

Marathon Seminar



It's Party Time

You have done the hard work now it's time to reap the rewards. This final issue of our Marathon Preparation Series will focus on crossing the Finish Line, Recovery and Return to Running (yes, as strange as it seems at the time, you will want to run again).

There is something about the marathon distance that brings out emotions that you don't get in other races. I have finished 8 marathons now and each time I cross the finish line I get the same feeling. Other runners I have spoken to about this seem to experience a similar feeling.

A few hundred meters out, you will get this overwhelming sense of

"I HAVE DONE IT".

You will begin to realise that you have achieved this amazing feat of physical endurance.

It will happen if you run sub 3 hours or over 5 hours. Be prepared to feel fantastic no matter how slow your time.

If you are way off your goal time, forget about it, enjoy the feeling of crossing the line.

Final Stages of the Race

Expect to feel your legs tighten up. **DO NOT PANIC.** This is totally normal. Try to maintain pace or back off if necessary.

Keep drinking. You will be so over GUs, Sports Drinks, Water, the world but **KEEP DRINKING.** All drink stations after the 32k mark not only keep you hydrated but this hydration will help you post-race recovery.

Don't be a Super Hero and put on a sprint a few ks from home. You will end up one of those runners whose legs have disowned their body. Your legs will seize up and you will **HIT THE WALL.** Save your sprint for the last few hundred meters if you must. Family and friends will not care if you sprint or not, they just want to see you finish in one piece.

If you get a stitch, keep running. Most stitches disappear quite quickly. Keep running while applying pressure to the area where you feel the stitch.

If you have slipped off goal pace, just focus on finishing in good shape. Now is not the time to try to catch up.



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REMEMBER

Statistics show that for every 3 marathons you run, only one will be good.

There will always be other races, other days.

Having a bad day out is not life or death

In a few weeks time, you will be the only person who will remember your finishing time.

The weather on race day can have a huge impact on your finishing

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SPORTSCO

Across The Line At Last

Once you cross the line, you will be forced to stop and walk. This is when your legs will stiffen up and you will wonder what is happening.

It is important to keep moving. Your body has been busy pumping blood to your leg muscles, when you stop suddenly your heart still keeps pumping at a higher rate. If you don't keep moving, the blood pools in your legs and doesn't work its way back to your heart quickly enough – the result – your legs feel like lead and you feel faint and light headed.

Walk around slowly and you will prevent this happening.

DO NOT START STRETCHING IMMEDIATELY AFTER THE RACE.

This race is so unlike anything you will ever do. Stretching immediately after will do more harm than good. The best thing you can do is to keep moving or go for a paddle in the cold water. Cold water on over-worked muscles works a treat. It reduces fluid build-up and you really do feel better afterwards.



The cruelest part of the whole day is having to bend down and untie the timing chip from your shoes. If possible find somewhere to sit or if you are really struggling, ask someone to help you.

Starting The Recovery Process

Now that you have left the recovery area, head straight for the **Redman Tent** and be like a shark at a feeding frenzy. Eating and drinking now is the best thing you can do to speed up recovery. You have done a lot of damage to your muscles; you need to start the repair process as soon as possible. The best way to do this is by eating. Go for the carbs with protein, anything sweet or salty etc. I have found eating anything you feel like is better than nothing at all.

Try to avoid alcohol for a few hours. The effects can be double those in a

normal drinking situation. Wait until you have had some food first.

You will start to feel tired a few hours after the race. Have a rest for a couple of hours then get up and move around and eat and drink. It is important to eat and drink every couple of hours.

If you are heading back to Brisbane after the race, stop halfway and have a walk around for a few minutes. If you are staying at the coast, head out for a 20 minute walk late afternoon.



Be careful driving. Post-marathon fatigue affects everyone differently. Some people are on a high for a few hours, others drop like flies. Your brain needs carbs to function and you have just spent a few hours using up your stores so brain function and reactions slow down post-race. Take care. Get someone else to drive instead.

GOALS POST MARATHON

One factor that will help your recovery is to set some goals for the future.

As insane as this may sound, some of you will cross the Finish Line and will actually start thinking about running another Marathon. Some will vow NEVER TO RUN AGAIN.



Don't let a Personal Worst stop you from doing something that you like, which has been good for you physically, mentally and socially.

Those runners that achieve their goals on race day usually recover better than those who didn't have a good day out. Get your head in the right place.

Next Day

You may find sleeping a bit uncomfortable. First timers trust me, you will hurt in places you never believed could hurt.

When you get up next morning, walking might be a challenge. Negotiating stairways will prove interesting as will sloppy driveways, ramps and the like.

Sitting down, standing up, getting in and out of cars will test your levels of

skill and co-ordination. This may last for a couple of days. Make sure you keep eating and stay hydrated.

Gentle stretching is ok now. Just don't hurt anything that doesn't feel too good. If you are in the habit of getting massages, two days after the race is a good time. Don't be tempted to have a massage immediately after the race. This can do more harm than good. It only further stresses damaged muscles.

What's Next?

During the coming days (possible up to 6 weeks) you will feel tired and a little short tempered. This is a normal part of the recovery process. Get some extra sleep, your body does its best recovery work while you are sleeping. It takes most runners 6 weeks to recover and feel back-to-normal.

DO NOT ATTEMPT TO RUN at least not for a few days. I have stupidly done this a couple of times and each time it has ended in disaster. Take a break,

you have earned it. If you are feeling good by Thursday, head out for a few very slow ks and nothing more. The smart runners will take a full week or so off and will return all the better for it.

All running should be kept to a minimum for at least three weeks. This also means NO FAST RUNNING. It will take a few weeks for your damaged muscle fibres to fully recover. Fast running will result in injury or delayed fatigue.



Anyone who starts and completes the training for a marathon is a **Legend**.

Anyone who makes it to the Start Line and crosses the Finish Line is a **Hero**

Well done friends, I hope you have enjoyed the journey.

Final Words

We are different, in essence, from other men. If you want to win something, run 100 meters. If you want to experience something, run a marathon.

Emil Zatopek

J'm never going to run this again.

Grete Waitz
after winning her first of nine
New York City marathons

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

Peter Maher, Irish-Canadian Olympian

Sub-2:12 marathoner

The marathon can humble you.

Bill Rodgers

"Running is the greatest metaphor for life, because you get out of it what you put into it."

Oprah Winfrey, talk show host and marathon finisher

I am both proud of and embarrassed by that run. What kind of geek goes out and runs in a cloudburst just before midnight on his honeymoon? Me, I guess. But probably many others, too. You know who you are."

- Mark Will-Weber *The Quotable Runner*

"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed."

- *Jacqueline Gareau, 1980 Boston Marathon champ*



"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

*Sir Roger Bannister,
First man to break the four minute mile*



**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.

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