

Marathon Training

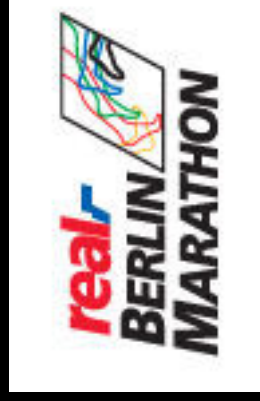
Phil Robertson



Introduction & Welcome

Marathon runners

- New York, London, Berlin, Munich...



Training

- Training plans
 - Organised, focused on goals
 - Slow and Steady
 - Overtraining = injuries (shin splints, etc..)
 - Other forms of training (gymwork, speedwork, hillwork, fartlek, etc..)
- 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)
- Eat little and often. Small frequent meals will be easier to digest and you're less likely to feel bloated

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)

Dizziness
Disorientation
Heavy Legs
Severe Fatigue
Fainting

- Hypoglycaemia →
 - Dizziness
 - Disorientation
 - Heavy Legs
 - Severe Fatigue
 - Fainting
- Keep glycogen levels up
 - 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 500ml

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
- Sports Massage – deep tissue work
- 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

Equipment

- Heart Rate Monitors / GPS Watches
- Trainers – proper fitting!
- MP3 Player / friends make playlist
- Skins
- 1,000 mile socks
- Sports Gels
- Energicer

NB If you are keen to try any of the products mentioned at the Training Day, please contact Phil as he may be able to source them at discounted prices.



Q&A

coach@whizz-kidz.org.uk

