

# Marathon Training

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# Training

- Training
  - Overtraining = injuries (shin splints, lower compartment syndrome, etc..)
  - Other forms of training (gymwork, speedwork, hillwork, fartlek, etc..)
    - Resistance training, core strengthening...
- Tapering
  - 3-4 weeks prior
    - final long run, steady reduction in duration & intensity
    - Do not run if injured
    - Long intense runs = no significant benefit

# Nutrition (pre-marathon)

## Week Prior

### Do:

- Carbo Loading (filling muscle/liver glycogen stores)
  - 65-70% carbs, 20-25% protein & 10% fat.
- Eat little and often. Small frequent meals will be easier to digest and you're less likely to feel bloated
- Keep hydrated (2-3litres per day)

### Don't:

- Eat too much in one meal
  - will reduce the amount of glycogen stored and increase the chances of fat gain. Try to keep to regular meal times during the final week to avoid stomach upsets.
- Try new foods.
  - Choose fairly plain, bland foods, such as fish and rice or baked potato with cottage cheese
  - avoid spicy and salty foods such as crisps, takeaways, ready-made sauces and ready meals
- Consume too many gas-forming foods
  - could make for an uncomfortable run the next day.

# Nutrition (pre-marathon)

## Race morning

- Top up liver glycogen stores
- Something you are used to & light; cereal, toast, scrambled egg, etc...
- Eat early
- Drink before you race, at least 500ml of water, sports drink or diluted fruit juice in the two hours before the race, then another 125-250 ml shortly before the start
- Practice during tapering weeks

# Nutrition (during marathon)

- Hypoglycaemia →
  - Dizziness
  - Disorientation
  - Heavy Legs
  - Severe Fatigue
  - Fainting
- Keep glycogen levels up
  - 30g-60g carbohydrate per hour
  - Take advantage of the sports drink stations
  - Consume a carbohydrate gel with water every 45-60mins
  - Snack on easily edible sugary sweets, such as jelly beans or jelly babies
- Hydration
  - Hyponatraemia (reduction in electrolytes = fatal) / Dehydration
  - 300-800ml per hour (don't force yourself to drink)
  - Aim for around 400-600ml

# Nutrition (post marathon)

Correct nutrition & hydration isn't over once you've crossed the line

## Do:

- Drink Plenty - Try to drink around 500ml in the first 30 minutes, little and often, and then keep gulping every five or 10 minutes until your urine is fairly clear again
- Grab a snack. Choose a high carbohydrate snack within the first 30 minutes. Try a cereal, fruit or breakfast bar, fruit cake or malt loaf, or an energy drink

## Don't:

- Don't stop eating. Continue eating a similar-sized snack every two hours until your proper meal
  - This will promote faster recovery
  - It takes up to seven days to restock your glycogen after a marathon
- Don't Overeat & choose your post-race meal wisely
  - Fried & fatty food could hinder your recovery & make you feel bloated
  - Stick to easily digested meals (pasta, jacket potato, chicken, etc..)

# Stretching / Massage

- Look after your muscles!
- Pre-run stretch / post-run stretch
- Post Run – Legs, hip flexors & glutes...
- Sports Massage – deep tissue work (don't forget ITB)
- Foam Rollers

# Race day tips

- Sleep well 2 days before
- Don't go too too fast
  - Don't let adrenaline take over
- Practice with Sports drinks / gels
- Vaseline
- Trainers – Proper fitting
- Wash running vest / write your name on your vest
- Plasters
- Suncream
- Throw-a-way clothes
- Expo

# Equipment

- Heart Rate Monitors / GPS Watches
- Trainers – proper fitting!
- MP3 Player
- Skins / compression clothing
- 1,000 mile socks, Hilly / Double layered socks
- Sports Gels
- Energicer
- Foam roller / 'The Stick'

# Q&A

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