

Strategies for Running a Successful Marathon



FURMAN INSTITUTE OF RUNNING & SCIENTIFIC TRAINING

FIRST

MARATHON SELECTION

- ◆ Well in Advance Large or small
- ◆ Terrain – course profile
- ◆ Environmental Conditions
- ◆ www.marathonguide.com
- ◆ Travel



MARATHON TRAINING

Structured program

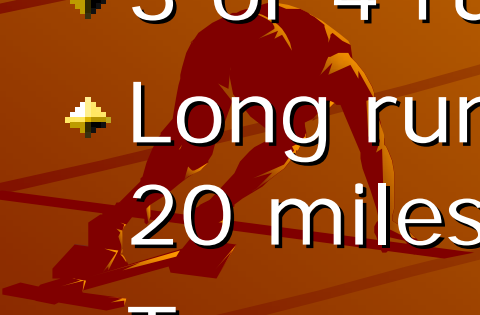
Journal with good records

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: $5.48 \times 10K \text{ time} - 28 \text{ minutes}$
- ◆ To predict marathon times from half-marathon times: Double and add 10 minutes or $2.11 \times \text{half marathon time}$



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)

Intervals: miles in 4:50–5:15, $\frac{3}{4}$ in 3:38–3:57, $\frac{1}{2}$ in 2:22–2:26.

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)

Intervals: miles in 5:23–5:40, $\frac{3}{4}$ in 3:56–4:15, $\frac{1}{2}$ in 2:33–2:37.

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)

Intervals: miles in 5:42–6:00, $\frac{3}{4}$ in 4:10–4:30, $\frac{1}{2}$ in 2:42–2:46.

Races: 10K in 38:40, 10 miles in 1:04, half-marathon in 1:25.

The Sub-3:15 Marathon (7:26 per mile)

Intervals: miles in 6:06–6:25, $\frac{3}{4}$ in 4:27–4:49, $\frac{1}{2}$ in 2:53–3:12.

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)

Intervals: miles in 6:35–6:55, $\frac{3}{4}$ in 4:48–5:11, $\frac{1}{2}$ in 3:07–3:12.

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)

Intervals: miles in 7:03–7:25, $\frac{3}{4}$ in 5:09–5:34, $\frac{1}{2}$ in 3:20–3:26.

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)

Intervals: miles in 7:27–7:50, $\frac{3}{4}$ in 5:27–5:53, $\frac{1}{2}$ in 3:32–3:37.

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)

Intervals: miles in 8:05–8:30, $\frac{3}{4}$ in 5:54–6:23, $\frac{1}{2}$ in 3:50–3:56.

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)

Intervals: miles in 8:28–8:55, $\frac{3}{4}$ in 6:11–6:42, $\frac{1}{2}$ in 4:01–4:08.

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)

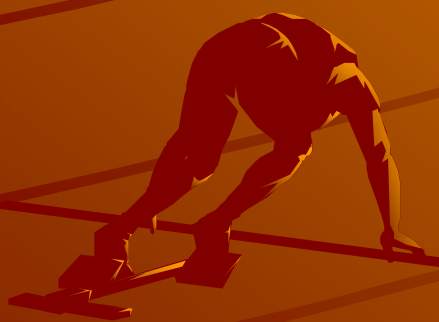
Intervals: miles in 8:52–9:20, $\frac{3}{4}$ in 6:29–7:00, $\frac{1}{2}$ in 4:12–4:19.

Races: 10K in 1:01, 10 miles in 1:41, half-marathon in 2:14.

The Sub-5:00 Marathon (11:26 per mile)

Intervals: miles in 9:21–9:50, $\frac{3}{4}$ in 6:50–7:23, $\frac{1}{2}$ in 4:26–4:33.

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



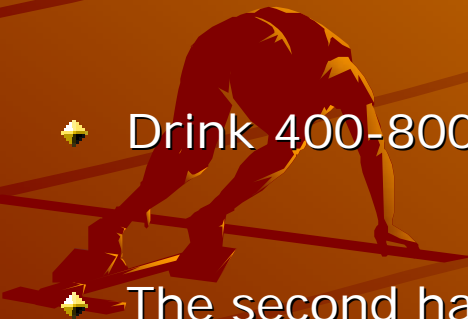
PRE-RACE

- ◆ 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



FIRST

Discussion ?
Comments ?
Q & A



Thank You