ENDURANCE TRAINING

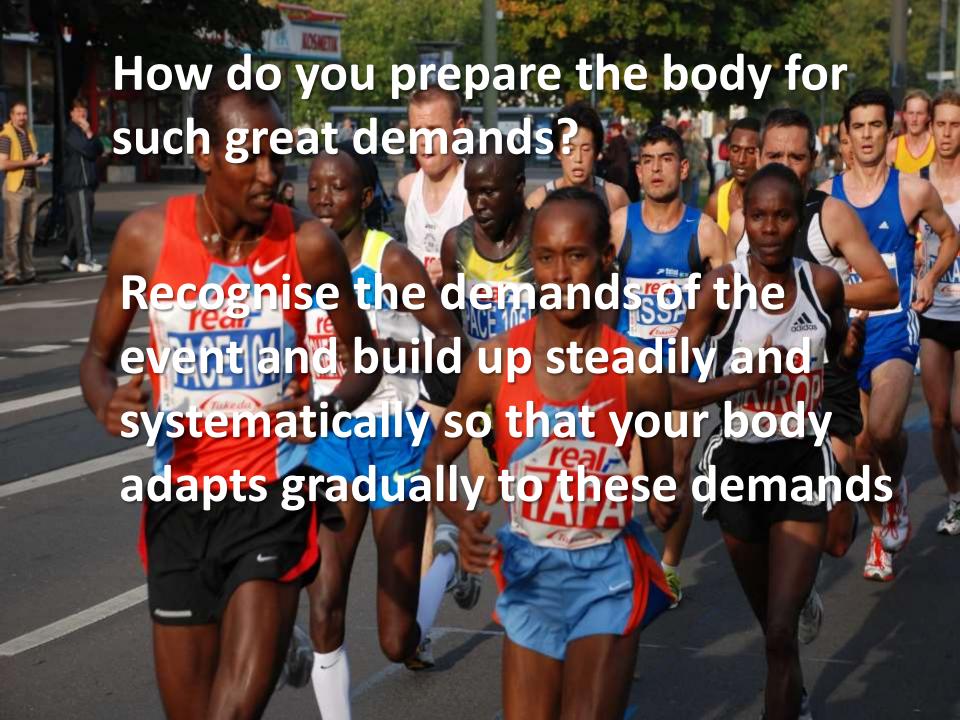
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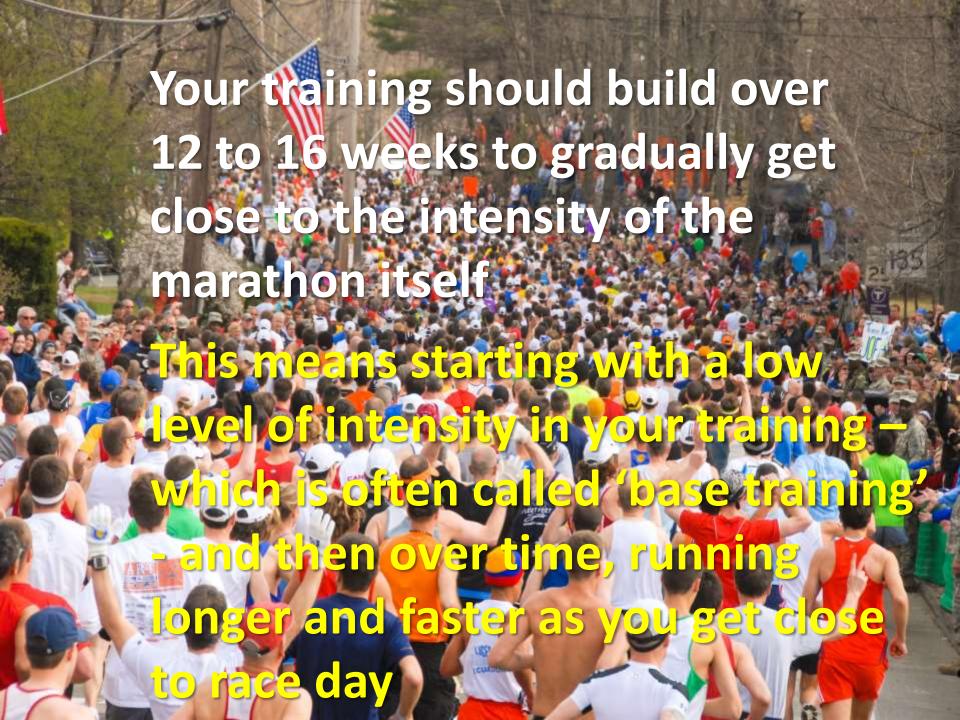
Mike Gratton 1983 London Marathon Winner



WHAT ARE THE DEMANDS OF MARATHON RUNNING?

- You have to run for more than 2hrs
- Your energy reserves will become depleted
- In some races you will have up to 50,000 other runners in your way
- In some races you will have to run on Your own for a long way





There may be different starting points depending on your running background:

Established runners can build up the long run at the start of their training block and gradually increase the speed of the run towards race day

Runners with some running back ground can build up the long run fairly quickly over the first half of the block then increase the speed towards race day

Beginners will concentrate on gradually building up the length of the long run towards race day.

YOUR LONG RUNS

Build Endurance

Cause adaptations to bones, muscle and cardio vascular system

Develop energy systems and promote fat burning

How far depends on your fitness levels – base on time rather than distance with optimal target of 2 to 2.5hrs

CONSISTANCY IS THE KEY

Frequency of training has been shown to be the most important factor in developing fitness.

*Beginners should aim at running 3 times per

- Beginners should aim at running 3 times per week
- Marathon runners aiming to get around in
- Igood form should aim at 5 times per week.
- Experienced runners looking for a time
- Junder 3hrs 30 should aim at running 7 times
- per week
- International level runners should be aiming at training 14 times per week.



few long runs run the final 25% of the run at **Marathon Pace**

In the last 4 weeks do some effort sessions at 10km and 5km pace $-10 \times 2mins$, $15 \times 1min$ etc

Typical 5-Day Week

January

Sun: 1hr 30min steady run

Mon: Rest

Tue: 45mins steady

Wed: Rest

Thu: 45mins steady

Fri: Rest

Sat: Hills – 20 mins up and down a

2min long hill

March

Sun: 2hr steady run

Mon: Rest

Tue: Warm up - 6x3min with 2min

recovery – cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: Hills – warm up – 5 x 1 mile at 10km

pace

February

Sun: 1hr 45min steady run

Mon: Rest

Tue: warm-up - 20min tempo run

- cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: Hills - 20 mins up and down a

2min long hill

April

Sun: 3hrs steady run

Mon: Rest

Tue: Warm up - 12 x 1 min fast/1 min

slow - cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: 45min speeding up to 10km pace for

last 10mins

Typical 7 Day Week

January

Sun: 2hrs steady run

Mon: 1hr steady

Tue: 30mins threshold

Wed: 1hr 20 steady

Thu: 1hr steady

Fri: 30min easy

Sat: Hills - 30 mins up and down a

2min long hill

March

Sun: 3hrs steady run

Mon: 1hr steady

Tue: 4 sets, 5x300m/1min recovery

Wed: 1hr 30min steady - running faster

towards end

Thu: 30 mins steady followed by 10 x 400m at

10km pace

Fri: 30mins easy

Sat: 40mins fartlek

February

Sun: 2hrs 30min steady run

Mon: 1hr steady

Tue: 5 x 1 mile at 10km pace-3 min rec

Wed: 1hr 30mins steady

Thu: 15mins thresold-5min rec-15min

Threshold

Fri: 30mins easy

Sat: 40 mins fartlek

April

Sun: 2hrs - progressive run - speeding up

each 30mins

Mon: 1hr steady

Tue: 10x400m at 5km pace - 2mins rec

Wed: 1hr 30min building to marathon

pace

Thu: 6x1km at 5km pace - 2min rec

Fri: 30min easy

Sat: Hills - 1hr steady

Racing 10-8 weeks: XC, 10km 6-4 weeks: Half Marathon up to 20 miler 1-3 weeks: 10km & possibly a 5km Taper 3 weeks to go; tast long run Reduce mileage a little but speed up the quality sessions 2 weeks to go: Reduce training to 75% of Maxcontinue with quality sessions Last week: Reduce to 50% of Max - include at least 2 short but fast sessions

RACE DAY

- **▶GET YOUR RACE KIT READY THE NIGHT BEFORE**
- HAVE HIGH ENERGY BREAKFAST LIKE PORRIDGE AND HONEY
- GET TO THE START EARLY
- DRINK SMAIL AMOUNT OF WATER REGULARLY UP TO 1
- HOUR BEFORE THE START
- DON'T TAKE ANY HIGH SUGAR SUPPLEMENTS IN THE LAST
- DON'T START TOO FAST
- >DRINK SMALL AMOUNTS OF WATER AND LUCOZADE
 THROUGH OUT THE RUN BUT NOT TOO MUCH
- > IF YOU HAVE PRACTICED USING GELS TAKE THEM WITH YOU AND USE ONE EVERY 30MINS FROM THE START
- ENERGY CAN BE GAINED FROM JELLY BABIES, BANANAS,
- RICE
- >HAVE FUN