



***Leicestershire
Vision 2020***

Athletics Network

Training for your Marathon

THE FINAL COUNTDOWN

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THE FINAL COUNTDOWN

- The journey here
- Tapering your training
- Advice for the day of the race
- Post Marathon

THE TRAINING JOURNEY

- **Planned?**
- **Gone to plan?**
- **Where should you be?**



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THE TRAINING JOURNEY

IN 4 WEEKS TIME

Sub 3 hour target time

20mile + runs. *Minimum* 50+ miles per week

Sub 4 hour target time

20 mile+ runs. *Minimum* of 35 miles per week

Getting round

15 -17 mile runs – 3½ hours *minimum* run.

What is tapering?



What is tapering?

A reduction in training intensity before a major competition to give the body time to recover and adapt so as to reach a peak in performance.

HOW DOES IT WORK?

- **Adaptation** occurs during recovery from training.
- Provides your body the opportunity to....
- **Recover**
- **Adapt**
- **Overcompensate.....**
-to the training you've done.....
-so that you're prepared to run at your best

HOW DOES IT WORK?

- Blood - The Oxygen carrier
- Increases in.....
- red blood cell volume
- Total blood volume
- Reticulocytes (immature red blood cells)
- Improvements in the health of red blood cells
- All leads to a greater balance of red blood cells and hence better performance.

HOW DOES IT WORK?

- Increases muscle glycogen content (giving you more fuel)
- Increases aerobic enzyme activity (allowing for greater aerobic metabolism)
- Increases muscular strength and power and increases or maintains maximum oxygen consumption ($VO_2\text{max}$)
- decreased level of the enzyme creatine kinase in the blood (an indirect indicator of muscle damage) which reflects an increased recovery.

PERFORMANCE IMPROVEMENTS

- performance
- 0.5 – 6%
- Aiming for a sub 3 hour time
- 0.5% = 54 seconds!
- 6% = 10min 48sec!
- It **WILL** depend upon the individual!



TAPER DURATION

- The longer the race the longer the taper
- Balance between decreasing fatigue and maintaining fitness
- Reduce volume but maintain intensity
- 2 – 4 weeks dependant upon current volumes
- So how much by?

TAPER DURATION

- High volume athletes (sub 3.00 – 3.45)
- 3 weeks
- Week 1 - 30%, week 2 - 50%, week 3 – 65% (not including the race)
- Keep the intensity
- Week 1 – intervals as normal
- Week 2/3 – decrease amount of intervals

TAPER DURATION

- Lower volume athletes (sub 5 hours)
- 2 weeks volume / 3 weeks intensity
- Week 1 - 40%, week 2 - 60% (not including the race)
- Speed work - Keep the intensity but reduce gradually over 3 weeks.

THE FINAL WEEK

- Do not cram in final training!
- SUGGESTED final week plan
- Sunday 7-8 miles steady
- Monday – rest
- Tuesday – final speed session (**not the first!**)
Session should be circa 50% with longer recoveries
- Wednesday – Rest
- Thursday – Run 5 -6 miles
- Friday - rest
- Saturday – 2-3 miles steady in race gear.

BEFORE THE DAY

- Travel Plans – ensure you know how you are getting there.
- Hotel – look up menus?
- Get as much sleep as possible
- Visualise the race. How you are going to feel. Reflect on all the training and how it will enable you to cope with the distance.
- Check your kit – check it again!
- London – collect your race chip/number.
- Don't spend all day sight seeing!

RACE DAY

- If you are ill – **DON'T RUN**
- Be up in plenty of time to eat, check out and travel to the race.
- Keep warm and do usual warm up.
- Stay Calm – enjoy the atmosphere.
- Toilets – long queues – allow lots of time.
- Know your pace and stick to it

ENJOY THE DAY

RACE DAY

NO TIME TO TRY ANYTHING NEW!

- Gels – must have been practised with
- Liquids – Don't take on too much
- Energy Drinks – Do you need them?
- Congestion at the start – Don't panic
- A minute too fast at the start can cost 10 at the end!

ENJOY THE DAY

AFTER THE RACE

<http://www.youtube.com/watch?v=m-hCuYjvw2I>

- **Make sure that you recover properly**
 - **Don't waste the training!**
 - **Reduce the mileage, increase the speed work.**
 - **Make a plan**
-
- **You have the fitness – use it!**



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ANY QUESTIONS?



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THE VOICE OF EXPERIANCE



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CHRIS SOUTHAM



**GOOD LUCK
WITH YOUR
RACE!**



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