

# Tales From The Finish Line

Florence Marathon  
27<sup>th</sup> November 2005  
Julie Cameron-Doe  
3:49

**Be Inspired**

# Be Inspired

<b>Date</b>	<b>Distance</b>	<b>Time</b>
July 2002	10K	0:59
March 2003	½ Marathon	2:26
September 2003	½ Marathon	2:00
December 2003	Full Marathon	4:16
<b>November 2005</b>	<b>Full Marathon</b>	<b>3:49</b>

# Top tips for marathon success #1

- Start slow
- Get injured
- Lose job

# Setting my target

“Whatever your course of action, aim for your optimum outcome. Even if you ultimately fall short of the bullseye, you will probably finish better off than if you start out aiming for an apparently more achievable target.”

*Source: Jeff Grout “Kickstart Your Career”*

# Setting my target

“...other people who lack your sense of determination, optimism, self-belief and commitment may mock you. **Be wary who you share your dreams with.**”

In other words, lie!

# Top tips for marathon success #2

- Start slow
- Get injured
- Lose job
- Lie

# More Inspiration

“Distance running is all about determination, discipline and consistent training. **There’s really very little talent involved.**”



# Training Programme

Saturday /Sunday	Long runs: 7 in total (2x18M, 3x20M, 1x22M and 1x23M) all at about a 1m/m slower than target marathon pace
Monday	Gym: leg-strengthening exercises
Tuesday	Lactate threshold runs/interval sessions
Wednesday	Marathon paced runs 11-15M
Thursday	Rest
Friday	Recovery runs: 4-6M

# Top tips for marathon success #3 (Serious ones!)

- Base fitness
- 16 week programme
- Average weekly mileage: 35M
- Peak mileage: 48M

# Training summary

- Be disciplined - pick fast running partners for hard sessions
- Be consistent
  - train through holidays and work travel
  - don't get ill or injured
- Be determined – remember why I'm doing this

# The Power of Self-Belief

- Sponsorship – it's easier to believe in yourself if other people do
- Training log – reminds you how hard you've trained
- Demons and what to say to them
- Reward