

Marathon Seminar



All those mysterious aches and pains that you are going to feel in the coming weeks are called:

Taper **T**antrums.

It is like your body is going through withdrawal symptoms. Your body has become so used to running that now as you ease up on the ks, it finds it hard to adjust.

If you know what to expect as you decrease your training, you'll be better equipped to survive **THE TAPER.**



Taper Time

Congratulations, you have completed the toughest part of the program. Race Day is the easy part. There are a few things you need to be aware of and some things you can do to ensure your day is one of the most rewarding experiences of your life.

Now is the time to relax, take it easy during your remaining runs and enjoy the feeling of physical and mental toughness you will experience during the coming weeks.

Three Weeks To Go



Trap: You will begin to crave carbs

Symptoms: You will feel the need to stuff yourself on anything resembling carbohydrates.

Cause: Your brain will tell you "You need carbs for race day." So, most runners stuff themselves in the mistaken belief that this is a good thing and they forget about protein. All these carbs will make you feel bloated (carbs hold on to water in your body) and will cause an increase in weight gain during taper.

Solution: Try to keep to 60% of your food intake as carbs. Make sure you have about 30% as fats, and the rest as protein. Eg instead of having chicken and rice have rice and a bit of chicken and sauce. If you are feeling hungry swap around some foods for extra carbs **BUT DON'T BECOME THE BEST CUSTOMER AT THE LOCAL BAKERS DELIGHT.**



Trap: The urge to cram in extra training sessions

Symptoms: "You feel the need, the need for speed." This didn't work for Tom Cruise in Top Gun and it will not work for you either.

Cause: You are feeling good. You have finished all the tough work. These last few weeks can be very stressful. It is similar to the stress you used to feel just before a big exam. Cramming for exams can sometime produce results, cramming before a marathon will also produce results – **FAIL ON RACE DAY.**

Solution: You have to convince yourself that extra kilometers and extra speed work now will only cause you harm. Research has proven time and time again that those runners who taper properly always perform better than those who cram in hard training right up to race day. If your head is still messing with you, follow a little trick I use all the time. I go back and read over my training diary. This then convinces me that I have done all the long runs, completed other runs during the weeks, and put in the hard work at speed sessions.

Remember,

IT IS NOT THE END OF THE WORLD.

Those of us who have run more than one marathon know that each race is different and statistics show that 96% of marathoners experience only one good race in every three.

If this is your first marathon, it should be about finishing. The journey you started a few months ago has made some serious changes to you and your life.

Appreciate all the good things that have come out of this:

- Better fitness
- Weight loss
- Stronger person (nothing will bother you now)
- Tougher mentally and physically

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Three Weeks To Go continued



Trap: The Pressure to Perform

Symptoms: The great fear that is causing knots in your stomach – Will I be able to run the time I want to run.

Cause: Once you start to taper, your brain will start to convince you that you will not be able to maintain fitness and speed while decreasing your training load. You may begin to doubt your ability to run a particular time on the day.

Solution: Once again, tell yourself that you have done the hard work. There are many things that can and will impact on your performance on the day:

- Weather conditions
- Unforeseen illness
- Family issues prior to race day
- Work pressures in the week before the race
- Getting held up in the traffic, finding a carpark etc
- Just not your day

Two Weeks To Go



Trap: I want to race NOW

Symptoms: You feel fantastic, you feel strong and you want to head to the Start Line today.

Cause: Your body has now recovered from the hard work. The extra rest has increased your strength and confidence.

Solution: No matter how good you feel – DO NOT GIVE IN TO TEMPTATION.

This is not the time to head to West End for the 5 or 10k championships or to tackle the Cross Country course next Saturday. You have spent months working towards the 5th July, this is the only race that matters. You are setting yourself up for disaster if you think racing now is a good idea. During the past couple of years, a few in our group have pushed each other to the finish of the final couple of runs, injured hamstrings or hips or calf muscles and then paid the price of a poor run on the day.



Trap: Phantom Pains
(We are not talking phantom labor pains here)

Symptoms: A sudden pain the in knee, ankle or anywhere else that appears for no apparent reason.

Cause: These pesky little niggles and aches are all part of your body's healing process. When your muscle tissue is repairing itself, sometimes the side effects are cramps, niggles, twitches etc. Now that you are getting closer to race day, everyday little sore spots become major injuries in your head.

Solution: Spend some time doing some extra stretching. Tell yourself that each little niggle is your body repairing all the damage so you will be able to run better on the day. If you have been in the habit of getting sports massages, get one now.



Pre Race Preparation

Pack your Race Day Bag on Friday. This gives you Saturday to get anything else you need.

Pin your number onto your singlet and tie your chip onto your shoe.

Visualize yourself on the starting line and check to see if you have everything you need to wear etc.

During a marathon EVERYONE will end up with chaffing if you don't use Blister Shield or some similar product. Any part of your body where skin could rub needs some attention: between legs, under arms are bad places. Rub some blister shield across the tops of your toes before putting on your socks. This will stop any toe blisters and black toe nails.

Two Weeks To Go continued



Trap: Panic Attacks

Symptoms: Every time you experience one of the little niggles mentioned above or if you head out for 10k easy pace and it feels like 35k at race pace, your head tells you it is all doom and gloom.

Cause: Most of these little episodes are caused by a lack of confidence and a fear of the unknown. Experienced marathoners still get some of these, particularly if they have had an injury or disruption to training or are travelling to a new course.

Solution: Go over your plans for the race: when am I going to take Gus. Check out the course map (luckily most people know the Gold Coast well). Organise your travel to the race, where you will park, time of arrival. What will you do if you get a cramp, stitch or blister. Having all your problems solved beforehand will help on the day and will ease your mind.

One Week to Go



Trap: Heavy Legs

Symptoms: Tired, heavy feeling in your legs. Later this week it will affect your whole body and you will think you have the flu, been hit by a bus or about to die from some dreadful disease.

Cause: You are storing more carbs and water so you will feel just like you do after Christmas lunch.

Solution: Remember, all marathoners feel this way. After you runs this week, finish off with a couple of short strides – 50m will do. This will help you feel faster and fresher.



Trap: That Sinking Feeling

Symptoms: You will feel depressed, angry and ready to smash anyone who comes near you.

Cause: Running usually helps people cope with depression and anxiety. You have now decreased your running so these bad feelings tend to increase quite quickly. This coupled with the fact that you have a big race at the end of this week will make you the nasty person in the house for this week. It is totally normal. Warn your family in advance so they can leave you alone or be ready with lots of sympathy or tell you to toughen up.

Solution: Listen to your favourite tunes, watch a funny movie or have coffee with your running mates – at least they will understand.

THE DAY BEFORE

This is not the time to spend a Saturday shopping or doing the gardening. When you get out of bed, head out the door for a 10 minute run followed by some strides and stretches. **DO NOT DO ANY MORE.**

This is just enough to turn the legs over and get you in the zone for tomorrow.

After eating a substantial breakfast, plan to spend the remainder of the day watching television or a movie **BUT STAY OFF YOUR FEET.**

Keep up your hydration during the day and make sure you eat at regular intervals. This is not the time to try something different, eat foods you are used to and know will not upset your stomach during the night.

Do not expect to sleep well the night before a marathon. Hopefully you will have slept well Thursday and Friday nights, these are the ones that count.

Don't try to go to bed at 7pm. Head off no later than 9.30pm. Don't stress if you can't sleep.

Resting is just as good.

Nutrition 72 –24 hours prior to Race Day

The food and drink consumed during the week before the race will have an effect on your race day performance.

Don't pack in extra food during the early part of the week, save this for the final 72 – 24 hours. Increase carbohydrates but decrease the amount of fibre.

A good rule of thumb is to aim for 8 – 12 grams of carbs per kilogram of body weight per day.

It is ok to eat refined carbs such as honey, jam, sports drinks, soft drinks, sports bars and lollies. Below is a sample of a daily food plan for the final three days before the race.

Meal	Food Description
Breakfast	<ul style="list-style-type: none"> Cereal 2 ½ cups (Sustain, Corn flakes, Rice Bubbles) plus 1cup of low-fat milk 2 x slices of plain/fruit bread with honey and / vegemite 300-400mls apple juice (apple juice is better for you than orange juice)
Snack	<ul style="list-style-type: none"> 1 x crumpet / fruit bun with jam or honey Sports drink (600mls) Gatorade is the best choice as it has a better ratio of electrolytes and carbs than other brands
Lunch	<ul style="list-style-type: none"> 2 slices of bread / 1 large bread roll (butter is ok) Use any meats or tuna etc along with plenty of salad 1 soft drink or sports drink (stay off the low-cal stuff)
Dinner	<ul style="list-style-type: none"> 2 – 3 cups of cooked pasta or 1 -1 2 cups of rice Use bolognaise or chicken curry etc Use only a small amount of vegetables / saladSoft drink or cordial
Evening Snack	<ul style="list-style-type: none"> 1 x fruit muffin with jam or honey or serving of sticky date or similar pudding types. 1 x glass of Sustagen (replenish protein stores)
During the Day	<ul style="list-style-type: none"> 100grams of lollies (to be nibbled throughout the day)

Make sure you have a late supper (after dinner) to give your glycogen stores a final top-up. Try to eat dinner around 6 – 7pm then have supper around 9pm.

Energy gels (Gu's)

Gu's are the easiest things to consume during the race.

You will be able to see drink stations in the distance so take your GU before you get to the drink stop. This saves time.

WATER DRINK STOPS :

2.5K,
7.5K,
12.5K,
17.5K,
22.5K,
27.5K,
33.5K,
37.5K

SPORTS DRINK STOPS:

5K,
10K,
15K,
20K,
25K,
35K,
40K,

TAKE GU AT:

12.5k,
22.5k,
32.5k,
37.5k,

Other food options to take include; Uncle Tobys Fruit Bars, Vegemite Soldiers, Spicy Fruit rolls.

Pre Race

You will need to get up 2 ½ hours before race time (5am) to eat. This will give your system enough time to digest the food and resupply your liver and muscles.

Try not to eat anything with a lot of fibre and fat. This takes longer to digest and can cause an upset stomach when combined with nerves and adrenaline.

When you get up at 5am, drink a bottle of Gatorade and between 5am and 5.30am drink another litre of water.

Sample breakfast plan:

- 2 slices of toast (toast is preferable to bread as it digests easier and toasting lowers the GI of the bread which means it's energy supply lasts longer). Put vegemite on one and jam / honey on the other. Vegemite will add a bit of salt and B vitamins
- 1 Pwer Bar (pick a flavour that you have tried and like) You can get these at Coles

Keep a 250ml bottle of water handy and use this to sip between 6am and race start. Nerves and adrenaline will cause a dry mouth. You will begin to worry that you are dehydrated. You are not. Your brain is messing with you.

During the Race

For anyone running longer than 3 hours, energy gels are vital for maintaining energy stores.

These need to be consumed every 45 minutes to 1 hour. Make sure you only take flavours you really like as by the time you take the third one you will be so over them.

Fluid intake is extremely important but is also dependent on pace, weather conditions and your own sweat rate. Given that the race doesn't start until 7.30am, the weather conditions are likely to be warmer than training days and the Coast is notorious for windy conditions that can dry you out as well.

A good rule of thumb is:

Take a cup AT EVERY DRINK STOP

Run slowly or stop and walk and drink a few mouthfuls. Toss the rest or tip it over your head if you are hot.

For station supplying Sports Drink - take a cup of water as well

Drink ALL of the sports drink (this year it will be Endura which has a high concentration of magnesium to help prevent cramping).

DO NOT TAKE A GU AND SPORTS DRINK AT THE SAME TIME

Don't make this mistake. You will end up with a massive blood sugar drop and this could cause increased and rapid onset of fatigue, muscle weakness etc.

If you need to slow down and walk to take drinks **DO SO**. In fact, you will be doing something to help your performance in the latter stages of the race. Invariably, those who don't drink or drink enough fade out after the 30k mark.

Race Information from www.goldcoastmarathon.com.au

Race Etiquette

In the interest of providing a safe and enjoyable event experience for all participants, competitors should be mindful of race etiquette:

- The use of ipods/mp3 players is discouraged.
- Position yourself at the start line relative to your ability and your goal time so that faster participants are not impeded.
- Keep to the left of the course to allow people to pass on the right.
- Do not stop or change directions suddenly.
- Be courteous to your fellow participants at all times.
- Always follow the directions of all race officials and emergency service personnel.

No metal or glass bottles will be accepted. Containers must be SEALED (i.e. will not leak if laid down) and no more than 30cm in height.

Race Day Shuttle Bus Service

The Gold Coast Airport Marathon will operate a shuttle bus service to and from the Race Precinct at Southport. A southbound service will start from the Sports Super Centre in Runaway Bay at 4:30am, and a northbound service will start from Burleigh Heads Post Office at 4:15am. Another service will collect from the Gold Coast Convention and Exhibition Centre. All routes will terminate at the Southport Mall - a brief stroll to the Race Precinct. Return services commence from 8:00am.

Free car parking will be located at Bruce Bishop Car Park (corner Gold Coast Highway and Beach Road, Surfers Paradise), with a shuttle stop 200 metres north at Appel Park (next to the Titanium Bar, Surfers Paradise). Tickets - \$5 to the Race Precinct, free return trip.

TIP: Pre-booking your shuttle service tickets on your entry will assist with coordination of buses on race day.

Can I bring personal refreshments?

Personal refreshments are available to **marathon runners only** and must be delivered to the Personal Refreshments drop-off booth in the Asics Sports & Leisure Expo on Saturday 4 July only.

Each personal refreshment container must display the runners name, race number and kilometre point for placement. Mark with a personal item, ribbon or colour for easy identification.



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

rmrs@optusnet.com.au



Be sure to look out for the RedManRunners tent on the day.

- Central place to meet pre-race
- Friends and relatives will be able to find you
- Stay after the race to exchange war stories.

Just look for the **Red Man**