

Run Mosaic Run

Introduction

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1 Foreword—Purpose of this document

This document has been compiled to provide answers to most of the questions that a runner may have when embarking on marathon training. In order to make this information accessible to all the MOSAIC, runners it will be circulated.

It will be updated over time to reflect further topics, advice and tips that will come up in conversation during the running sessions and conversations among the team.

The information given is based on my (Andrew's) experience, research and "commonly accepted" opinions within the general running community and sports science. Where science or common knowledge can't agree, I base my vote – and the information I include in this document – on what is safe and my own 30-odd years of running, coaching and competitive sports experience.

However, different things work for different people and people have different experiences. You might also have further questions, or a particular issue that you might want to discuss. You are invited to share this with the group, or to chat about it with me confidentially, at any time and I am very keen to discuss in view of health, effectiveness and safety – or in fact any other angle that might be required.

I hope you will find it useful and interesting.

Andrew

2 Where does Marathon come from

Origin

The Battle of Marathon took place in 490 BC during the first Persian invasion of Greece.

Before the battle the runner named Pheidippides was sent to run from Athens to Sparta to ask for assistance, covering the distance of 140 miles in two days. Then, following the victorious battle, the Athenian army marched the 26 miles back to Athens at a very high pace (considering the quantity of armour, and the fatigue after the battle), in order to head off the Persian force sailing around Cape Sounion. They arrived back in the late afternoon, in time to see the Persian ships turn away from Athens, thus completing the Athenian victory.

Later, in popular imagination, these two events became confused with each other, leading to a legendary, version of events that Pheidippides running from Marathon to Athens after the battle, to announce the Greek victory with the word "Nenikēkamen!" (We've won!)

Interesting facts:

- The official distance of the Marathon is 42.195 kilometres (26 miles and 385 yards)
- The marathon was one of the original modern Olympic events in 1896
- 500 marathons are contested throughout the world each year, with the vast majority of competitors being recreational athletes
- Larger marathons can have tens of thousands of participants

Some inspirational facts:

The winner of the first Olympic Marathon, in 1896 (a male-only race), was Spiridon "Spiros" Louis, a Greek water-carrier. He won at the Olympics in 2 hours 58 minutes and 50 seconds.

The women's marathon was introduced at the 1984 Summer Olympics (Los Angeles, USA) and was won by Joan Benoit of the United States with a time of 2 hours 24 minutes and 52 seconds.

The Olympic men's record is 2:06:32 (Kenya)
The Olympic women's record is 2:23:14 (Japan)

Eddie Izzard: 43 consecutive marathons in 50 days for Sport Relief with 2 weeks of prior training! (NB: Don't try this at home, please!)

3 Myths about Marathon

- Running is natural
Yes, but not a marathon. Humans naturally don't run long distances (wilder beast)
- Marathon will be torture
Not if you prepare well. "Pain is inevitable, suffering is optional!"
- You have to be special to run a marathon
Everyone can run a marathon – it's a matter of speed
- Training is too hard and time consuming
Most training schedules in newspapers etc are made for runners who want to "beat the clock". We are running to "run a marathon" and enjoy it. Steady state is the goal of training, not a record breaking time.

4 Goals of Training

First Training Priority:

- Understanding your body and not to get injured!
- Learn to enjoy running

Second Priority:

- How to reach and maintain a steady state

Third Priority: **Run the marathon!**

5 Weight loss and Calories

Run to enjoy the activity, not to lose weight!

But consider: You have to carry your weight around with you! You will be doing about 50,000 paces - for 2lbs "excess luggage" this equates to more than 50 tonnes of additional lifting you have to do!

So, losing weight might make things easier, and might come as a side effect of the additional exercise you take on. Generally, however, the human body will seek to replace any additional calories lost – or even overcompensate!

You can use the formulas below to determine your calorie-burn while running. Scientists consider this the best way to evaluate the actual calorie-burn of any exercise.

Your Total Calorie Burn/Mile Running
 $0.75 \times \text{your weight (in lbs.)}$

6 Running vs Walking Speed

This rule of thumb is widely recognised in the walking fraternity:

- Walking time = 3 miles per hour (approx 08:40 hrs per Marathon)

The Brighton Marathon organisers calculate a minimum completion speed of seven hours (that is slower than 4 miles an hour = a 16 minute mile)

7 Kit

Essentials

- Running shoes
- Socks
- T-shirt
- Shorts
- Sports bra
- Sweat shirt
- Rain jacket
- Cap
- Water bottle(s)
- Nipple tape
- Emergency Toilet paper

Additionally in Winter:

- Long pants
- Gloves
- Hat

Safety:

Reflective vest or belt

Nice to have:

- Wind proof gilet
- Thin Lycra shorts
- Bottle belt
- Bus money

Good place to shop:

- www.wiggle.co.uk for clothes and repeat shoe purchases
- A good running shop for you first pair of shoes, so they get fitted professionally. The two places mentioned in the meeting:
www.run-shop.co.uk/west.html

- www.jogshop.co.uk
• www.boobydoo.co.uk for sports bras

8 Safety

- Make yourself visible in poor conditions/night (reflective wear, light)
- If having to run on a road, run on the right side with on-coming traffic in view
- Don't rely on luck: Take extra care on road crossings (you might be fatigued and less capable of taking in information or slower at crossing the road than you think)
- Running "deaf" is dangerous. Be very careful with Ipods etc.

TRAINING

9 Most important thing to learn when starting to run

Not breathing, running style, eating etc, but:

Running Slowly!

10 Principle of running a marathon

In training:

Learn to understand where your steady state is and how to maintain it (speed, nutrition, hydration)

During the race:

Get to steady state and maintain it (speed, nutrition, hydration)

Advanced:

Increase your steady state capacity

11 Breathing

Vegetative (vs Somatic) function, hence body will do this itself

Possibly do some deep breathing "reminders" during a run (occasional conscious deep breath to stretch and re-refresh the breathing apparatus)

Blowing action might help concentration at exertion (hills, sprints) – but don't over-regulate and don't force anything

12 Running Style

- There is no perfect running style.
- Generally your body knows how to move within its individual physiology
- Your running style will automatically optimise as you run more

Only monitoring points:

- Keep your body relaxed, but firm while running.
- Don't slouch
- Don't overstate any action (length of pace, height of step, arm movement)

13 Resting

Resting is as important as training! Performance improves between—not during—training sessions.

Sometimes you might combine the two by light exercise: Go for a walk, as swim, ball games...

We should aim to train 3 times a week, the remainder is rest or light activity.

14 Building up your training

Success Motivates!!!

Problem: You will improve quickly, which bears the danger of injury!

From an unfit state you might manage

- 20 mins of continuous running after 2-3 weeks
- 30 – 40 mins after 6 weeks

Physiologically:

Muscles and circulation build up quickly

BUT: Bones, cartilage, tendons, etc take 3 - 5 times as long to adapt—this is where injury comes from!

15 Prevent Injury during training

It is easier to prevent injury than to cure it! – Listen to your body!

Simple tricks to prevent injury:

- Don't over-do it! After your training session you must have the feeling you could have gone on.

- Take pain seriously:
 - If in doubt STOP your training session right there and then!
 - Don't continue with the training that caused it before it has gone. Especially joints, sharp muscle pains and other skeletal issues.
 - If in doubt check with your GP or a relevant medical specialist.
- Stretch! (after warming up or after your training session)
- Cross train (swimming, ball games, cycling, rowing, circuit training/weights, etc)
- If you are seriously overweight, initially build up fitness and strength more with non-impact activity (cycling, rowing, swimming)
- Don't only run on roads, vary your routes. We have great parks and countryside.

Action Points:

- Build up training slowly – we have more than enough time!
- Listen to your aerobic system (“out of puff”)
- Listen to your muscles (muscle pain, cramps, soreness)
- Listen to your skeletal structures (pain, “creaking”, immobility)

If you are injured:

Don't give up. Be sensible. Use your imagination. Focus on your goals.

16 Starting your Marathon training

Set goals, e.g.:

- 1 Start running
- 2 3 wk goal: 20 minute run (July)
- 3 6 wk goal: 40 minute run (August)
- 4 9 wk goal: 60 minute run (September)

Speed does not matter!

Aim for 3 training sessions a week.

Build up your mileage each week, i.e. for a complete beginner, e.g. if you can only run 1 mile at a time, then build up the miles during the week, 1 mile at a time, before you run further with a session.

Work out as many different routes and distances as you can. Make them convenient and enjoyable.

If you feel good, run a little longer.

If you feel tired, then walk for a bit, then when you are ready carry on running, or run slower.

Intensity: While running you should feel comfortable. You should be able to talk. (NB: if you stick to this rule, your heart rate will look after itself)

Keep a log.

We will review the progress, set individual goals/plans and add interesting things!

Goals

Date	Where am I now	What is my next goal