

## Training Tips

Training is a long-term process by choosing a variety of elements will help you in your determination to achieve your goal.

Setting up a training program is very important; to be successful you need to consider:

- Different forms of exercise not just running
- The environment that you train in
- The timing of your training sessions
- What facilities you have available?
- Do you want to train with in a group?

## Full marathon/Half marathon

### **Novice runners**

A period of year is needed for their first half marathon. A typical weeks training session could consist of 20- 40-minute alternative brisk walking and jogging until running fast for non-stop for hour.

- Remembering to add the distance on a weekly and two week basis.
- From this progressing on to covering distances needed to complete the race.
- Long continuous runs of 50min – 3hours at easy/slow or medium can be used to build a sound aerobic base

### **Recovery**

In any training plan recovery days are very important whether a light run or just a rest allows the body to regenerate energy supplies and damaged muscle tissue after hard days of training. These recovery days permit training to be continued and progress with your training.

Race week and day

1week before race day make sure you main training session is at the start of the week your body needs to recovery and adapt if training levels are reduced.

Race plan or strategy of the race will help you on your strengths and weakness that will maximise your performance. Take s look at the course, familiarise your self where drink stations are going to be and target stages in the race where you need to maximise your performance

Don't start too fast this will pay the penalty in mid race start at a pace that you are happy with and have been training at.

Before the race stretch and warm up do not take of your jogging pants at least 5 minutes before the race it is important that you keep warm so muscles don't get tight.

## **Cool down is very important**

After training and the race, once you have crossed the finish line don't just suddenly stop, walking will help prevent hypotension which is caused by a drop in blood pressure due to the reduced blood being pumped back to the heart. Followed by a good stretching exercise session will help to prevent stiffness and soreness

## **Nutrition**

Maintaining a good level of carbohydrates is adequate for the level of training prior to during and after long hard sessions. It's very important that you also achieve your 5 portions of fruit or vegetables a day.

### **Hydration is very important but beware of overload.**

Drinking too many fluids can lead to a drop in blood sodium (salt) levels, which can lead to confusion headaches and even collapsing.

Water is ok for events lasting up to hour, for longer events preferable mix a carbohydrate drink every 15 minutes.

## **Drink stations**

There are 12 drink stations in total on the marathon course. All drink stations include water, but energy drinks are also available at mile 7.9 and 12.7 on the Half Marathon course, and there will be energy drinks and gels at miles 15, 16.3, 18, 19, 19.9, 22.6 and 25.4 for Full Marathon runners.

**For more information on training tips and useful advice please visit: [www.robinhoodmarthon.co.uk](http://www.robinhoodmarthon.co.uk)**