



TRAINING FOR YOUR BEST MARATON

Goals for Today:

- 8 Things I wish someone would've told me earlier/the mental side
- Understanding your WHY
- Tactical training of the marathon
- Injury prevention and mitigation
- Recovery Items
- What to include in your Training Plan

Leads



Aaron Boike



Jacob Oak



PERFORMANCE RUNNING
runners

SHOW OF HANDS





8 Things I wish someone would've told me

- 1. One mile doesn't matter, but every mile does**
- 2. Something will come up**
- 3. Hitting 1 goal < what you learn along the way**
- 4. Focus on effort, not numbers**
- 5. Community >**
- 6. The marathon doesn't owe you anything**
- 7. The marathon doesn't get easier, you get stronger**
- 8. We Get to Do This**

WHAT

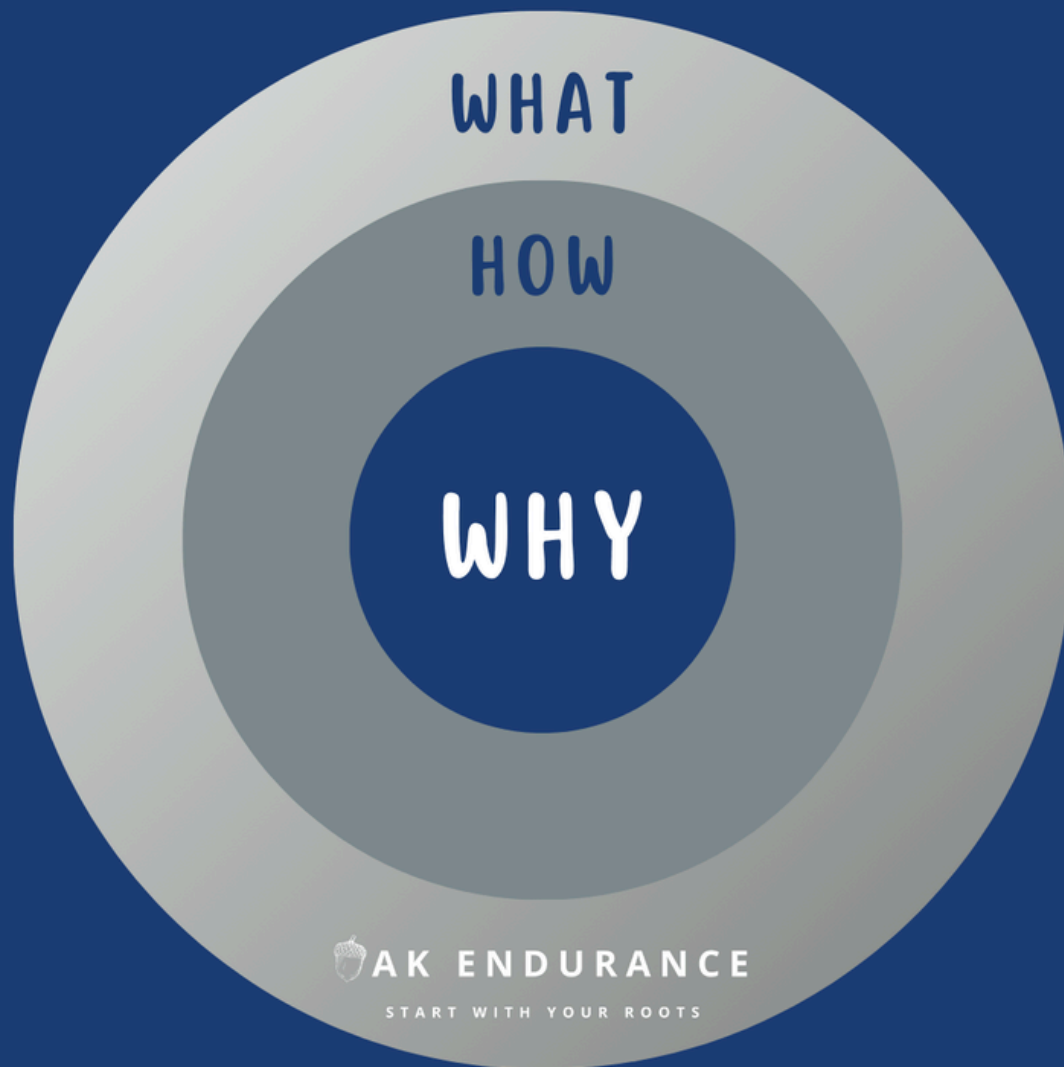
RACE/END GOAL

HOW

DURATION, TIME, INTENSITY

WHY

REASON YOU WANT THE GOAL/
YOUR MOTIVATION





Training For Your Best Marathon

Typical Marathon Training Progression

- **Base Building Phase** - 8-12 weeks working up to ~30+ miles/week
- **Training Phase** - 12-18 weeks focusing on race pace and volume build
- **Taper Phase** - 2-3 weeks focusing on recovery, decreasing volume ~30% for each taper week.



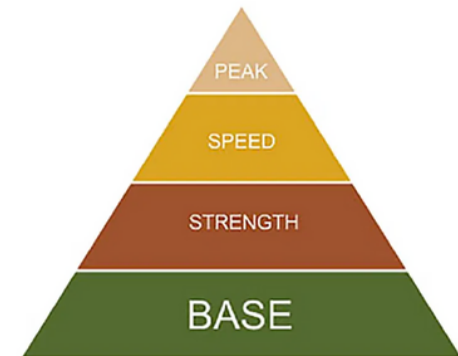
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Typical Marathon Training Progression

- **Base Building Phase** - 8-12 weeks
 - Focus is on building a foundation of primarily aerobic low intensity miles. Typically 90-100% of volume at or below zone 2.

- **Why Base Build?**

- Big Physiological benefits
- Injury prevention benefits





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Typical Marathon Training Progression

- **Training Phase** - 12-18 weeks
 - Focus is on developing speed and becoming confident with goal race pace.
 - Typically involves 1-3 tempo workouts weekly
 - Long runs building in distance to prepare for the demands of 26.2 miles.
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Typical Marathon Training Progression

- **Taper Phase - 2-3 Weeks**

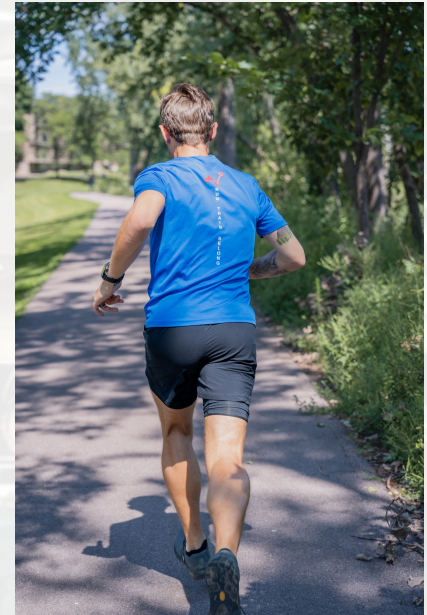
- Focus is on reducing volume in a progressive manner to allow the body to recover and be prepared to perform on race day.
- Often intensity is kept in the program, but overall volume, and volume at intensity is reduced to allow for better recovery.



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Types of Marathon Training Workouts

- Endurance Runs
- Recovery Runs
- Tempo Runs
- V02 Max Runs / Intervals
- Hill Workouts



Addl Features: Strides, Hill Sprints, Downhill Reps



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Workout Intensity is Key!

- **The 80/20 rule of running**
 - ~80% of weekly volume should be low intensity
 - ~20% of weekly volume should be high intensity
- **How To Monitor Intensity**
 - RPE, Heart Rate, Power Meters (STRYD), Pace

What is the #1 Mistake Runners Make that Leads to Injury and Burnout?

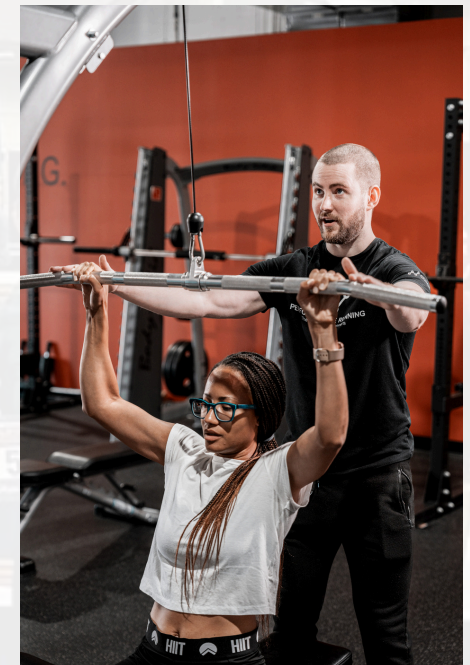


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Strength Training for Marathoners

- **Why Strength Train?**

- Improved performance (V_{O_2} , time to fatigue, running economy)
- Injury prevention
- Maintain muscle mass as we age





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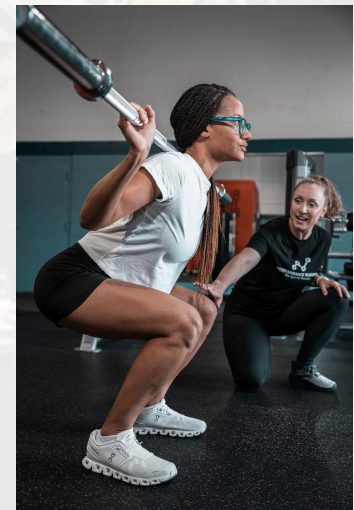
Strength Training for Marathoners

- **What Areas Should Marathoners Train?**

- Running is a full body activity!
- Emphasis on core, lower legs (calves, tibs), glutes, hip stabilizers (ab/adductors)

- **How Often To Strength Train?**

- 2-3x/week during base building phase
- 1-2x/week during training phase
- 1-2x/week during taper phase





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Strength Training for Marathoners

- **What Types of Strength Exercises Should Runners Use?**

- Plyometric
- Calisthenics/Bodyweight
- Freeweight
- Isometric





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Fueling Your Runs and Recovery

- **Properly Fueling Your Workouts**
 - Fuel anything beyond 90 minutes
 - Start with 150-200 cal/hr
 - Gels, bars, liquid fuel/hydration mixes
- **Properly Fueling Recovery**
 - Post run nutrition
 - Protein needs of endurance athletes
 - Carbohydrates = good!
 - The role of micronutrients and antioxidants





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Running Related Injuries

- **Why do injuries happen?**

- 70-80% of runners will develop a running related injury each year.
- #1 reason is improper progression in training
 - too much volume added too quickly
 - too much intensity added too quickly
 - Combination of these factors



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Running Related Injuries

- **Why do injuries happen?**
- Other Reasons Include...
 - Muscular imbalances (weak/tight muscles)
 - Poor running form/mechanics
 - Improper footwear
 - Inadequate recovery time / poor recovery habits
 - Unmanaged stress (due to training, life or both)



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Running Related Injuries

- **Is It An Injury?**

- Aches and pains are normal in training
 - Quickly addressing them is key to prevent injury
 - Calisthenics, warm-ups, SMR, Acupuncture, Massage
- How to identify a “niggle” vs. a developing injury.
 - Pain beyond a 3/10?
 - Does the pain worsen when running or immediately after running?



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Running Related Injuries

- **What to Do With An Injury**

- Seek the help of a physical therapist to address the injury. The earlier the better.
- Follow treatment plan.
- A good PT that is used to working with runners will usually include running as part of the treatment plan.



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Running Related Injuries

- **How to Prevent Injuries**

- Strength training (ideally w/ a professionally designed program)
- Proper base building period prior to training phase.
- Proper dynamic warm-ups
- Proper training progression
- Stress management
- Proper training and recovery nutrition

CIM



FALL GROUP RUNS

FREE RUNS THAT START AT 8AM

Dates & Distances

- 9/21 -> Location A | 8-12 Miles
- 9/28 -> Location B | 10-14 Miles
- 10/12 -> Location A | 14-18 Miles
- 10/26 -> Location B | 16-20 Miles
- 11/2 -> Location A | 18-22 Miles
- 11/16 -> Location B | 16-18 Miles
- 11/23 -> Location A | 8-14 Miles

Location A: Performance Running Gym

Location B: River Road (Outside of Pryes Brewing)

*These are self-supported runs. No aid on runs.

Leads



Aaron Boike



Jacob Oak

CIM



RUNNING YOUR BEST MARATHON

*This seminar is geared towards CIM runners,
but all athletes will benefit from the information*

Topics:

- Best practices for taper (strength, recovery, etc)
- Fueling during taper and around the race
- Impact of traveling for a race
- Dealing with race day stress/pain
- Mantras/how you talk while racing
- It will get hard

Details:

- 11/11 | 6-7 PM
- Location: Performance Running Gym

Leads



Aaron Boike



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MN CIM GROUP ME | LIVE UPDATES + Q&A



You're invited to my new group 'CIM 2024' on GroupMe.

Click here to join:

https://groupme.com/join_group/98407908/qBTPkHFh



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**THANK YOU!
ANY QUESTIONS?**

