MARATHON TRAINING
MARATHON HISTORY

Why the Marathon?
- Athens Olympics, 1896

Why 26 miles, 385 yards?
- London Olympics, 1908

Why Not Women?
- Los Angeles, 1984
BOSTON MARATHON

Began in 1897

- Big sporting news, front page reporting
- Marathoners were major sports heroes
- Fans lined the course to bet large sums on the outcome
- Curious onlookers to watch whether any of the participants would drop dead
Boston Marathon

- Adopted standardized distance in 1924

- Began qualifying standards in 1970

- Women in the race
  - Unofficially in 1966
  - Officially in 1972
WHY RUN A MARATHON?

Lofty goal
Gives confidence
Requires much time and effort
Requires disciplined training
Can be grueling and unpredictable
Increases risk of injury
Makes you a hero!
MARATHON SELECTION

- Well in Advance
- Large or small
- Terrain – course profile
- Environmental Conditions
- Travel
MARATHONING

- Finishers
- Runners
- Racers
MARATHONING TRENDS

1976: 25,000 finishers per year

1980: 120,000 finishers per year

1990: 260,000 finishers per year

2000: 451,000 finishers per year
## Marathon Demographic Breakdown 1980-2004

<table>
<thead>
<tr>
<th>Year</th>
<th>Women</th>
<th>Masters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>10.5%</td>
<td>26%</td>
</tr>
<tr>
<td>1995</td>
<td>26%</td>
<td>41%</td>
</tr>
<tr>
<td>1998</td>
<td>34%</td>
<td>40%</td>
</tr>
<tr>
<td>1999</td>
<td>36%</td>
<td>42%</td>
</tr>
<tr>
<td>2000</td>
<td>38%</td>
<td>44%</td>
</tr>
<tr>
<td>2002</td>
<td>40%</td>
<td>43%</td>
</tr>
<tr>
<td>2003</td>
<td>40%</td>
<td>43%</td>
</tr>
</tbody>
</table>

### Median Times

<table>
<thead>
<tr>
<th>Year</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>3:32:17</td>
<td>4:03:39</td>
</tr>
<tr>
<td>1995</td>
<td>3:54:00</td>
<td>4:15:00</td>
</tr>
<tr>
<td>2002</td>
<td>4:20:01</td>
<td>4:56:46</td>
</tr>
<tr>
<td>2004</td>
<td>4:31:46</td>
<td>5:06:46</td>
</tr>
</tbody>
</table>

### Median Age

<table>
<thead>
<tr>
<th>Year</th>
<th>Males</th>
<th>Females</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>na</td>
<td>na</td>
<td>37</td>
</tr>
<tr>
<td>1995</td>
<td>34</td>
<td>31</td>
<td>37</td>
</tr>
<tr>
<td>1998</td>
<td>38</td>
<td>34</td>
<td>37</td>
</tr>
<tr>
<td>2000</td>
<td>38</td>
<td>35</td>
<td>38</td>
</tr>
<tr>
<td>2003</td>
<td>39</td>
<td>35</td>
<td>38</td>
</tr>
<tr>
<td>2004</td>
<td>40.5</td>
<td>36.1</td>
<td>38.8</td>
</tr>
</tbody>
</table>
PREREQUISITES

Solid Aerobic Fitness Base Before Starting Marathon Training
- 3x/week
- 15 miles/week
- Long run of 6 miles

Time and Energy to Train

Dedication and Determination
TRAINING FOR NOVICES

18 Week Program
From a 15-mile base build to 37 miles per week
3 or 4 runs per week
Long run increases gradually to 18-20 miles
Two non-consecutive days of rest
Cross-train two days per week
TRAINING FOR RUNNERS AND RACERS

- Interval training
- Mid-Week Tempo or Goal Marathon Pace (MP) run
- Weekly long run
- Weekly mileage from 35 to 48 miles equivalence
INTERVAL TRAINING

- Warm-up (2 to 3 miles)
- Strides (4-6 x 100)
- Longer intervals
  - 6-8 x 800, 3-4 x 1600, 5 x 1K, 3 x 2000
- 5K to 10K pace
- Cool down (1 to 2 miles)
The Sub-2:40 Marathon (6:06 per mile)
Races: 10K in 34:30, 10 miles in 57:00, half-marathon in 1:15.
The Sub-2:50 Marathon (sub-6:29 per mile)
Races: 10K in 36:30, 10 miles in 1:00:15, half-marathon in 1:20.
The Sub-3:00 Marathon (sub-6:52 per mile)
Races: 10K in 38:40, 10 miles in 1:04, half-marathon in 1:25.
The Sub-3:15 Marathon (7:26 per mile)
Races: 10K in 41:30, 10 miles in 1:09, half-marathon in 1:32:30.
The Sub-3:30 Marathon (8:00 pace per mile)
Races: 10K in 44:45, 10 miles in 1:14, half-marathon in 1:38:15.
The Sub-3:45 Marathon (8:34 pace per mile)
Races: 10K in 47:45, 10 miles in 1:19, half-marathon in 1:46.
The Sub-4:00 Marathon (9:09 pace per mile)
Races: 10K in 51:00, 10 miles in 1:25, half-marathon in 1:53.
The Sub-4:15 Marathon (9:43 pace per mile)
Races: 10K in 55:00, 10 miles in 1:31, half-marathon in 2:00.
The Sub-4:30 Marathon (10:17 pace per mile)
Races: 10K in 57:30, 10 miles in 1:35, half-marathon in 2:06:30.
The Sub-4:45 Marathon (10:52 pace per mile)
Races: 10K in 1:01, 10 miles in 1:41, half-marathon in 2:14.
The Sub-5:00 Marathon (11:26 per mile)
Races: 10K in 1:04, 10 miles in 1:45:30, half-marathon in 2:20.
MID-WEEK TEMPO RUN

- 5-10 mile run
- 10K to marathon pace
  - 3 mile segment at 10K pace
  - 5 to 6 mile run at 10K plus 20 second pace
  - 10 miles at marathon pace
- Alternate from week to week
LONG RUNS

The most important workout
Rest the day before
Rest or cross-train the day after
Pace is goal MP plus 30-60 seconds
Practice drinking
Terrain similar to marathon
As race nears, run at the same time of day as race
Be disciplined and follow the schedule, but some flexibility is wise in case of illness, injury or chronic fatigue
CROSS TRAINING

- Minimize injury
- Add variety
- Running equivalence (same amount of time as running workout)
- Bike, stairopellers, cross trainers, swimming
REST DAYS

- Recovery is needed from hard workouts
- Substitute rest days as needed
- Important to ensure quality workouts
- Resist increasing mileage for your journal
Three Weeks to Go

- Last long run
- Reduce weekly mileage the three weeks before the marathon
- Final week (3 or 4 miles with a couple of days off)
- No weight training the last week
- Avoid getting to the starting line overtrained
- Final week: Carbo-load and hydrate, but reduce caloric intake as you cut back your training
THE DAY BEFORE

Plan carefully: clothes, shoes, logistics

Rest your legs
PRE-RACE

Awaken three hours prior to start.

Eat? Ingest calories – liquid or solid.

Drink? Start hydrated.

Warm-up?

Nothing new.
THE RACE

- Don’t start too fast.
- Be careful with a crowded start.
- Check your pace.
- Be mindful of your breathing.
- Drink 400-800 ml/hr. of Sports Drink.
- The second half: concentration and mental toughness.
POST RACE

- Refuel within 30 to 120 minutes
- Walk and stretch
- Immune system and vulnerability
- 26 days to recover
Discussion ?
Comments ?
Q & A

Thank You