

# Everything You Always Wanted To Know About Training\*

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\* that newer runners were afraid to ask

Jim Crist, Pace Team Director

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Jim@MarathonPacing.com



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# Data Collection

- My 1<sup>st</sup> Marathon was Pittsburgh- 1980
- Last year my marathon finishes exceeded my age
- Began pacing in 2000
- Paced over 46 Full and 19 Half Marathons
- In 2010 have Pace Teams at 20 events
- Paced hundreds of runners to Boston
- Paced thousands of runners through their first marathon



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# Most Important Topics for Beginner Runners

- Getting Started
- Training
- Injuries
- Goals
- Equipment
- Nutrition
- Special Advice for Walkers

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# Getting Started

- Great trees grow from the smallest shoots; a terraced garden, from a pile of earth, and a journey of a thousand miles begins by taking the initial step. – Chinese proverb
- How often?
  - 4 days/week- minimum
  - 5-6 days/week- optimum
  - 7 days/week- obsessive/compulsive
- How far? 45- 60 mins

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# Training

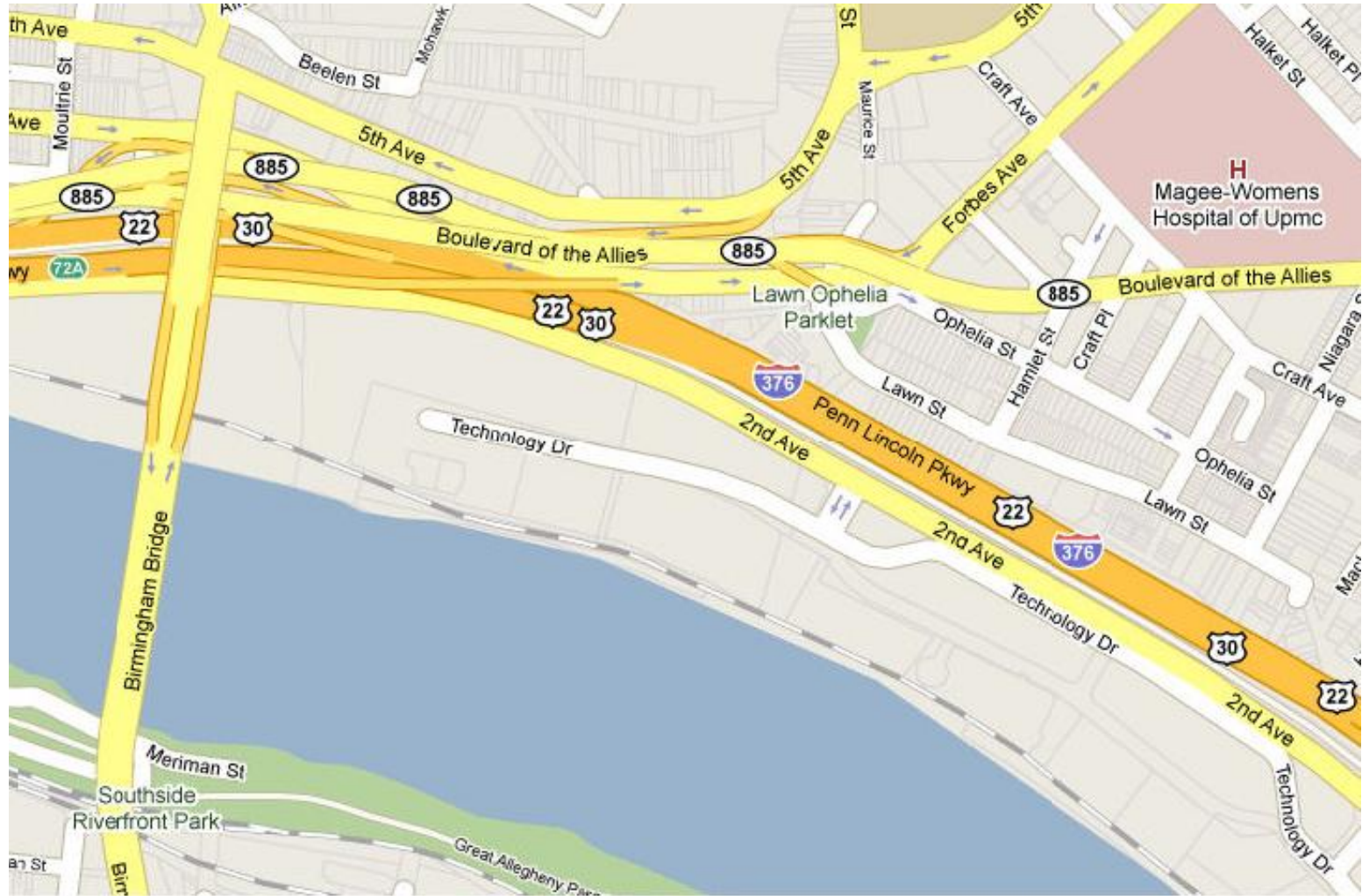
- Most every run will be Conversational Pace
- Final long run- April 18<sup>th</sup> , 20 miles
- April 4, 18 miles
- March 27, Just A Short Run Half Marathon
- March 21, 16 miles
- March 7, 14 miles
- February 21, 12 miles
- February 14, 10 miles

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# Training

- Milestone- Ten Mile run
  - Once you achieve 10 miler then one of your weekend runs becomes your “Long Run”
  - One of your mid week runs becomes your “Hill Run”
- Never do two hard things consecutively

# The Only Real Hill on the Entire Course



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# Injury Prevention and Recovery

- Disclaimer: I am not a physician and opinions offered here are strictly my own. The rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.
- For real medical advice, see your doctor

# Injury Prevention and Recovery

- Rule #1- Listen to your body
- Rule #2- Don't increase your weekly mileage greater than 10%
- Rule #3- A sharp pain means that you must stop and walk
- Rule #4- A dull pain means that you should rest for a few days
- Rule #5- If you're tired during a run, suck it up, cupcake
- Rule #6- First round of treatment is Rest and Ice
- Rule #7- The two week rule- If you haven't recovered from your injury in two weeks, quit screwing around and see a medical professional

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# Goals- Setting Your Marathon Goal

- **Determining your pace is critical**
- Time every run to learn your pace
- Record every run in your Running Log
- Marathon Goal: Rule-of-thumb is take your half marathon time (say, 2:00) and double it (so now it's 4:00) and add 15 minutes (for a predictive time of 4:15).
- Two websites, [www.marathonguide.com](http://www.marathonguide.com) and [www.runnersworld.com](http://www.runnersworld.com) have Predictive Calculators

# Equipment

- **Shoes are the single most important investment in your training program**
- Wearing the wrong shoes leads to running injuries
- Get fitted for the proper shoe from an experienced sales person at a specialty running store
- Expect to invest \$80-100
- Allow 50 miles to break in shoes
- Buy shoes now, and again in early April
- **Almost any cheap watch will do**

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# Specialty Running Stores in Pittsburgh

- Elite Runners & Walkers – Moon
- Fleet Feet- Upper St. Clair
- New Balance – Waterfront & Oakland
- Running Wild – Allison Park
- Second Sole - Cranberry
- Up and Running - Valencia

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# What Should I Wear On Race Day?

- Apparel must be made of wicking artificial fibers
- DriFit, CoolMax, ClimaCool, Cocona
- Buy several outfits now and try them on long runs
- Pay attention to the temperature

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# Nutrition

- Do everything that Leslie Bonci told you at the last seminar
- Hydrate before, during, and after training runs
- Use long runs to sample gel products
- Bring four of your favorite gels to the marathon

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# Walkers

- Walkers can walk 13.1 or 26.2 miles
- ALL Walkers MUST begin at 6:30 AM
- Half Marathon limit is 4 hours (18:20 min/mi) beginning at 6:30
- Marathon limit is 7 hours (16 min/mi)
- No more than two abreast
- Walkers should use the same training distance criteria as runners

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- “There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down / until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living.”- George Sheehan