

TRAINING BLOCK 9 – Monday 10th Jan 2011 – Sunday 16th Jan 2011

12 weeks to go till Race Day. Firstly the training day is filling up fast and we only have limited spaces. So if you fancy a day of running on the course, Hr guidance, nutrition etc then sign up and come along on 30th Jan 2011. For full info go to the training part of our www.sussexmarathon.co.uk site.

The confidence you got from running 20 miles will be invaluable come race day and that's the tough one in the bank, so give yourself a pat on the shoulder you certainly deserve it. I personally found running the 20 miles really tough, you learn a lot about yourself when out for hrs and unless conditioned and used to long runs it certainly takes its toll, it did on me and certainly took a few days to recover. Hopefully when the next 20 miler comes around you will all be a little more aware of your hydration and nutrition requirements and start to make plans on how to implement them come race day. Also if it threw up any niggles, shoe problems, blisters etc start to get these sorted now.

I mentioned this last week but trying to hard to maintain ambitious training paces each session means as we get nearer the race something will suffer. If you run speed and or tempo sessions too quickly it will without doubt have a negative effect come the long run; any pace over your predicated marathon time is speed and tempo work so please keep these in check. Remember you set the paces or HR so if you feel they are high then there is no shame in adjusting them a little, That way you finish each individual set confident and feeling good. ,

The long run has come down to 18 miles, again this is time on your feet only , so don't be afraid to walk and run. Come few weeks time you will have the opportunity to test your marathon pace runs, but not yet. Still remember to think about driving your arms back, keeping your chin behind your chest, counting your strides for 15 secs every 5 mins (x it by 2 should be up a round 90).

SPEED: Normal 15-20 min easy w/up with your strides, heel flicks, leg raises

3 x 1600 mtrs or between 8-10 mins run (recovery between each set should 1mins). Don't worry about hr but run them quicker than tempo.

10 min c/down or easy jog back home.

Nb. Again faster than tempo and up around you're 10k times

TEMPO: Normal 15 – 20 min good easy w/up with your strides, heel flicks, leg raises

This is a 6-mile run in total as:

1 Mile easy

3 miles (or 25 mins) at a predicted fast tempo pace (these are getting quicker each week). So if you ran 8:40 min last week per mile then this week should be 8:30 per mile or your hr range might be 150-160, so run this up at 160.

1 mile easy

Easy 10 min cool down

LONG RUN.

Can't stress how important it is to keep Hr and or pace low; please don't worry about marathon times or pace. Once again take it easy, relax, enjoy.

Normal 15 min w/up

*18 miles at Marathon pace **plus 45 sec per mile (most important run of the week)***

Example: if your predicted time is 4 hrs 30 min, that's a 10min 18 sec mile average pace, so add 45 sec which gives you an 11 min mile pace. If you need help with your predicted times please do email us.

On these long slow runs c/down should be 10 min to include some fast pick-up sprints and light range of movement drills to loosen your legs. Take this easy, as your legs will be heavy and tight.

Remember if you feel lost or just need a little advice don't hesitate to email Paul or myself. Next update will be Sunday 16th Jan 2011

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