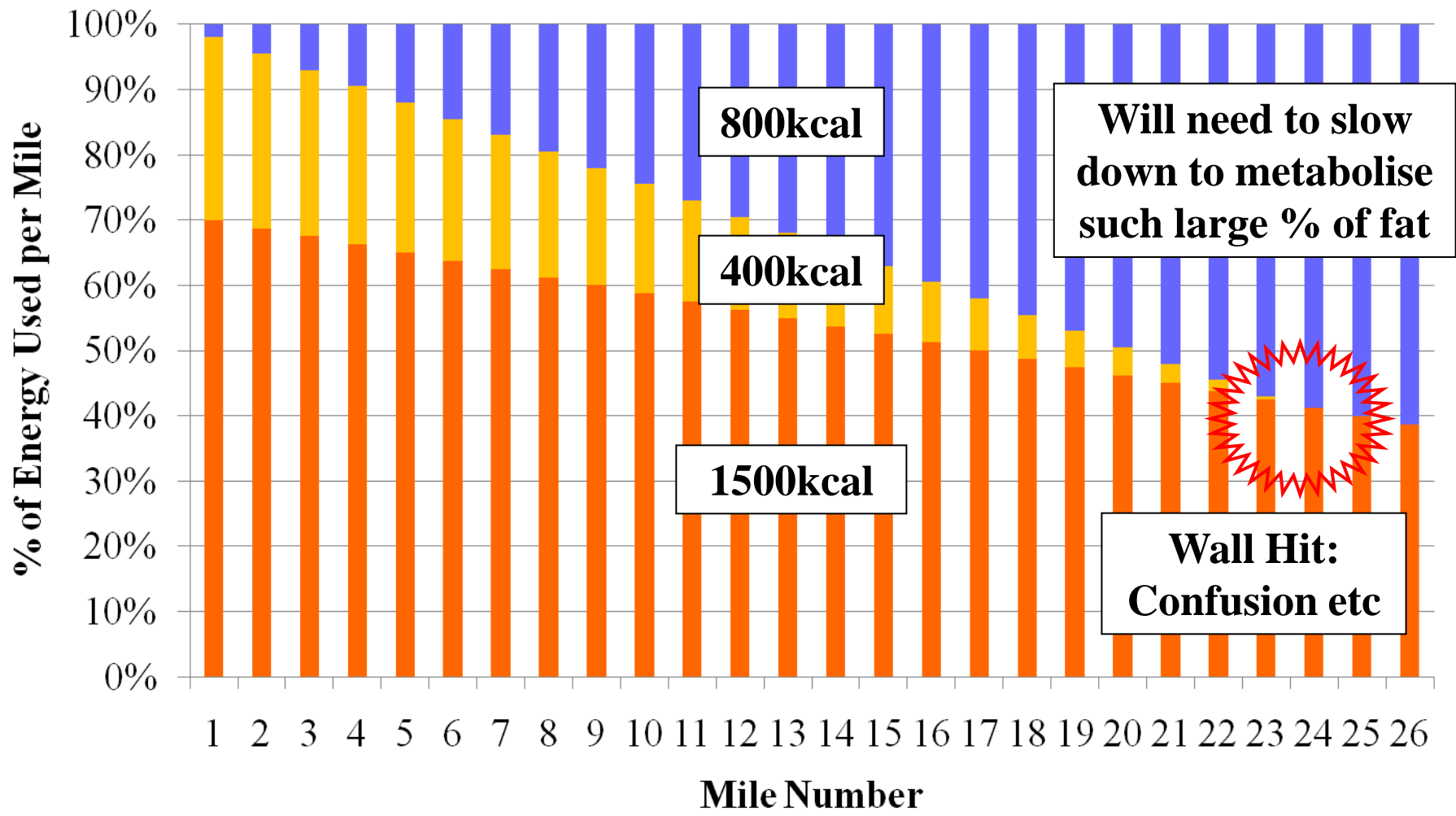
THE RACE AND WHAT TO EXPECT
ENERGY SOURCES WITH GOOD PACING + WELL TRAINED ATHLETE
(DIAGRAMMATIC , 70kg, AVERAGE ECONOMY)



■ Muscle Glycogen
 ■ Liver Glycogen
 ■ Fats

Source: kcal: Marathon Training - A Scientific Approach, Canova

THE RACE AND WHAT TO EXPECT ENERGY SOURCES WITH POOR PACING (DIAGRAMMATIC , 70kg, AVERAGE ECONOMY)



THE RACE AND WHAT TO EXPECT MANAGING THE WALL – “DO AS WE SAY..”

Dont Hit it in the First Place!

- **Do enough (5+) long runs of ~20 miles (or 3 hrs)**
– Muscle glycogen / Fat burning / Mitochondria

- **Do enough race pace runs:**
– Can hit and maintain pace

• Taper properly

- Carbo-loading with water and plenty of rest

• On the day preparation:

- Breakfast / sports drinks

• During Race:

- Go off **slightly slower** than target race pace – plenty of time to catch up

Year	2005	2006	2007	2008	2010
Miles	490	390	500	420	688
Av. mpw	29	22	29	27	43
Max mpw	52	43	49	40	60
# Long	5	4	6	4	5 (Too Slow!)
# Pace	6	4	5	1	5 (<11mi)
½ Time	1:19:07	1:16:58	1:18:21	1:18:58	1:18:21
Time	2:41:38	2:44:35	2:41:21	2:44:25	2:45:56
Wall?	V Soft	V Hard!	Soft	V Hard!	No
Place M	211	322	150	291	324
Impact	Last 6 miles 3mins slow	Walked mile 24 – 10 mins	Last 6 miles 5mins slow	Walked mile 24 + Sick – 6mins	Pain in all leg muscles from mile 2 – shoes?? Walked 1k
Weather	Fine	Wet	HOT	Dry	Hot
Ill/Injury	Lanzarote Flu	Cold	AntTib Injury	No Motivation	Did not have taper massage

THE RACE AND WHAT TO EXPECT

Pearls from Greg Stevens How to Avoid a Bad End Phase

SERPENTINE MARATHON SEMINAR AGENDA

Session 2

1. Do You REALLY Want to do This??!
2. Target Setting (and Adjusting)
3. The Key Sessions
4. Building Up the Miles Safely
5. Managing Illness and Injury
6. Race Practice
7. Tapering for Success
8. The Race and What to Expect
9. **Post-Race Recovery**

POST RACE RECOVERY

You may feel a high (a few days) after the run but don't kid yourself – it will take a month+ before you are fully fit again mentally and physically

Immediately After Race:

- Water and food: Sports energy drinks / sports recovery (protein drinks)
- Try to keep walking every few minutes to prevent seizing up. Massage after a day or 2
- Proper meal ASAP and keep eating regularly and often for next few days



If you REALLY have to run reverse the taper:

- Rest fully for a week (Dr Costill) – swim
- Bring back slow easy miles 12 / 25 / 50
- Dont do another marathon for 6months - year

Why not go on Holiday and not run for 2+ weeks!

- Reward
- Give body and mind chance to recover
- Come back remotivated and reinvigorated
- Try other sports

SERPENTINE MARATHON SEMINAR BIBLIOGRAPHY

- 1. Noakes, T, The Lore of Running**
- 2. Glover and Glover, The Competitive Runners Handbook**
- 3. Macmillan Running Website**
- 4. Daniels Running Website**
- 5. Pfitzinger and Douglas, Advanced Marathonning**
- 6. Serpentine Website:**
 - Lots of articles**
 - List of Masseurs etc**
 - List of coaches**