



Marathon 101

Key Takeaways

- Don't do anything new on race day
- Energy production & Training zones
- Training plan – habit & the 'key 3' weekly combo
- The long run = race practice (inc. food, kit etc)
- Fuelling
- Tapering & race day
- Get out of the funk / mantra
- You can run a marathon

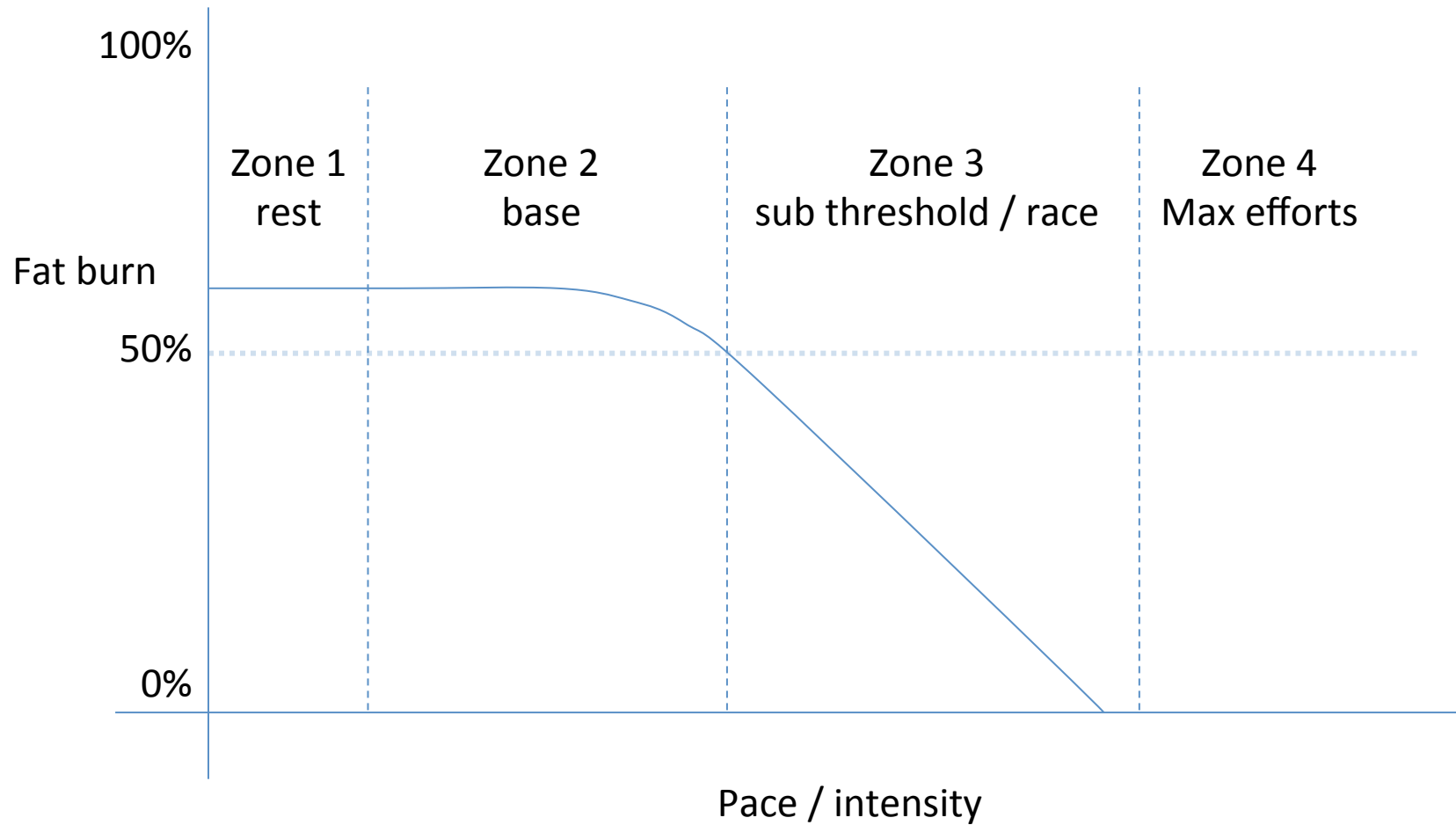
Don't do anything new on race day

- What do I mean – you haven't run this race before have you?
- Train for race day. On the day, stick to what you have trained. Don't do anything new:
 - Eat the same meal the night before
 - Eat the same breakfast, the same amount of time before your run
 - Drink the same drinks
 - Use the same gels
 - Wear the same clothes
 - Run at your target pace
- If you try something new, then expect something different to happen, and this won't necessarily be a good thing!

Energy production & Training zones - 1

- Main sources of energy for endurance sports:
 - Fat: efficient but slow, when we increase our intensity we need energy quicker, that's when our bodies start to use more carbohydrates.
 - Carbohydrates produce energy faster but we only have a limited supply
- A typical 70kg person with 10% body fat can store 2000 kcals of energy in carbohydrates (glucose) and 50,000 kcals of energy in fat.
 - They will need around 3000 kcals to complete a marathon, so 2000 kcals will only last around 18-20 miles. What some refer to as 'the wall'.
 - 'The wall' is a physiological event.
- To complete a marathon you need to
 - either consume carbs or burn a mixture of fats and carbs
 - Avoid a build up of lactic acid in your muscles

Energy production & Training zones - 2



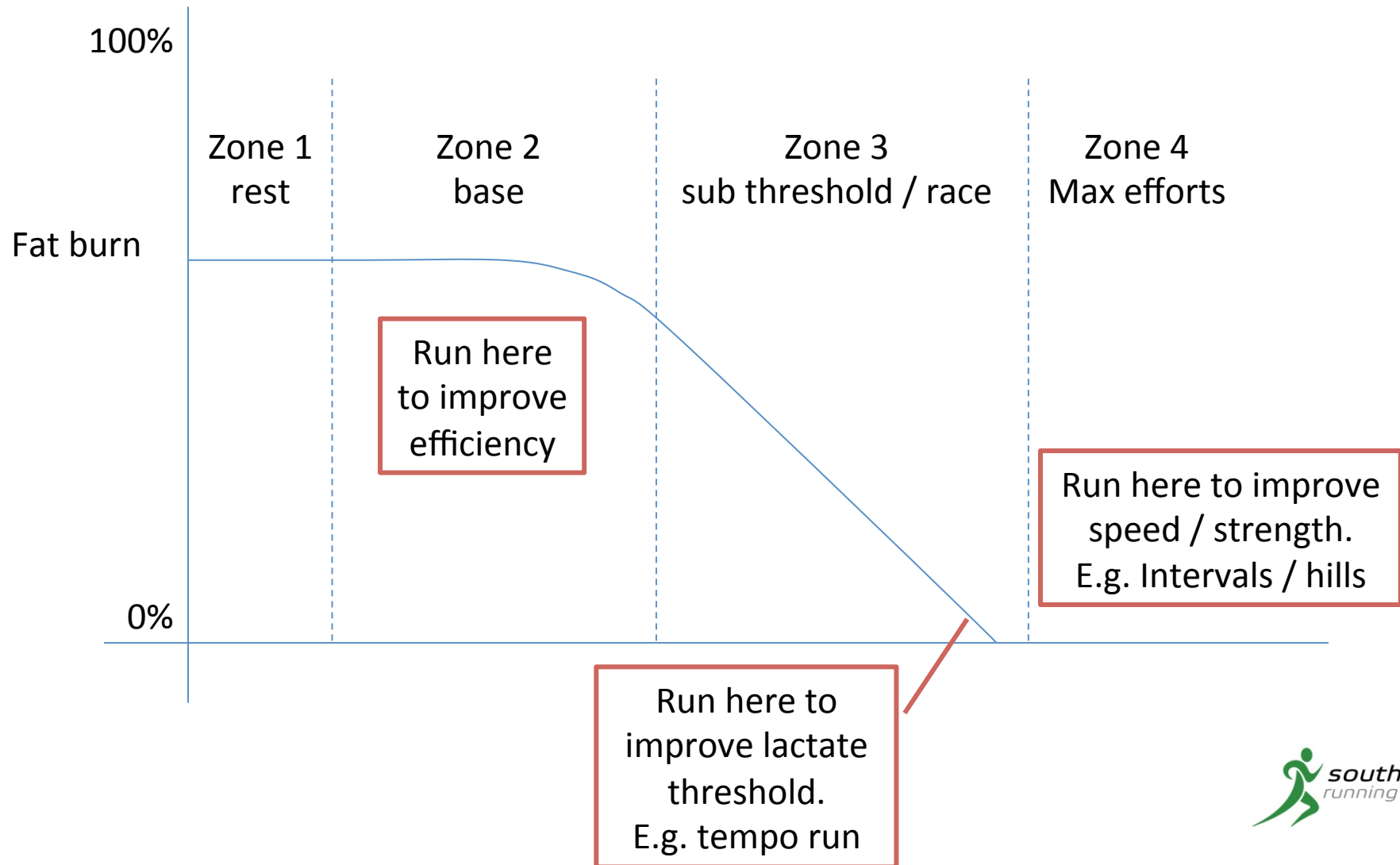
Energy production & Training zones - 3

- Zone 1 – at rest
- Zone 2 – base / aerobic training. Most of energy coming from fat.
 - **Aerobic Base Point** – top of zone 2. 50:50 energy from fat / carbs but ratio drops dramatically after this point
- Zone 3 – sub threshold. The race zone. Most of energy coming from carbs. Producing lactic acid but able to recycle and prevent build up in muscles
 - **Anaerobic threshold** – top of zone 3. The body is producing more lactic acid than it can recycle
- Zone 4 – 100% energy from carbs as body is unable to burn fat (exhaling more CO₂ to neutralize the acidic build up prevents body from burning fat)

Energy production & Training zones - 4

- Stop running so much in zone 3!
 - Tired and unable to fully recover, progress will plateau
 - Unable to get the most of zone 4 speed training
 - Majority of training is done tired with poor form
- To increase endurance we need to train in zone 2, ideally as close to the aerobic base point as possible.
- To increase speed we need to train in a combination of zone 3 and 4.
 - Zone 3 is for tempo runs
 - Zone 4 is for intervals / hills / fartlek

Energy production & Training zones - 5



Training plan – habit & the ‘key 3’ weekly combo

- Training plans are just that - a plan. Plans change. Make your training a habit, then you’re more likely to stick to it.
 - Make time for your training and give it some priority
 - Accept that some plans will change and don’t try and make up for lost time – more likely to get tired and / or injured
 - It is better to be slightly undertrained, than to be fatigued or injured
 - 10% rule – use as a guideline, run how you feel
 - Don’t get overwhelmed, everyone can finish a marathon, it’s just at what pace
 - Keep thinking of the finish line
 - If you pick a specific training plan find one where week 1 matches your current ability
- My ideal weekly triple combo
 1. Speed / strength work - Intervals / hill / fartlek,
 2. Tempo - short, race pace
 3. The long run - slow, speed of chat
 - Add any additional runs but max 2 intense
 - Add cross training – cycling, swimming, yoga, Pilates, circuits

The long run

- The most important run of your training!
- Zone 2!!!! This is about time on feet and training your efficiency, it is not about pace!
 - Too fast and after 4-6 weeks you will suffer
 - Zone 2 will promote fat burn and make you more efficient
 - Some runs will also incorporate some race pace, best to follow a plan to ensure that you're not overdoing it
- Every long run should practice race day
 - eating (day before and in the morning)
 - start time
 - Kit
 - Trainers want 100-200 miles in them – run in but plenty of bounce
 - Socks – when was the last time you changed these? How much to spend?
 - Shorts with pockets / fuel belt – just try them to see what works
 - Vaseline / lubricant
- As a minimum you should run for the same amount of time as you expect to finish in, rather than trying to run 26.2 miles
- Take an easy week every 3 or 4 weeks if longer distances are new to you

Fuelling

- Fuelling is not nutrition.
 - Nutrition is eating well
 - Fuelling is adding to suit your activity - we need enough energy to complete our activity, and the right foods to recover quickly after
 - Try and adapt to suit you – food types, time etc
- Before your long run / race
 - Decent meal the night before, ideally early to give plenty of time to digest (6:30 for me)
 - Breakfast around 3 hours before
 - Drink plenty of fluids the 1-2 days before.
 - Don't go mad on race day morning and stop 1 hour before, or expect to be looking for loo
- During your long run / race
 - Try different gels (look at what will be available on the course). Max every 20-25 mins (can only absorb 30-60g of carbs per hour, too much can cause stomach upset)
 - Taking too early can promote carb burning over fat burn
 - If it helps include in training diaries. Or keep some notes about what works – what, when etc
- After (recovery)
 - Nutriblast / smoothie / protein shake / choco milk as soon as possible
 - Full meal within 2 hours

Tapering & race day - 1

- ½ marathon 4-6 weeks before is a good sharpener
- Tapering –
 - 3 weeks before - longest run
 - 2 weeks before - 16/18
 - 1 week before - 12/13
 - Maintain intensity of week day sessions, maybe reduce length
- Final week
 - Rest - More sleep, try to reduce external stresses
 - Hydration - Plenty of water from at least 2/3 days before
 - Carb loading
 - Real carb loading is complex and can easily go wrong
 - Do not suddenly double your portions the night before – this would be doing something different
 - Do try to eat meals with rice / pasta
 - If you are travelling to another city, avoid exploring the day before (when was the last time you did a long run the day after walking around for 8 hours?)

Tapering & race day - 2

- On the day
 - Don't do anything different – food, kit, times, prep
 - Give yourself plenty of time to get to the start – have a plan
 - Bring an old jumper / top or get one from a charity shop to throw away at the start
 - Eat around 3 hours before
 - Drink plenty but stop 1 hour before to get rid of excess, maybe 100-150mls in the 10 mins before
 - Be realistic about your training and what you can achieve – don't go out too fast
 - You can't guarantee a pb in mile 1 but you can ruin your chances
 - Avoid blowing up and instead enjoy the last few miles passing others
 - If you do hit the wall, take stock, get some fuel – gels, energy drink – set a point to start again and get going.
 - I have only ever run the full marathon distance twice and that wasn't in either of my 2 fastest times!

Mantra / Get out of the Funk

- The Sanskrit word "mantra" literally means "instrument for thinking." used to focus the mind in meditation
 - Short, positive, instructive, and full of action words
- I think it can be words, a place, a reason (are you running for a charity?) or anything that has a positive effect on your mood.
 - What is your motivation for doing this?
 - Peanut butter jelly time – mood lifter (worked for me during my Ironman)
- Different mantras for different occasions, e.g.
 - "Pass no one" to stop going out too hard.
 - "Hills are my friend" for overcoming inclines.
 - "One mile at a time" for conquering the distance.
 - "This is what you came for" for battling tough patches.
 - "Eat, sleep, run, repeat" for the Cotswold 24 hr relay.
- Keep it short, positive, energetic (& instructive if it helps).
- If nothing else, think of the finish line

You can run a marathon



<https://www.youtube.com/watch?v=3ItnxJLAOeY>

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