

Read This Manual Before You Set Foot Out of The Door!

Goals: Without goals, life wanders aimlessly. Greatness does not come by accident. Greatness comes from goals, realistic goals. Training for the marathon and running the marathon is a realistic goal. A lofty goal, but possible. If you can come up with a plan of action that can be followed to attain a goal, then that goal is realistic. You have that plan in hand! Believe in yourself, believe in your plan and don't back down, you will reach your goal.

Slow Down: Many of you will need to slow down to get in the miles on the schedule. I ran with a woman the other night that said she had been running for 3 years and was not able to run more than 30 minutes without getting out of breath. I ran with her only to find she ran a pace that was even too fast for me to run comfortably. If this woman ran a couple of minutes slower per mile, she could go for hours. What pace should you be running? Use the talk test. If you can't carry on a conversation, you're running too fast. If you can talk, but with some difficulty, this is a good hard run pace. If you can talk easily, you're at a long run pace. The talk test is very much like wearing a heart monitor. Many of us will need to take walk breaks to get through the miles.

Walk/Run: 26 miles is a great accomplishment however you cover the distance. Some of you will be able to run all the miles on the schedule and will run the entire marathon. Others will need to have a strategy with walk breaks. With proper training, and a serious commitment to that training, any healthy person can finish the marathon. For those of you entering this program without a strong running background (several weeks of 20 or more miles per week), which will include many of you, some walking will get you there. How much walking? Try 1-2 minute breaks after every 3-10 minutes of running. Here's a thought. A 10-minute per mile pace runner who walks 5 minutes (at 17 minute pace) every 30 minutes will run a 4:42 marathon. Without these walks the time would be 4:22...or would they finish at all? The important thing is that you don't run until you need to walk, you take the walk breaks from the beginning at specific intervals.

If you are not of the belief that you have not ran the marathon if you walked part of it, consider this, When Bill Rodgers set the marathon American record for the marathon (1982 – 2 hours 9 minutes) he was asked what he did in training or during the race that enabled him to accomplish such a feat? He answered, "I walked a few times". Bill Rodgers had in fact walked through some of the water stops and had even stopped twice to tie his shoe. Did these breaks allow for the recovery necessary to run the overall distance at a pace not sustainable without such breaks? Is not the goal of the marathon to get to the finish line in the least amount of time based on your training and physical condition? A planned walking break is quite different than running until you are forced to walk. Pre-planned walks can be a mental and physical up-lift. Just some thoughts to consider.

If you run/walk a hilly course I suggest walking all the uphill sections rather than sticking to the clock. Try to find what works for you. That's what this training stuff is all about. If

you are adequately trained to run the entire distance in all the training runs I suggest you attempt to run the marathon without walking. Call me with your thoughts and questions.

The training schedule: If you want something done, ask a busy person. The lessons you learn in this training will help you throughout your life. If you find time for this, you can do anything you set your sights on.

Schedules: You will make more progress with a schedule than without it. Stop the habit of running when you have time. Plan the time you run. When I ask you when and where you are running next Thursday, you should be able to look in your planner and tell me. If it's scheduled your chances improve on getting in the run.

Three elements of a marathon schedule: Yes, I have given you a schedule to follow and it will get you to the marathon finish line. I offer this explanation of the schedule so you know where it came from. Knowing the thoughts behind the schedule will help you make adjustments if necessary. It might also help you gain confidence in the schedule. Believing this will in fact, get you through the marathon!

- 1. Alternating hard and easy days.** Hard days are long or fast runs. Easy days are short, slow or taken off. I suggest two days off each week for the beginning marathon runner but you could miss one of the shorter days on the schedule and still do just fine. I don't suggest it. The more miles you run, the better prepared you will be for this marathon.

The easy days should be truly easy days. An easy short run of about 3 miles or a day off are what the schedule calls for. I stress the word **easy**. If you cross train (see cross-training in the next section) or do weight training, do it on the longer run days and not the easy or days off. Why? The easy days need to be true recovery days. In a schedule that asks your body to do more each week, you will need real rest.

A day off, or a 3 mile run? To some people a 3 mile run doesn't seem worth the effort. Is it worth the effort to dress, run and shower all for less than a half hour of running? My answer is, "You bet!"

The 3 mile run is highly underrated. Three miles offers a microcosm of all that I love about the sport. For me, mentally, it is easy to get out the door knowing I only have 3 miles to run. I take the first mile easy, break a good sweat, then stop to stretch a bit. The next mile I run at a good hard effort, about a 10k pace. The final mile is a cool down. I run home, shoulders relaxed and at a comfortable pace. I have finished a run and feel fresh, awake, and alive. Like a day off, only better, I haven't had to put a zero in my log!

Cross Training: Running mileage is going to help you get through the marathon more than anything else. The marathon is a serious event that should be your primary focus for the next 8 weeks. Weight training, cycling, swimming and

skating should be put on the back burner. Now, if you have an injury that is limiting you from running, that's a different story. Cross-training to give the legs a break from running, if necessary, is better than doing nothing.

2. A long run that gets longer each week. You will be adding about a mile each week to your long run. Eventually you will run 20 miles in this long training run. As you continue to increase the distance of this run, you will learn a lot about your own body. I can't tell you exactly what to do because it is very individual. This is a list to think about as you work out the bugs in your system. Preparation for each long run will become almost a ritual, doing the same things in the same order while tweaking them to perfection, paying attention to every detail so that it can be repeated on marathon day.

- What you eat the night before and the time you eat it?
- Do you have a beer?
- Do you have sex?
- How long should you be awake before the start?
- Do you have a bathroom ritual?
- What do you wear for what weather?
- What things have you packed to take to the start?
- Do you eat anything the morning of the run, perhaps a half of a Power Bar or dry toast?
- What do you drink? How much of what fluid agrees with you?
- Do you have a warm-up or stretching routine?
- How do you tie your shoes?
- Where do you chafe and where do you put Vaseline?
- What helps you recover?

The long run will answer all these questions. Keep them in mind and take notes in your log after each one. The mental aspect of the long run, that is, getting used to running for over 2 hours may be the most valuable lesson learned during these long runs.

3. Total Mileage each week: How much? A rule of thumb is to run a week of at least 40 miles prior to the marathon. The trick is not to increase your weekly mileage by more than 10% each week to avoid injury. If you are presently running 10 miles per week, next week shoot for 11 miles. Do some simple math and see how many weeks it will take to get to 40 miles.

All of you will need to cover the total miles the schedule calls for. The difference is that the beginner may run/walk the miles to get them in. Even the runner who falls in the intermediate category may end up walking some of the schedule. Run smart, be flexible.

Homework: You have been given a schedule to follow. Your homework is to write a schedule of your own in your planner, the one you will follow. Use the basic elements in the schedules and the schedule that I have given you, and make it fit your life. Arrange

for all the exceptions. Travel, family events ... If weekends are impossible for you to get in the long run, make it any day, just keep the above 3 elements of a schedule in mind.

Once you have a written schedule, stick to it. It should be a written contract with yourself. Sign it!

Be flexible to a point. All successful plans have changes. Read your body for signs of pain and fatigue. Injury and sickness force many a runner off the roads for a month when just a day or two might have been the answer. Don't let this be a phony excuse!

Don't make up the missed days. Continue from where you left off. Call me for help revising your schedule. The only place I may have you play catch up in on the long run day.

Scheduled runs: Training for a marathon is a lesson in **time management**. **For the workouts to be done, they will need to be scheduled.** Put your daily run in your appointment book and give it the same **priority** of any other scheduled meeting. When a friend calls to invite you to have dinner at 7 PM on a night that you have scheduled a 6:30 PM run, explain that you have a late appointment but you can make it at 8 PM or perhaps another night. You may need to lie a bit to get through this and keep your friends intact.

Keeping a log: The schedule is what you follow. The running log is to record how the run went ... and what you actually ran! You can keep information on pace, weather, how you felt, the course and any other significant occurrences. Things such as new aches or pain, something interesting you saw, a thought you had.

Everyday make an entry into your log...even if it is just a big fat ZERO! A few zeros in a row might motivate you out the door; keep writing zeros daily...or run! Perhaps the most motivational tool in the, get your butt out the door arsenal", will be your log. In your log keep track of your personal records or your "P.R.'s" in runners lingo. Examples of P.R.'s would be: the fastest time you ran around the 3 mile loop from your house, the most days you ran in a row, the most miles you ran in a week, month, year or the longest run you ever ran. Imagine that one-day as you read over your log and you realize it has been over 10 weeks since you ran less than 4 days in a week. Imagine that it is a rainy Sunday and you have only ran 3 times this week and are considering blowing the day off. The log will get you out the door and keep your streak alive, not to mention record the new P.R.

Recording time or mileage? Some runners keep track of total time ran rather than miles. Running for time allows you to run different routes each day with no concern for measuring the distance. For the sake of safety, varying the route and times you run is a good idea to avoid rape and muggings. It's a shame but reality we can't ignore.

I am motivated by miles and track my running distance in my log in miles even though I run for time. I do this by estimating my pace. At least one of my runs each week is on a

measured course. If I average 9 minute miles I use that as my standard for estimating miles from time on my other runs. Find what works for you.

MOTIVATION

Getting out the door: There will be plenty of days that your body just doesn't feel like it has energy to run. You might just want to hit the couch and click on the tube after a long day of work. Even the numbers in the log don't stir your soul. This is the time to lie to your body. Promise it that you just want to go out for a 10 minute jog and that if it still wants to go home and lay on the couch after that you will let it. Actually you aren't lying because once you have gone through the trouble of getting on the running gear and are heading up the street 10 minutes will pass and your energy level will rise and the miles will click by. After the run you will be saying to yourself, "I feel great, what a great run, I'm sure glad that I got out the door."

It's strange how many times I have gone through this scenario. I just can't seem to remember how great I feel once I run until I am actually running. Just get out the door and the run is licked.

"Never trust a thought that you have while sitting down." George Sheehan

Start reading: You don't have to re-invent the wheel. Most of the mistakes in the training for the marathon have already been made, you can avoid them. Motivational running books and magazines can also get you out the door. I have found that if I feel I don't have energy or motivation to go out for a scheduled run, I use another trick. I pick up a running magazine or book and after a few pages I'm back in the marathon mindset. Stay fired up. If you need motivation read a George Sheehan book or go rent the video Without limits (Warner Bros.) For the obsessed runner (I hope you each become one!) I suggest "Once a Runner" by John Parker (my favorite running book of all time).

Visit a running store: This suggestion may sound like a sales pitch but... Stop by a running store at least once a month to pick up a new running magazine, book or some race applications. Running Fit has a store in Ann Arbor, Northville, Novi, West Bloomfield and Traverse City. It helps to visit an environment that supports your effort. We live to run and we're happy to hear about your training, answer your questions, and give suggestions. Need sympathy? It's here.

Shoes: You will need very little equipment to run this marathon. Running is a wonderfully cheap sport. One weekend of skiing with my family cost more than 10 years of running and racing!

You will need two pairs of training shoes. I don't just say this to help out the shoe manufacturers. You should never run in the same pair of shoes two runs in a row. Variety in shoes will prevent injury. The repetition of your foot strike day after day in the same shoes can lead to problems. As the wear pattern and shoe breakdown increases, so do the motions that lead to injury. There are plenty of ways to get injured running, the shoes shouldn't be one of them. Ideally, you should add a new pair of shoes to the rotation

when the other pair is half worn out. Use the most worn out shoes for easy or short runs so you get the protection from the newer shoes on long and hard days. Shoes should last from 300 to 500 miles depending on the runner. I find runners to be thrifty (Cheap). By alternating shoes you can squeeze every last mile out of your shoes without risking injury.

I could write 20 pages about foot types and shoes, but I'll save that for the running magazines. A shoe clinic is offered. Please try to attend.

Buy your shoes at a running specialty store. The advice they give is priceless. The magazine reviews only tell the manufacturer's story. The most important thing is the fit. Try on lots of shoes and ask lots of questions. Fit is the most important feature of any shoe so I recommend trying on shoes by several manufacturers to find the best fit.

Being aware of the causes of stress puts you in control: Marathon training is an exciting, but stressful time. What doesn't kill you will make you stronger. All you have to know is where the line is, and not to cross it. Look at the stress of training as positive and it will be. If you're not living on the edge, you're taking up too much damn room.

Causes of stress during intense training:

- You need more time and have less.
- You need to eat a complete and healthy diet and you find yourself skipping meals and eating fast food.
- You need more fluids and don't find the time to drink.

Now that you know the problem areas don't ignore them, deal with them.

- Schedule the hours you sleep and give them the same priority of any other aspect of the training schedule.
- Put sports bars in your briefcase. Sports bars are better than fast food and even faster. Better yet, make up a healthy food list and menu for the week. Make 5 lunches of good healthy food all at once and freeze them. They might look terrible when thawed but we're talking maintenance eating here, not gourmet dining.
- Avoid dehydration. Weigh yourself daily. A significant loss of weight is fluid loss. Put a water bottle in your car, gym bag, on your desk, next to your bed and in the bathroom. Drink during the run. Drinking while running is good practice and you won't get through a marathon without consuming a great deal of fluid on the course, get used to it. Get a waist pack water bottle and use it on your long runs. Running Fit sells one for about \$20. The manufacturer is Ultimate Direction. I'm a fan of fuel belt and the Nathan belt. Try one on. You'll wonder how you ever got along without one.

Stretching: Ideally you should stretch after you break a sweat; there is risk of injury when stretching cold muscles. Running about half a mile very slowly then stopping to stretch before you continue the run is ideal but in winter it is not practical. If you stretch before you run, be gentle. After the run, schedule 2 to 5 minutes to stretch. Find stretches you like and that seem to feel worthwhile. If you do stretches you don't like or that seem

useless, you will soon stop stretching all together. Stretching is personal; some people need a lot, some almost none at all. You must decide. Minimally you should stretch your hamstrings, groin, calves and hips. I personally do these stretches and they take about 3 minutes.

Warm up, cool down: Start all runs slow for the first half-mile or so. **Finish all runs slow** for the last mile. Running hard down the home stretch might impress the neighbors but is detrimental to recovery. If you like to run hard at the end of a workout, do it in the second to last mile, then run home slowly. Lactic acid build-up from the sprint to the finish leaves legs dead for the next day's run. Remember to do a cool down run after all races, even if you feel terrible and slow. You'll appreciate it the next day. When stopping exercise suddenly there is an increased risk of heart attack for those who are prone to it. Finish slowly.

Dress for success: It's time to start on the program, don't let the weather stop you! Family, business, and all the normal problems of life will be enough of a challenge to your running. Ignore the weather, you have to on race day and you may as well know how to deal with it.

Cold weather running: With a basic knowledge of today's fabric technology, cold weather running can actually become a welcome relief from the dog days. You can't do much to stay comfortable when the mercury hits 90 but you can dress for the cold.

Thanks to modern fabric technology, winter has become a lot more fun. Dressing for outdoor sports has become a science. The term we use for this is science is moisture management. Staying dry means staying warm. These new fabrics remain dry next to your skin as you perspire. Companies such as DuPont and Allied Signal have developed synthetic fibers that have a hollow space to trap heat but not moisture. The multiple sided surface of these fibers wick moisture away from your skin and out to the surface of the garment so that it can dissipate. Body heat causes this moisture movement away from your skin and out to the surface of the garment. The dry space left traps heat.

I know what you're thinking. "What happened to cotton?" We all know the warm and comforting feel of cotton. Cotton T-shirts, sweaters and sweatshirts fill our closets. Cotton is a hollow fiber which traps heat and gives us that cotton comfort feeling. Cotton for warmth and comfort seems ideal...until it gets wet. During exercise, as we perspire that same hollow space fills with moisture. In the winter, the cotton garment becomes heavy, cold and wet. I am not knocking cotton. Cotton is still my choice when it comes to regular day-to-day comfort clothing, but not for running.

All of these new tech fabrics are actually forms of polyester. Don't mistake these products for the nasty feeling polyester clothing of the past. We're not talking leisure suits here. These garments look and feel like natural fibers but out-perform them dramatically.

Wearing a base layer comprised of these new fabrics is the first step in moisture management. The base layer consists of a long sleeve top and a close fitting pant or tight. Undergarments such as briefs or bras should also be made from these same fibers, not to mention, hats and gloves.

On a nice crisp day, a base layer is all you may need. As the temperature drops you will need to add layers. The additional layers can be the same as the base layer. The difference is that you do not want the next layer to fit snugly. We suggest you wear the second layer a size or two bigger. The air space created between the garment allows air to circulate and help dissipate the moisture. On a windy day you will need an outer shell. This can be simply a nylon jacket. Make sure the jacket is well ventilated to let air circulate. Again, this should fit loosely.

Don't let this quick overview confuse you or scare you off. You can get more specific information at any specialty sport shop, like Running Fit (shameless plug!).

Warm weather running: In the summer, shorts and tops made from these same wicking synthetic fibers, will keep you cool and dry. Enough said. No cotton.

No need for speed: For those of you following a first time marathon-training schedule, forget speed work. The schedule calls for increased mileage each week. A good rule of thumb is that you can increase your mileage or the quality of your runs but not both during the same period. You may actually have to run slower than you have been to get in the miles injury free. Something has to give. Running the marathon and speed have little to do with each other. Running more miles will help your marathon performance more than adding speed to your workouts, and it's safer.

Who should do speed work? If you run for at least 3 weeks at the same mileage, add speed work to the third week and to the following weeks at the same level of mileage. If you are ahead of the marathon schedule in weekly mileage then you can plateau at, lets say, 40 miles per week. At the third week of this same level you can add speed. How much speed? About 10% of your weekly mileage. I suggest half mile and mile repeats with a quarter mile jog in between. 4 to 8 half miles or 3 to 4 mile repeats would be a good workout. Run the intervals at a pace that you can maintain for each half-mile or mile of the workout. If you're thinking half miles or miles are long intervals, remember, this is a 26-mile race! Confused? I just read this and you should be. Like I said, if you are following the schedule you won't be doing any speed work.

Add Races to Your Schedule: I suggest that you do race occasionally. Racing, like the long run, will help simulate what you will encounter in the marathon. The pre-race jitters start as you pick out the clothes and shoes to wear, pinning on a number, waiting in a port-o-john line, the nervous tension of the start, and the all too often "too fast of pace in the first mile". These are experiences that can't be learned from a book.

When adding races, adjust your schedule so that you have an easy or off day on either side of the race, just like the long run. Do not race and run long on the same weekend. During the following week, do the long run that is scheduled

Fuel: With increased mileage comes increased appetite. It takes calories to run, and the secret is to add healthy calories to your diet. (You do need to add calories to your diet. This is not time to try to lose weight. You may lose weight, but eat when you are hungry). Keep energy bars in your car and briefcase so that you avoid fast food joints. Eat a baked potato with no fat sour cream as your late night snack. Buy bananas and fruit juice every time you grocery shop. Eat three meals a day. (Do I sound like your mother?) Think about what you eat the days preceding your long runs. Find foods that seem to work and agree with you. Ideally you should eat a familiar diet that works with your system the day before the marathon, even if you have to pack it for an out of town marathon. Yes, you may have to bring your own food if your body is fussy. Only you will know this.

Sport Gels: Strange stuff. For those of you who haven't tried them, sport gels are packets of carbohydrates & electrolytes with a toothpaste consistency. They sell for \$1.25 a pack. I take one about every hour (The second one 45 minutes later, the 3rd one 40 minutes later ...) during long runs and marathons. I reduce the time between gels so there is no blood sugar crash. I am a true skeptic when it comes to sports nutrition products. I have tried several vitamins and felt no benefit. Power Bars are fine for a fast food meal but bother my stomach when eaten on the run. Even Gatorade doesn't sit well with me on the run but some electrolyte replacement is necessary. I actually feel uncomfortable admitting it; I use and love the gels. The stuff seems to work, at least on me. Some flavors contain caffeine. Perhaps that's where the lift comes from. Give them a try and see if it fits in your fuel plan.

You can risk some changes in your diet and habits now but during the two weeks before the marathon, eat what is normal for you and do not try and any strange diet or carbo-loading system. For instance, don't try eating whale blubber if running in Alaska, or stuff like that. Trying things people tell you at the last minute causes many a marathon disaster. Just tell these people, "Great Idea", and then don't try it! Marathon week is no time to try anything new. That includes new foods, socks, shoes, stretches, or sexual positions! Yikes!

On Good Pain: If you run and you're normal, your body has a few aches and pains, especially in the morning. Marathoners do a some limping and creaking in the morning. Heel and foot pain, joint stiffness, and sore backs are the most common. With proper form, common sense and a good schedule you can run injury free for life. I'm into year 31 or running just about every day.

Pains that go away after you warm up and get moving should not be ignored, but I consider these normal training pains. Ignoring these pains will cause bad pain. Even though the pain goes away as you run, you need to deal with them.

When you finish running, ice the places that hurt before you ran. Keep a Styrofoam cup full of water in your freezer. Peel down the foam and it makes for a good applicator. The Styrofoam keeps your hand from freezing while you rub on the ice. Ice for about 5 minutes or until your cold to the touch. Repeat before you go to sleep. If you don't freeze a cup of water you will blow off icing a sore spot when you should have. It is inconvenient to get out ice cubes and put them into towel or bag after you run. Freeze a cup now! Ice is the miracle drug of choice. Not icing can lead to bad pain.

“If you're not icing at least 3 parts of your body, you're not training hard enough!” – Just kidding! Coach Randy

On Bad Pain: If you have a pain that creeps up during a run and it seems to be getting worse the more you run, stop. Do not try to get in even one more mile of your planned run or race. Continuing to run through such pain during training runs or a race is the most common path to long-term injuries. It is time to forget the schedule or short term glory. Pains that come in during runs can turn into serious injuries if you run through the pain. Stop and walk, or call for a ride. Get to ice immediately. Ice often and take the next couple days off. The following day, try running. If you feel the pain coming back, stop before it happens. Go ice it again. Now is the time to forget about your schedule and concentrate on the injury. This is as much a part of marathon training as running miles. It takes many years of bull-headedness to realize a couple days off could be the option to a couple months off. Take the time you would be running and put it into healing.

“When I am ill I become a skeptic. What was hitherto been a certainty becomes perhaps; what has become perhaps becomes maybe; and what was maybe becomes probably not.”
– Dr. George Sheehan quote

A familiar question I receive as a coach as we get close to marathon season, “I have this pain in my knee, hip, Achilles...I have taken two days off and when I went back out today, it seems worse”. These are the times that try men's souls. Now is the time to control the commitment to your log and weekly totals. Put that energy into patience, healing, and education. (I repeat the important things.) The time lost on the road is time gained for other things. Call me when you are in pain, I'll give you my best shot on a diagnosis. Get to a bookstore or to a running shop. Page through a sports medicine, or running injury book. (Nobody buys these books; they just come in and look up their specific injury.) Diagnose your injury and read the suggested course of action. If you don't like what you read, choose another book. Get a second opinion. **After 20 years of running, I look at injuries as part of the sport and not as something taking me away from my running.** (Not really but it sounds good ...) What you are doing is learning the limits of your body and how to best deal with them. If you are the type who is obsessed with the week's mileage like I am, read this section again. Last resort, go see the doctor.

“Doctors, like cars and dogs, best be avoided. At least until all avenues of self-help are covered. What we are dealing with are “diseases of excellence” of which most doctors don't understand.” – Dr. George Sheehan

“When a man does a thoroughly stupid thing, it is usually done from the noblest of motives.” - Oscar Wilde

Mental Preparation

Charles A. Garfield, author of Peak Performance, states that 69-90% of success in sports is due to mental factors and psychological mastery. (Note: Your body does have to be **just about** able to do it.)

Unfortunately your mind can work against you. Positive thinking is the solution, no negative thoughts should be allowed before or during the competition. You will succeed if properly, motivated, confident, relaxed, mentally prepared...and somewhat trained.

Motivation is Mental

- A. **Set clear reachable goals** – Goals like “I will follow the schedule”. “I will finish.”
- B. **Get a support system** – Family, friends, your team, your coach, find weekly group walks/runs. Avoid negative people.
- C. **Achieve short-term goals along the way** – Examples: Your long workouts, completing the scheduled miles, shorter races, total mileage, filling in your log.

Confidence is Mental

(Once again based on reality – You can be under trained and finish the marathon but you must be healthy & rested at the start)

- A. **I will win** – (whatever that is to you) a positive self-image.
- B. **You are an athlete.** Picture yourself that way. You’re training and competing as an athlete. You are an athlete.
- C. **You must want to achieve your goal...**And believe you can. Watch movies where training pays off. Movies like Rocky, Breaking Away, Without Limits ...
- D. **Think of the worse case scenarios and how you will deal with them.**
Before: Arriving late, not sleeping, a cold, stubbing your toe, lost number.
During: Wrong turn, fall, too fast of a first mile, feeling bad at 10, 15, 20, forced to slow down from the planned pace.

Relaxation

- A. **Avoid tensing up** your neck, shoulders and arms. It wastes energy. Staying loose gives you something to concentrate on.
- B. Clear your mind. **Conserve mental energy.** Do this by preparing. Enter early, arrive early, check out the course, have rituals.
- C. **Avoid negative people** and any advice (I repeat the important stuff). When trapped with negative people or someone giving advice, change the subject.

Visualization

- A. **Visualize yourself doing well. On good days, take note.** Pretend this is the race! See yourself at the 22 when checking out the course. See yourself finish.
- B. Train your subconscious mind to be positive (only accept positive day dreams), especially late in the race.
- C. Be realistic, so you have a foundation to back up the visualization.
- D. During the race – That last 5 miles, visualize a 5-mile course from your home. A three-mile course, a mile course... A familiar course seems mentally shorter because you know there is a finish; you've been there. Break the race into sections. 10 miles, 20 miles, 10km.
- E. Think miles or time left and not the time or distance you have already covered. Not 21 but 5 to go, not 5 hours of so far but less than an hour to go. I reset my watch on long runs and it works mental wonders. If trying to run/walk for 2 hours, I reset my watch at 1:30 into the run and I only have to run for 30 minutes! Try it, it works!

Practice Self Talk

- A. Before a workout – “This workout will give me strength.” “This will pay off on race day.” “This is real training.”
- B. During a workout – “I am strong & smooth.” “I can do this.”
- C. After a workout – “I’m fit.” “The program is working.”
- D. If a workout goes bad – “Even a poor workout has benefits.” “This is payment for the good days.” “Not every workout can be great.” “I have raced well before after poor workouts.”
- E. After the last long workout – “I have done all the hard work and now it is time to rest and reap the benefits.” Run through a positive race in your head.
- F. One week to go – Develop a race strategy with “cue words” to use in your race day self talk. “It’s still early”, “it’s a long race”, “patience”. At the end word like “drive” and “explode”.
- G. Race day – Follow the tangents. Shortest routes through curves & turns, take water and draft off people (get behind someone if it is windy). Enjoy this day; you worked hard and long for it.

Concentration & Disassociation, Some Mental Tools: Disassociation can help with bidding your time but you must be aware of **pace, fluid intake & tensing**. Disassociate only **after mile three**. You need to concentrate for a bit early on until you have developed a rhythm. Late in the race, concentration may keep you from stopping. Disassociation can help; use concentration when you need it. When the going gets tough, bargain & **lie to your body**, take charge...”OK, just to the next corner and then we can stop”. At the next corner tell your body “OK, you said you couldn’t go on but we made it to the next corner, now lets get to the light post, crack in the sidewalk”...Concentrate. **When it’s over, the pain will be gone! You don’t get another chance to run this race again**, you can’t quit.

Form: Often ignored but something to think about. Yes, you can change your form. Natural form is a myth. Some quirks you may have are ways your body deals with asymmetric differences. They may be necessary, but good form can be learned. Here are a few things to try on your next run.

1. **Shorten your stride length.** Most people over stride. Over striding causes more impact and uses more energy. A great place to play with stride length is on a treadmill but you can also do it on the road. Ideally, you want to turn your legs over about 180 times per minute. An easy way to check is to count one arm swing for one minute. More than 80 swings are what to shoot for, even 90 is better. Believe it or not, pace is not a factor. We run faster by lengthening stride, not by turning the legs over quicker. A study of world-class distance runners showed that at 8 minute pace they averaged 90 arm swings per minute. At 7-minute mile pace it was 91 and at 6-minute mile pace it was 92! It may seem like a shuffle but it will help to make you run injury free.
2. **Arm carry.** Your forearm and hand should be about nipple high on your chest. Try carrying your arms down unusually low and notice that your pace drops. It is better to carry your arms too high than too low. It actually takes less energy to carry your arms higher, don't ask me why. Your arm swing should be straightforward and back. Your legs follow your arm movement. Try running with your arms swinging back and forth across your chest. Notice that your legs cross over behind you. You might even start to kick yourself. The legs follow the arms.
3. **Hill running.** Lean into the hill slightly and shorten your stride. Your arm swing will come to the center of the body; think about pulling yourself up by a rope, this will give you the proper arm carry. Remember to run over the top, or through the hill. People have a tendency to slow up as they crest a hill. During the marathon, do not exert extra effort to hold your pace up a hill. Your energy use should stay even throughout the event. A heart monitor is one way to practice this. Available at Running Fit for 10% off with your Team In Training discount (Another shameless plug!)

When The Long Run/Walk Goes Bad

A common theme encountered during the long workout. "Can I really finish a marathon following this schedule? 14 miles today was a lot of work. I can imagine another 12 miles." The answer? You will. Don't panic. You will have good and bad long workouts right up to the 20 miler on your schedule. Remember that after the 20, you will taper the final two weeks going into the marathon. You will be rested and psyched in a way that the long workout can't stimulate. Don't worry about the bad long workout; it is a normal part of training. Just be glad you got that one out of the way!

Feel A Cold Coming On?

A survey of participants of the Los Angeles Marathon found that 40% caught colds within two months of the marathon. Marathon training is brutal on the body's defenses. Do your best to avoid sick people. Wash your hands whenever you get the chance. Hand to body is how the majority of colds are spread rather than by airborne germs. Taper big time the two weeks going into the race to reduce the chance of a last minute cold. There is no cramming for this exam. Cram now! If you do get sick, back down. You can run, but don't work hard. Run short and run slow. Get into a warm shower quickly after the run. Drink fluids and rest. Take vitamin C. Say a prayer. When you feel well enough to

get in a decent run, wait one more day. Patience is a virtue, although I respect those of us who don't have it!

Off to the race!

Read this section again just after your last long run! If traveling your carry on should have Power Bars or some healthy food that you like. Bring motivational stuff to read on the plane. Hydration – When traveling, especially on long flights, it is important to stay hydrated. Bring along bottled water and replacement drinks so that you don't have to drive the flight attendants nuts. Drinking local tap water is sometimes a risk. Right up until the start you should be aware of fluid intake.

Other notes: Avoid your horoscope and negative people. Don't try anything new! Including your pre-race evening meal, stretches, etc. Lay all your stuff out the night before and put it on to make sure that you have it all. Pin your number on the front of your singlet or shirt. If you wear a shirt over it, you can just lift it to show your number. If you decide to remove the shirt you won't have to worry about taking your number off of it.

THE LIST

- A reliable alarm clock.
- Your own roll of toilet paper.
- Race entry form: It contains directions, course map, time of start, pre and post race instructions.
- Garbage bag to wear if it's cold or wet. Punch a hole for your head in advance. You can throw it off once the race starts.
- Your watch.
- Broken in shoes, socks, shorts, top, and hat.
- Gloves - A cheap cotton pair to throw off if it warms up and a good pair if it looks like a winter day.
- Bottled water and Gels or sports bars if you use them.
- Vaseline, sunscreen and Band-Aids (to prevent nipple chaffing).
- Money (in case you forgot something).
- Your race number.
- Safety pins for your race number.
- Warm clothes for the finish.
- Aspirin.
- Camera ... Keep adding to the list!

Mental Preparation

Please read over the coach's notes and all the information you have read and received, you will then get a better sense of how far you have progressed. Look over the mileage in your log. Do not allow anything put positive thoughts into your head. Visualize yourself crossing the finish line. If your 20 miles went poorly, feel good about the fact that it wasn't during the marathon. Perhaps you just got your last bad workout out of the way!

Don't Panic!

Pre Race Panic – The best defense for pre-race panic is to anticipate it. Get all those negative thoughts out of the way by dealing with them now. Talk yourself into it, not out of it. Avoid negative people and negative conversation. Don't listen to any advice that goes against what you already know ... more of that repeating the important stuff!

You have prepared and are in for the experience of a lifetime. It will be a positive experience and an achievement that will give you lifelong satisfaction and self-

confidence. You may not be as prepared as you had hoped and you may have to tone down your goals, but you will cross the finish line. The training schedules are the ideal but I have told you that they ask for more than enough miles. If you have done half the miles called for, you will finish. If you missed 3 weeks but are healthy when you start this marathon, you will be successful. Go out at a very slow pace; walk easy through the aid-stations and up all steep hills from the start. You will make it.

You May Become a Pain in the A__!

As race day draws near you may feel unsociable and irritable. It might be best if you just keep to yourself. Prepare your spouse or friends now by explaining that this might happen. Beg for sympathy in advance and promise great post race rewards for putting up with you. One might be the promise not to give them the blow-by-blow, step-by-step details of your race. You might even promise not to even mention this event for the next year.

Sleep

The night before the marathon is often a sleepless one. You are tapered, fresh and will do well with or without this night's sleep. I find it more important to get good night's sleep two nights before. I find I sleep better with the window open and blankets on. I drink one beer the night before a race. These are all personal choices.

The Finish Line! Enjoy crossing that finish line. A few years from now you'll look back at it as the starting line.

Life After The Marathon

Before the Celebration...Reading the book "Into Thin Air", an account of a tragic Mt. Everest expedition, comes to mind when I watch people cross the marathon finish line. After the elation and celebration that comes from climbing the Mountain, many lose their lives in the hasty retreat to the bottom. The tragedy and car crash following the 1997 Stanley Cup Victory is also a reminder. A momentary feeling of immortality comes with outstanding achievement. A feeling that can cloud judgment.

You have come a long way to get to the start and finish of this race. The rewards will carry on for a lifetime. This will all be worth it, be patient. You will finish in a vulnerable state. Alcohol intake should wait a couple hours. Dehydration, heart irregularities, hyper or hypothermia and many other life threatening conditions must be kept in mind as you finish. Replenish with fluids in addition to water. Fruit juices and electrolyte replacement drinks should be part of the finish line celebration. Get warm immediately if you are chilled and get cool if it is warm. One in 8 million finishers experience post marathon tragedy, probably less than at bowling tournaments. Give it a couple hours to make sure you are feeling well, then head out to the party. Tomorrow we will party like it 1999!

Post Marathon Depression

During a marathon-training clinic I was trying to explain how to handle the days following the marathon. I explained how post marathon depression is common, especially after the first one. I went on to say that like any big event in life that after the planning and work to have it all come together, the result, no matter how great, will leave you a bit let down once it is all done. I was grasping for an event other than the marathon to help make the connection and said “it is like coming home from your honeymoon, after the big wedding and all the events and work that led up to it”. A guy in the back grumbled, “Oh my God, it can’t be that bad”. The guy next to him responds with, “I’ve been married 3 times and the let down keeps getting worse”. I decided I needed a new analogy.

Setting New Goals

After the accomplishment of any goal there is a void that is created by the loss of the goal. Life is a journey. We must keep focused at the task at hand and not live in the future or today could be lost! There are no exact formulas for life but I would guess that if you gave 5% of thought and planning each day to the future and 95% to the task at hand, you will not miss much that life has to offer. As the big day approaches it may drop to 1% and 99% respectively, as it probably should. Keep in mind that if you are not a nervous wreck marathon day, (or week) after all the thought, planning and preparation, you are not taking it serious enough. Don’t forget, enjoy every minute! (Is this guy a nut?)

Will I Ever Run Again?

I meet people who quit running cold turkey after the marathon. Either it’s like retiring while you are still on top or it’s because they had a bad day and have a good memory. As a runner it is hard for me to conceive such a thing. Racing or completing a marathon are facets of running just as the perfect morning run during a crisp fall sunrise. One of hundreds of memorable runs. These people must not really be runners.

You Worked Hard To Feel This Bad

Savor the pain, you deserve it. The couch potato lives in a body numb world not knowing the feeling of being totally awake, alive and aware. The non-athlete will never experience the true feelings of taking the body to the limit. As an athlete you will also experience true satisfaction when you are at rest or relaxing. You will not only deserve the rest but also will need it and wallow in it. The couch potato will never know the feeling of true relaxation. Live it up!

Come Back Slow

The tank is empty; there is no such thing as an easy 26 miles. You are in need of rest. Your susceptibility of cold or flu is up. You need rest, a good diet (replenish the carbohydrates) and time off the road. A rule of thumb is to take an easy day for every mile of the event. 26 well deserved easy days. Remember easy days are days off or runs that don’t leave you spent. Don’t push. Walk when you feel like it. Stretch a bit more than usual. Start planning!