

GOING FROM THE HALF TO THE FULL

One of the greatest fascinations of road running is progressing to longer distances or running faster times. Some runners progress with the utmost caution and, in contrast, others are wild and reckless. It is my opinion that whichever way you tackle it, you must succeed. A disappointment in road running is never a private or personal hurt, but is perversely recognised by apparently well over half of all club members, all colleagues at work and every member of the family. In my book, it is well advised to prepare thoroughly to give yourself the best possible chance of success.

This article is aimed mainly at the club member who has run several 15kms and half marathons with some success, which has kindled an exciting secret feeling that a 42km standard marathon is no longer a dream, but is possible. It is reinforced by knowing many of your fellow club members who you personally feel are not particularly gifted athletes but have done all the marathons. You find yourself repeating: "Well, if Mary and John can do a standard, so can I!" It could be that Mary and John are made of the stuff that matters to do a standard, such as commitment, endurance, regular relevant training and ability to perform on the day. Successful road runners come in all shapes and forms and looking at the Comrades T.V. coverage illustrates so well that there is no such thing as a typical marathon runner.

If, for example, a comfortable finish in the *Grape Run* in late October prompted you to set your sights on a standard early next year, I can help you improve your chances of success by offering the basic outline of what I believe is a solid preparation for the *Peninsula Marathon* in mid-February.

The components of the plan are;

- A gradual increase in training and racing distance.
- Complete three runs of between 25 and 32kms or 2½ to 3½ hours on the road.

- Have four weeks' training of between 75 and 85kms/week.
- Use races to develop a reliable drinking and walking plan for the marathon.

In many ways having the December holidays between now and the standard can be beneficial. Generally, this is a time when you can allocate some more time to training, being careful not to go overboard and overtrain.

It is a good plan to select a racing schedule based on going to races twice a month and running slow recovery club runs on the alternate weekends.

Suggested race programme:

25th Nov '06	<i>International Realtors</i> 21km
9th Dec '06	<i>Weskus Marathon</i> 21km
23rd Dec '06	<i>Afjob</i> 15km
30th Dec '06	<i>South Easter</i> 15km
13th Jan '07	<i>Bay to Bay</i> 30km
27th Jan '07	<i>Redhill</i> 36km
18th Feb '07	<i>Peninsula Marathon</i> 42km

If we now put in the club runs between the races, we have:

3rd Dec '06	20km
17th Dec '06	25km
7th Jan '07	27km
21st Jan '07	15km
4th Feb '07	15km

Notes:

1. The weekend of 21st Jan '07 is a recovery run after the *Bay to Bay* 30km.
2. The weekend of the 4th Feb '07 is a recovery run after the *Redhill* 36km.
3. The pace of the club runs including frequent stops for drinks, stretching and walking should be about 7,0 mins/km which is about nearly 3hours for a 25kms run.

This programme is very sound having four runs between 25kms and 36kms in preparation for the 42kms. Allowance is made for recovery runs following the two hard races of 30kms and 36kms.

THE HALF TO THE FULL continued

The “element of the unknown” when you set out on your first standard is only 6kms being the furthest distance you have not run before.

A general weekly training programme looks like this and must always include the one Rest Day, although the individual days can be adjusted to suit your lifestyle. It is not necessary to exceed this weekly mileage.

Monday	REST
Tuesday	8km Time trial (46mins)
Wednesday	6km slowly (40mins)
Thursday	8km steady pace (46mins).
Friday	10km slowly (70mins)
Saturday	8km medium (52mins)
Sunday	Race/club run 25km
Total	63km

The remainder of the programme involves goal-setting. It is vital that you set a realistic target for the marathon based on your times for shorter distances. To run a standard marathon in 4hrs 20mins (6,2mins/km), you should be able to run:

8km Time Trial	46mins (5,6mins/km)
10km road race	57mins (5,7mins/km)
15km road race	87mins (5,8mins/km)
21kms road race	2hours 04mins (5,9mins/km)
30kms road race	3hours 00mins (6,0mins.km)
36kms road race	3hours 40mins (6,1mins/km)

The table above serves as a guide for runners to indicate how much slower to run as the distance increases.

An important tip while running the 30km and the 36km races is to practise what is called “Running through the finish”. Your pace during these runs is below a hard effort, leaving a bit in hand. As you approach the last kilometre sign you remind yourself that you could really have carried on for another 8kms if you really wanted to. Secondly, the rule for ultra-distance road running is: “The longer the distance, the slower the speed.” So many people try to run all the distances at the same

speed ending up in a spectacular blow-out just after halfway in the longer race. As you get into ultra-marathons, however, the second half of your race is invariably slower than the first half, as a result of a slow down from an unavoidable fatigue factor as the race progresses.

The overall strategy when running a distance further than you have ever run before, is to concentrate solely on completing the race safely, including walking where necessary. A secondary consideration is the time. Therefore, runners who have not run as far as 30kms or 36kms before should only take the “pace” figure in the table above as a guide and not a target.

To complete the plan for running your first marathon a Pacing Chart is shown here which should be used for the Peninsula Marathon:

10km	0 hour 59mins
20km	1hour 58mins
21,1km (halfway)	2hours 04mins
25km	2hours 28mins
30km	3hours 00mins
40km	4hours 03mins
42,2km (finish)	4hours 17mins

Note 1: Your overall speed = 6,1mins/km spread over: first half = 5,9mins/km = 2hrs 04mins & second half = 6,3mins/km = 2hrs 13mins. Extra time in second half = 13mins.

Note 2: Cut out this Pacing Chart, laminate it and pin it on the front of your shorts for the *Peninsula*. That will make sure of your medal.

If you run the *Peninsula* with reasonable comfort, which I expect, you are perfectly positioned to move up a notch to the 56km *Two Oceans* marathon over Easter. This will form my second article in *Imbaleki*.

Enjoy the training and the races.

Don Oliver