Strategies for Running a Successful Marathon
MARATHON SELECTION

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

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MARATHON TRAINING

Structured program

Journal with good records

Coaching vs. Self-coaching
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
- Cross-train or easy run
- Weekly mileage from 35 to 48 miles equivalence
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, stairsteppers, 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
PREDICTING RACE TIMES

To predict 10K times from 5K times: multiply by 2 and add 90 seconds

To predict marathon times from 10K times: 5.48 x 10K time minus 28 minutes

To predict marathon times from half-marathon times: Double and add 10 minutes or 2.11 x half marathon time
Planned Marathon Pace

Choose carefully using race and training times.

Perhaps the most important decision you will make.

Use PMP for determining training paces.

Become familiar with pace.
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.
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
Develop Travel Plans

- Consider time zone differences
- Choose convenient lodging
- Plan for dietary consistency
- Maintain familiar routine as much as possible
RACE WEEK

- Reduced training volume
- Careful attention to rest, diet and other activities
- Sleep
- Visualization
- Solidify race plan
- Attention to travel, clothing, etc.
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.
- Apply sunscreen and vaseline.
- 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. Drink early.
- The second half: concentration and mental toughness.
- STICK TO THE PLAN!
POST RACE

- Refuel within 30 to 120 minutes
- Walk and stretch
- Immune system and vulnerability
- 26 days to recover
RETURN TO RUNNING

Following week

Next three weeks

Next race

Next marathon