

**GETTING MORE OUT OF LESS:
MARATHON TRAINING FOR THE TIME-CONSTRAINED RUNNER**

(ie ALL OF US NON-PROS!)

QUICK WORD OF WARNING!

All of you should find some of this useful...

...Only a few of you will find most of this useful...

...Only 1 person will find all of this useful...

...and that's me!



Why?

Marathon training, more so than other distances, needs to be tailored to the individual as it takes so much more commitment & higher risk



So...

...Get advice from as many people as possible, cherry pick and experiment to see what suits you

(Serpentine websites – FH & KH / other websites – RW / fellow runners)

WHY IS THE MARATHON DIFFERENT?

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



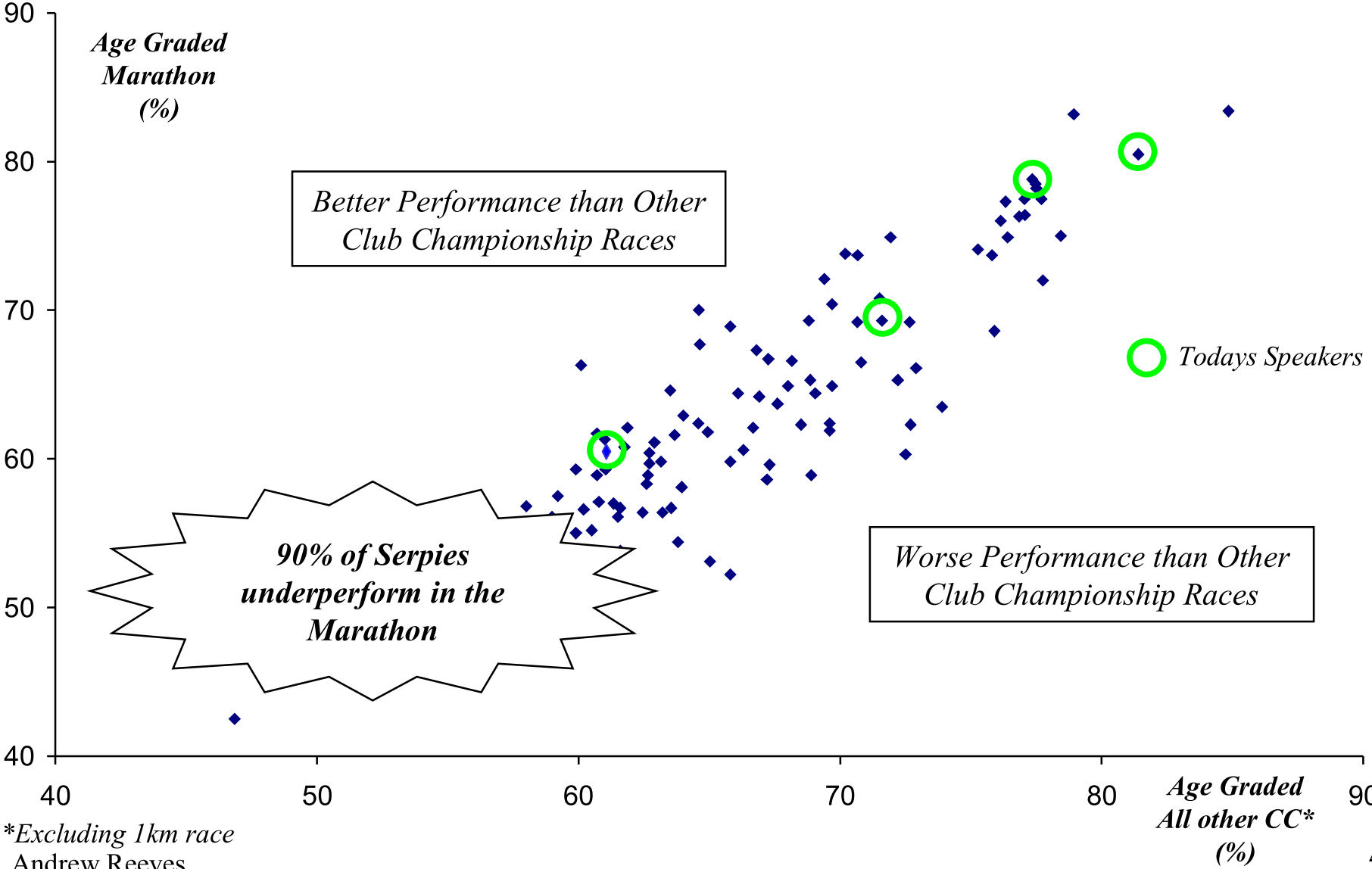
*For all other races training should go beyond distance (eg train 10 miles for 5 mile race)
– but only for the Marathon will this actually damage you.*

➔ *Need a different strategy*

“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 US SERPIES PERFORM?
IS THERE ANYTHING TO LEARN?**



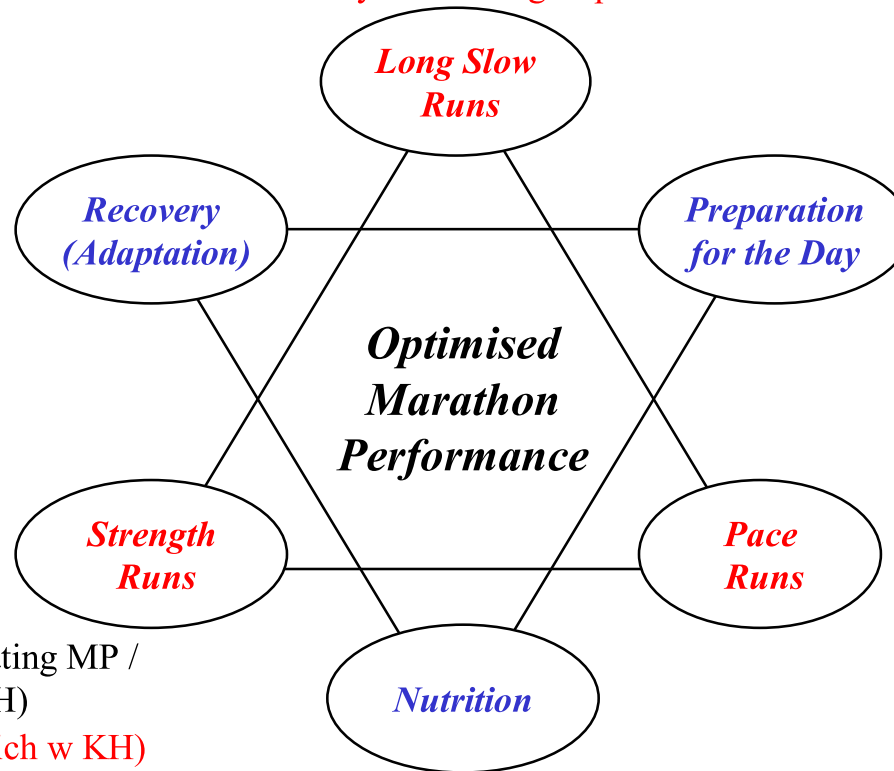
*Excluding 1km race
Andrew Reeves

THE 6 MINIMUM INGREDIENTS FOR SUCCESSFUL MARATHON TRAINING

- **The key: Time on feet**
- Build up from ~12 miles
- Add on 1 mile per week
- Reach 22-24 miles
- 1-2 mins slower than Pace
- **Sunday runs with group**

- **Allow training to change body**
- X-Training (20mins swim)
- 20-30mins jogging
- Complete Rest
- Get enough sleep (power naps)
- 3 week Taper
- Dealing with illness

- **4 wheel drive gear**
- 3*2km or 6km alternating MP / 5km pace each lap (FH)
- **3*5 Hills (eg Greenwich w KH)**
- **X-Country Races (5miles)**
- 5miles Fartlek in park
- *“S/He who trains the same stays the same”*



- **So all effort isnt wasted**
- Practice (Route / Food)
- Plan Travel
- Prepare Kit
- Rest

- **To get pace right on the day**
- Build up from 10miles
- Add on miles when can hit target pace comfortably
- Reach 16-18miles
- **Wednesday club runs**

- Before: HG carbs / (Protein?)
- After: H&LG carbs / Protein
- Unsaturated fat (moderation)
- Vits & Mins: F & V (sup?)
- Lose WT (careful) / eat more

TRAINING & RECOVERY

LISTEN TO YOUR BODY AND ACT ON IT!

- **How often can you train?**

- Time constraints
- Physical impact – alternate days or back-back?? Experiment.
- Have at least one FULL day of rest

➔ *It is in the recovery periods that the body adapts to the stress of training*

- **Recovery sessions:**

- X-training – swimming / cycling – allows waste products to be flushed out of the legs and increases recovery, but in a less stressful way
- Eg. 2 * 30 mins relaxed swim per week (after the Long & Pace Runs)
- Massage? (see Serpie website for recommendations)

- **Sleep:**

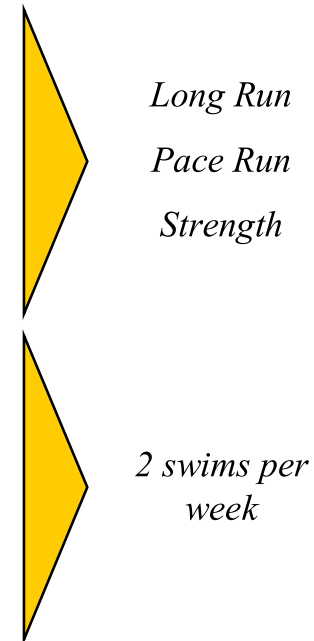
- Proper nights sleep: You know what you need
- Power naps at work (10-20mins)

- **If you feel ill or injured:**

- Stop training immediately & rest. Better to lose a day than a week
- One of your key aims must be to get to the start line in one piece...

- **The Taper:**

- Cut down on distance/reps (but not pace) by 25%+ each week for 3 weeks.



5 sessions pw

THE PLAN

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

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
Month	Dec	Dec	Dec	Dec	Jan	Jan	Jan	Jan	J/F	Feb	Feb	Feb	Feb	March	March	March	March	April	April	
Day	Type	6	13	20	27	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11
Monday	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 Swim	35mins S or J	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 @ 2:50	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	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	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	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	1KS+12kR+12kR	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	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	Sprint Tri+25R	4*5	3*5	5.0	Rest	1*5 + TT	Rest
Sunday	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	7	7	20	13	13	14	27	10	5	13	7	4		
High Intensity		12	11	6	6	6	6	6	5	8	6	13	1	5	8	4	2			
Total Miles		16	15	30	27	41	26	25	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

SETTING YOUR TARGET

	<i>Example Calcs</i>			
	<u><i>Multiplier</i></u>	<u><i>Correction</i></u>	<u><i>Actual Time for Distance</i></u>	<u><i>Target Time for Marathon</i></u>
Half	2	+6:30	1:31:45	3:10:00
10 km	5	-10	40	3:10:00
[5km	10	-	19	3:10:00]

*Better
corellation
for women*



*Defines your Pace
for Pace Runs*

NUTRITION

- **Carbohydrates:**
 - High Glycemic: Sugar, ripe bananas, glucose, sucrose
 - ➔ *Use as an energy booster immediately prior to, during & after runs eg Lucozade Sport / gels*
 - Low Glycemic: Brown rice, brown pasta, lentils, porridge, fructose
 - ➔ *Should be the basis of all your main meals.*
- **Protein (eg Tuna 28%):**
 - Especially important *after* a run to aid in the recovery process and adaption of the muscles ie to rebuild the micro-tears in the muscle tissue.
 - As quickly as possible but certainly within 2hrs. Consider protein recovery drinks (but expensive, disgusting & may cause stomach issues)
- **Vits & Minerals:**
 - With plenty of raw veg & fruit every day this shouldn't be a problem for most people
 - If you are feeling v lethargic all time consider testing for anaemia (iron or even vit C deficiency)
 - *Note: it is recommended that men do **NOT** take Iron supplements unless they have a problem, as can damage organs*
- **Body Weight:**
 - You *will* go faster if you lose the pounds - *But there is a limit!*
 - Calculate your BMI: $Wt (kg) / Ht^2 (m)$ eg $60kg / (1.56m * 1.56m) = 20$ (19-25 healthy)
 - ➔ *Marathon training is a great way of losing weight, while eating as much as you like!*

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)

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:**
 - Is it worth the risk to step up the pace? May never finish
 - ***If*** you are prepared to lose everything and want a great time – go for it – it can pay off
 - Max: 10s faster per mile
- **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 MOST IMPORTANT THING

ENJOY IT !!!

- **The Training:**
 - Achieving goals en-route (practice races)
 - Meeting new people
 - Post training beers (OJs)
- **The Race:**
 - Imagine that the crowds are cheering you and you alone!!! Smile!
 - Feed off each person that greets you – make eye contact – feel the buzz
 - ➔ *Feeding off the atmosphere it makes all the difference!*