


A few tips from runningwithus

- Planning
- Patience
- Progression



A high-angle, close-up photograph of a runner's legs and feet. The runner is wearing white socks and grey and white running shoes. They are standing on a dark asphalt road with two parallel yellow lane markings. The lighting is bright, casting shadows on the road.

Learning from experience

Review the last marathon or training period:

What worked well and where could you be better?
Be honest!

Don't just think running, also consider:

- Nutrition & fueling that training
- Resting and making the most of recovery
- A runner's MOT



Planning

Have a training plan & have a lifestyle plan

- Be realistic – is it the right plan?
- Plan your week
- Plan your day
- Plan your food & recovery
- Get to bed!



Patience

- Be happy with where you are now
- Aim to be consistent
- The training you do today takes 4-6 weeks.....
- Focus on building the base in the early weeks
- The key period is 9 – 4 weeks out (6 weeks that count)

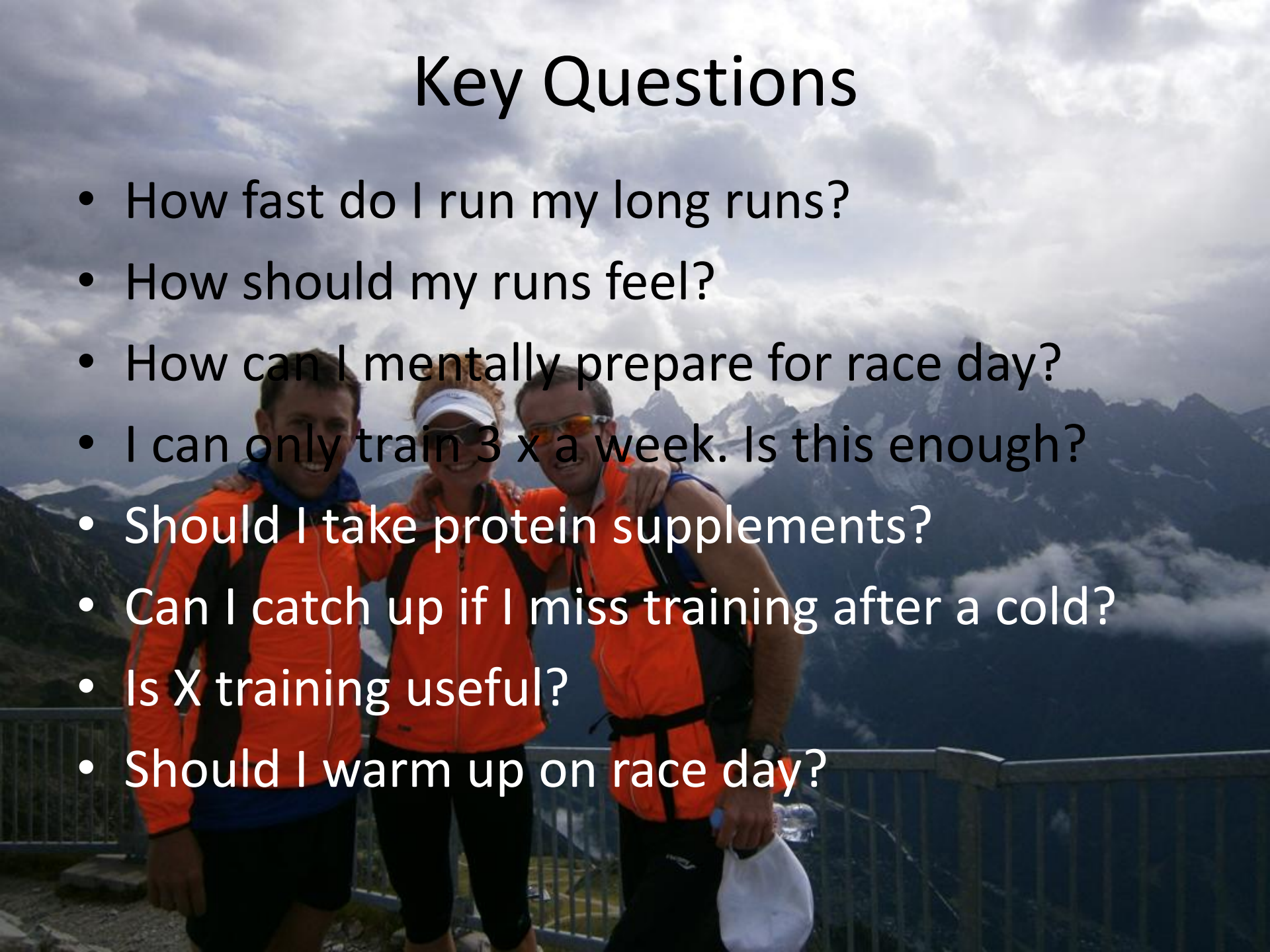


Progression

- Focus on the Key elements – Threshold, MP, Long runs
- Be marathon specific
- Long runs – build 10-15 mins each week only!
- Also build the threshold & MP
- Easy week every 3-4
- Practice MP in a race when ready

Key Questions

- How fast do I run my long runs?
- How should my runs feel?
- How can I mentally prepare for race day?
- I can only train 3 x a week. Is this enough?
- Should I take protein supplements?
- Can I catch up if I miss training after a cold?
- Is X training useful?
- Should I warm up on race day?



Your Long Run

**“The long run is what puts the tiger in the cat”
– Bill Squires**

6 top tips

- Run to time not miles in training
- Aim to run at least 1 min per mile slower than target race pace and keep it conversational
- Practice your marathon pace for parts of the run in the last 10 weeks



- Have a long run AND race day nutrition & hydration strategy.
- Increase your long runs by only 10-15 mins each week
- Have an easy week every 3-4 weeks.....you need it!



And finally

- Make every run count
- Enjoy every run
- Get it in perspective.....

