

Marathon Seminar

Let's Get Started

These hints are designed to help you get through the coming weeks. This is the most difficult time of your marathon training and hopefully everything will go to plan but just in case it doesn't, these hints should help.

Seminar 2 will cover the final weeks during the taper period and also cover nutrition for race day and everything else you need to know to get to the finish line in great shape.

Check your fatigue level. Long runs are supposed to tire you out temporarily but not leave you feeling fatigued for two or three days later. If this feeling lingers, back off your training in the next week or slow the pace of your other runs.

Check your pain levels. Any soreness that lingers from one run to the next needs attention. This is a warning that something major could be brewing. See a sports massage therapist or a good sports physio now.



A good rule for pain: If it causes you to limp or if the pain increases as you run – STOP.

But if your form remains normal and the pain eases as you warm up should be fine to continue cautiously.

If your legs are not feeling the best after a speed session and this is impacting on your ability to complete other runs during the week, DITCH THE SPEED SESSIONS. You can gain speed by turning one of your other runs during the week into an interval session eg: Run easy for 4 minutes then pick up the pace for 1 minute. Keep this up for 20 – 25 minutes. You get the benefit of running quickly with good recovery intervals. This is far less stressful than stand alone speed sessions.

Don't ignore stretching sessions. These are best done when you are warmed up as your muscles will stretch more fully.

Gold Coast Marathon

Sunday 5th July

The club entry section for Gold Coast events is now open.

Step One: Team ID: st=redman

Step Two: Password triclub click green " + " button to the right of the Password field.

This will validate your team code and your team name will appear in the Team Builder section

Once your ID has been validated, you can enter your chosen event.

When you get to the Option to Pay section, you must chose "**SAVE AND EXIT**" (print a copy of this and give a copy to Judy or Mel so they can include your entry in the Managers section for payment)

You will not be required to pay online,

YOU MUST GIVE YOUR MONEY TO JUDY BEFORE 31ST MAY.

Any money not handed in by this date will result in your entry being deleted for the entry list.

The Last Long Run

Prepare for the most important training run of your program as you would for race day. Get adequate sleep Thursday and Friday nights, make sure you hydrate well, eat well during the week.

First – timers should slow the pace of other runs during the week leading up to the longest run. This will help ensure your legs are in the best shape possible for the long journey. Think about how far you have come since day one – your distance has increased by at least 50%.

Be very wary of increasing your training load significantly during this time. If you have only been running 4 times a week don't increase to 6. Increase to 5 and leave it there. Huge increase now will ensure you get an injury. If you feel the need to do some extra work, walk, cycle or swim instead.

Stay alert for signs of stress during the coming weeks. This could take the form of a minor niggle, the beginning of a cold etc. If this happens, drop a run rather than risk something minor developing into something major.



Be aware of your running form out on the road. Even very fast Kenyan types adopt a different stride to sprinters for a marathon. The most efficient and safe way to run long is to barely lift your feet off the ground. Coaches call this the marathon shuffle. If you try to stride out as you would when running fast, you will end up injured or will have problems with hamstrings and lower back. Keeping your feet low to the ground allows you to have a fast foot turnover without using valuable energy.

Nutrition

Now is the time to start getting your body ready for the race. You can't depend on carbo loading a couple of days out and hoping this gets you through the race. From today, start cutting out alcohol. If anything, alcohol will always keep you slightly dehydrated. Alcohol produces an enzyme in the body that ensures food is stored as fat. This you don't need. Try to eat fruit and vegetables every day. You will need all the nutrients you can get. There is no need to increase portion size unless you are hungry. If you are hungry, EAT. Depriving your body of food means you are decreasing

your body's ability to recover from your training and this will affect performance. You will feel tired, probably get a cold, catch a bug or start to get little niggles in your muscles.

Some easy ways to increase your carb intake is to add one bottle of Gatorade each day or an extra slice of bread, increase your serve of cereal or add an extra muesli bar. Avoid increasing meat or fat if you are hungry.

Nothing to Wear?

Look stylist at this years' Gold Coast Marathon in the;

**RedManRunners
Team Uniform.**

Sponsored by ADIAS these top of the range singlets and T's are light, comfortable and look fantastic.



Packs can be purchased for \$35. Each pack contains, singlet, T-shirt, cap and water bottle.

Items can also be purchased individually.

Clothing

Pick out the clothing you are going to wear on race day and wear these this weekend. This will give you the chance to check whether or not you are going to feel comfortable and cool without chaffing etc. Remember your Redman gear is designed for athletes so it should feel good.

If possible, wear the shoes you are going to run in on race day for your last long run. Ideally these should be new and only wear them for your long runs between now and race day. This will ensure you have the benefits of the best cushioning for the race. This will also soften up the uppers of the shoe and give you the chance to check the feel and comfort over a long distance. If the shoes don't feel good during this run, **DON'T WEAR THEM FOR THE RACE.** The last thing you want is feet problems somewhere during the 42ks.

If you intend to wear a hat, visor or sunnies, wear them for the long run. It is amazing how a little thing such as glasses that slip on your nose can irritate you beyond belief during a long race. The weather at the Gold Coast usually turns out to be quite warm. If hats or visors are not your thing, it might be useful to try this out during the long run. When your eyes are protected from direct sunlight, it decreases your body's perception of fatigue. Squinting can lead to headaches and will make you feel tired.

If you are going to run with Tunes, make sure your earpieces fit well and that you don't have to keep fiddling with them or cords. This will only irritate you during the race and can spoil your day. Make sure batteries are

charged up prior to race day. 42ks is a lot further than 30ks. By the time you get to 35k you **ARE OVER EVERYTHING.** Even the little things will start to annoy you. The last thing you need is to have to worry about carrying an i-pod that you are sick of listening to or is annoying your ears.

One thing many runners overlook is the importance of good socks. Wear the socks you intend to wear on race day for this last long run. If you find your feet are hot and sweaty, or your shoes are rubbing, check your socks and change them if you don't feel comfortable.

Think about how you intend to carry your GU supply. Try it out this weekend. Bum bags and hydration packs can feel ok during a long run but will they feel comfortable on race day? If you are going to pin GU sachets onto your clothing, test it out this weekend. Make sure you pin them in places you can easily get them off during the race. The ideal intake for Gus is one every 45 minutes. This will ensure your body gets resupplied with nutrients before you start to deplete your muscles of glycogen.

Undies: Make sure the undies you are going to wear are comfortable, not chafe or ride up or do anything that annoys you.

If you find you chafe (particularly nipples and thighs for guys) and under crop top straps for the girls make sure you get some Body Shield, Vaseline etc. Nothing worse than chaffing that bleeds during the race.



If you are going to wear sunscreen, **DON'T PUT ANY ON YOUR FOREHEAD.** This will only drip into your eyes when you start to perspire. Nasty!!

Hydration



Red Man Group Runs

Tuesday: 5.30 pm
Speed Session

Thursday 5.30 pm
Tempo Run

Saturday 5.30 am
Long Run

RedmanRunners is a free running group and therefore has no insurance.

Runners are advised that they run at their own risk.

Contact Us:

www.redmanrunners.com

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This is the most important thing you need to take care of now and leading into the race. Even though it is cooler, you still use up a lot of fluid with perspiration and your muscles use fluid to help produce energy. Lack of fluid also increases the risk of suffering a tendon or ligament injury. It also keeps your blood thicker and so your heart has to work harder to get your legs going.

Slight dehydration now can cause muscular problems that can impact on your running in the coming weeks.

To make sure your body is well hydrated and ready to go, you should be consuming between 2 – 3 litres of fluid each day. This doesn't have to be water. Count sports drinks, coffee, juice, milk etc.

Check your urine – clear means you are well hydrated, dark yellow indicates dehydration.

A trick I learnt before my first marathon was to drink 2 litres of fluid 2 hours before the race. I make this 1 litre of water and 1 litre of Gatorade mixed with Endura. I keep 250mls of water handy and sip this during the last hour. This has never let me down.

If you are worried about bladder overload, don't worry, by the time you have made several trips to the bathroom, you will be ready to go. This method will ensure you will not dehydrate during the race as long as you drink at the water stations during the run. Try this during your last long run.



Now is the time to start thinking about the race. First-timers should not be overly concerned with a finishing time. This can only add to the pressure on race day if things are not going well.

During the remaining weeks of long runs, it is advisable to try to run the last 5k of your long run at the pace you think you can sustain on race day eg. If you plan to run 5.40s per k on race day, increase your pace to this during the last 5k of the long runs. This will give you an idea of what it is like to run this pace when your legs are fatigued. It will also give you a realistic idea of whether your pace is achievable or not.