

Marathon conference 2nd April 2011

George Gandy

Concentrate on the controllable

Do not focus on what has happened in the past or what might happen in the future. All because one race did not go to plan does not mean that you cannot be better prepared for your next.

Be clear on what your goal is

Do you want to a long running career or merely hit one race target?

Be specific

What time do you want to finish it? –What minute miling will you need to do? Work on this whilst building your base mileage; this is crucial for pace consistency.

Specific tuning

Know your race! If it is a flat course focus your training towards that, if it's hilly integrate hill reps into our training plan. Mimic the course- if you can train on the course. If you know it finishes uphill introduce this to your sessions.

Plan ahead

Completing a 50 mile training week might sound great but it has little benefit if you are too tired to train the following week.

Listen to your body

If you feel good, pick it up; If you have a niggle, get it checked out!

Quality training

Quality runs and hard track sessions= success.

Strength and conditioning- Gym sessions, strength and conditioning work makes you a stronger and more efficient runner and reduces the risk of injury.

Marathon training takes a lot of preparation. Build your base fitness and for the 12 weeks prior focus on refining your technique and marathon pace.

Speakers:

Steve Jones
UK marathon record holder

George Gandy
Coach to numerous world
and Olympic medallists

Ron Maughan
*Professor of Sport and
Exercise nutrition*

Tracey Morris
Athens Olympian

Barry Fudge
The physiologist behind the
UKA altitude camps

Brian Scobie
Coach to Veronique Marot

Lindsay Dunn
Coach to Charlie Spedding

Bud Baldaro
One of Britains most
respected Marathon coaches

Liz McGolgan

Sample training session:



Timed session

Time yourself and run hard for 3 minutes, turn and aim to get back to the start within 3 minutes. This helps improve stamina and pace consistency

Extract from elite training plan -6 weeks away from race:

Day	AM	PM
Sunday	Long run -easy	
Monday	6 miles	10 miles steady
Tuesday	5 miles	Track session
Wednesday		Easy run- any niggles will show
Thursday	5 miles	15 miles
Friday	6 miles -easy	6 miles- easy
Saturday	Long interval session	

9 weeks to go

6 weeks of miling

2 weeks of sharpening

1 week taper- turning legs over e.g. easy 5 mile runs or 400m reps @ tempo

Ron Maughan



Brain

Mental attitude impacts upon performance and can be the difference in reaching your potential and failure.

Caffeine intake prior to the race can help to stimulate the brain. Abstaining from caffeine prior to the race can have a similar benefit to Carb loading.

Neuromuscular

Whether the athlete has fast-twitch muscle fibres or slow-twitch muscle fibres is predetermined and must be supported by appropriate training techniques.

Nutrition

Helps the athlete to train *smarter* not harder. Stress the importance of carbohydrates within the diet; low levels of glycogen in the muscles does not support high intensity training.

Post training nutrition is of great importance- taking on board essential amino acids will improve the muscle protein balance.

Taking on carbohydrates during races must be practised in training. If you opt for a sports drink look for one that is a mix of both fructose and glucose.

Hydration- this is personal; if you sweat a lot you will need more fluid, if you lose a lot of salt you'll need a drink with a higher salt content.

How much fluid should you drink?

1kg weight loss during a session= 1litre of fluid lost

You do not want to lose more than 2% of your body weight during a session- practice this during training.

Glycogen loading

Increases stamina and prevents fatigue in the later stages of running. Do not confuse Carb loading with eating more food! You merely increase the percentage ratio of carbohydrates within your diet. High glycogen in the muscles will make your legs feel heavy at the start of the race- be prepared for this.

Example 1:



- ☺ Greater increase in performance
- ☹ Tiredness- can be mentally tiring feeling fatigued leading up to a race
- ☺ Burn more fat
- ☹ Ca cause bloating and wind
- ☹ Need a good nutritional understanding of what you are eating i.e. what contains carbohydrates

Example 2:

1 weeks taper- easy runs and reduced mileage
2-3 days prior to race increase carbohydrate intake