

Marathon? Yes, We Can!



About Me

- A typical Joe the runner
 - I played soccer for long time
 - I don't have runner's talent
 - I have to work hard
- Have started running since 2005
 - I weighted 200 LBs
 - I couldn't run half mile
- Race experience includes:
 - Two 50K
 - 35 marathons
 - 25 half marathons
 - Some 5K, 10K, and 15K

Agenda

- First Things First
- Goal Setting
- Running Training
- Cross Training
- Recovery
- Food and Nutrition
- Race Tapering
- Race Day Strategy

First Things First

- Weight and running
 - Losing a few pounds can make a huge difference
 - Losing weight is a calorie game
 - Calories deficit = what you burn – what you intake
 - A deficit of 500 daily is a good number to lose weight
 - That doesn't necessarily mean you have to eat less
 - How about intaking more however burning even more?
 - How? Build muscle and Improve metabolism!

First Things First

- Weight and running
 - Body fat percentage

General Body Fat Percentage Categories		
Classification:	Women:	Men:
Essential Fat	10 - 12%	2 - 4%
Athletes	14 - 20%	6 - 13%
Fitness	21 - 24%	14 - 17%
Acceptable	25 - 31%	18 - 25%
At Risk	32% plus	25% plus

Women

Age	Underfat	Healthy Range	Overweight	Obese
20-40 yrs	Under 21%	21-33%	33-39%	Over 39%
41-60 yrs	Under 23%	23-35%	35-40%	Over 40%
61-79 yrs	Under 24%	24-36%	36-42%	Over 42%

Men

Age	Underfat	Healthy Range	Overweight	Obese
20-40 yrs	Under 8%	8-19%	19-25%	Over 25%
41-60 yrs	Under 11%	11-22%	22-27%	Over 27%
61-79 yrs	Under 13%	13-25%	25-30%	Over 30%

Source: Gallagher et al. Am J Clin Nut 2000; 72:694-701

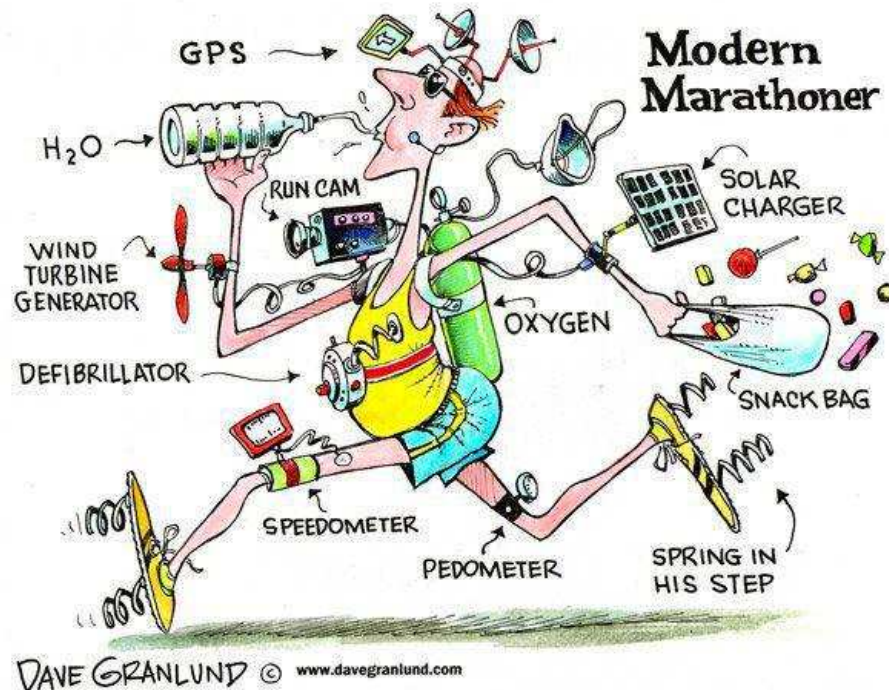
First Things First

- Weight and running – visually check whether you are in a runner's shape or not



First Things First

- Running gadgets
 - Keep them simple
 - Less is more



First Things First

- Train your body to burn fat
 - Your body's energy store: glycogen and fat
 - Your body is efficient in using glycogen but the glycogen is not enough for a marathon
 - Energy from fat has to be leveraged
 - Why “hit the wall”?

 - Think your body as a hybrid car
 - Gas
 - Electricity

First Things First

- How not to quit running
 - You have to realize the benefits
 - Run and race with friends/group
 - Keep running for
 - 8 weeks
 - Half year
 - One year

First Things First

- Be committed and expect a new life style for the rest of you life
- Be patient and running will reward you long term

Goal Setting

- Goals should be realistic
- Goals should be challenging enough but approachable
- A big goal is made up of small goals

Goal Setting

- Long term goal
 - Get fit
 - Live a better life
 - Be strong (physically and mentally)
 - Grit
- Short term goal
 - Finish a race (5K, 10K, half marathon, marathon, etc.)
 - Run certain amount of distance each year
 - PB
 - BQ

Goal Setting

- Yearly goal – focus on no more than two goals each year. Your goals can be:
 - Run a certain amount of distance (i.e., 2,000 miles)
 - Run farther
 - Run faster
 - Run more races
 - Explore trails
 - Cruise hills
 - Run ultra marathon
 - You name it

Goal Setting

- Now is the time to set goals for 2016
 - What your overall fitness goal is
 - How many races you want to run
 - Compare and decide races
 - Why you choose the race
 - What is your goal for the race
 - Sign up and put the money into mouth
 - Lay out training plan and schedule

Goal Setting

- My own experience - 2015 running goals

77 (F37)	2015 Jackson County Ultra-marathon Trail Run	12/05/2015	50K	6:14:17	12:04
76	2015 Monumental Marahon	11/07/2015	Marathon	3:19:14	7:35
75	2015 Chicago Marathon	10/11/2015	Marathon	3:33:27	8:09
74	2015 Air Force Marathon	09/19/2015	Marathon	4:10:43	9:35
73	2015 Eagle Creek Trail Marathon	08/01/2015	Marathon	4:38:40	10:38
72	2015 Summer Night Trail Marathon	06/06/2015	Marathon	5:27:09	12:07
71	2015 Ottawa Marathon	05/24/2015	Marathon	3:28:17	7:57
70	2015 Carmel Marathon	04/18/2015	Marathon	3:29:31	8:00
69 (H21)	2015 Indy Runners Sam Costa Half Marathon	03/21/2015	Half Marathon	1:43:02	7:52

Goal Setting

- My own experience - 2016 running goals
 - Run a 50 miler
 - Break 3:10:00 in a marathon

Goal Setting

- My own experience - 2016 running goals
 - My race schedule

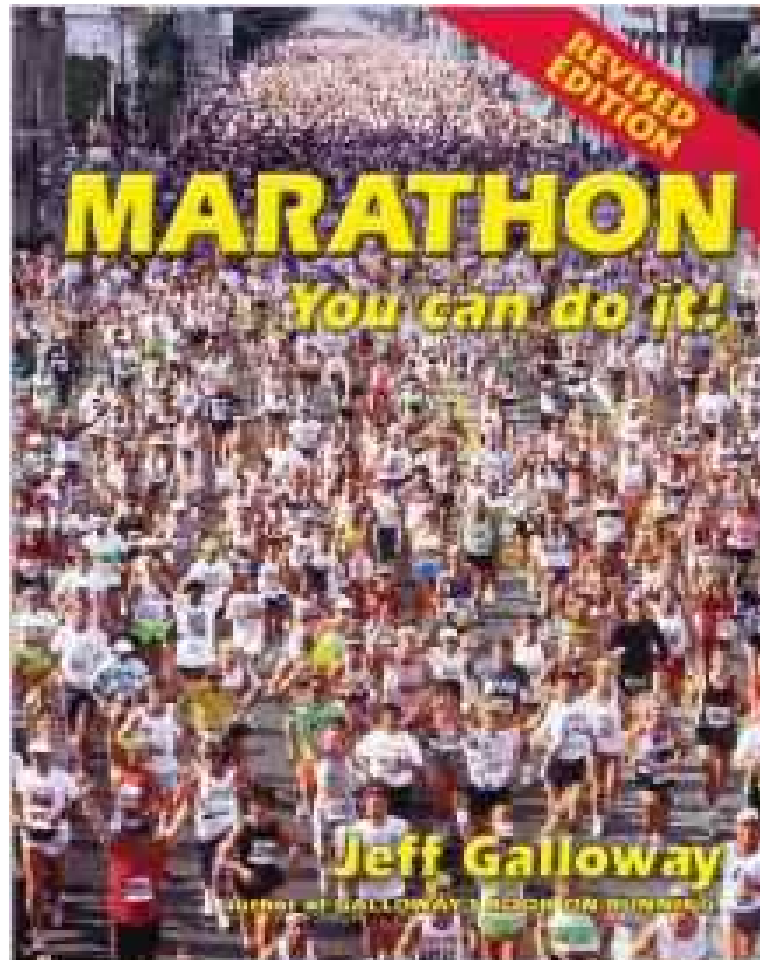
Running training +
Cross training +
Recovery +
Nutrition
=
Result

Running Training

- For beginners (how to get started)
 - Get an OK from your doctor
 - Buy a pair of RUNNING shoes
 - Walk 30 to 45 minutes 3 or 4 time weekly for few weeks
 - Start run and walk (i.e., walk 4 minutes run 1 minute)
 - Increase the running portion (i.e., walk 3 minutes run 2 minutes)
 - Run slowly for the whole distance
 - Run faster for the whole distance
 - Run farther
 - Run faster
 - Start to race:
 - 5 K
 - 10 K
 - Half Marathon
 - Marathon

Running Training

- A solid getting start book



Running Training

- Have a plan if you decide to train for a race
 - 16 weeks
 - 18 weeks
 - 20 weeks

Running Training

- My typical training plan:
 - Includes 4 phases:
 - Base
 - Speed
 - Stamina
 - Peak
 - Consists of small 4-week cycles
 - Allows one recovery week each cycle

Running Training

- A week has
 - One interval training (speed work)
 - Caution – don't do it if you are a beginner
 - One tempo run (lactate threshold run)
 - One long run
 - One or two easy run(s)
 - One completely off day

Running Training

- Long Run – purpose
 - Improve endurance
 - Train your body to burn fat (one of the keys to a successful marathon)
 - Build confidence for the race

Running Training

- Long Run
 - 12 – 22 miles
 - Do some LSD (long slow distance) run
 - Do few slow long run under fasted state in the early training phase (why?)
 - Do a few fast finishing long run

Running Training

- Interval Run – purpose
 - Increase VO2 Max

(VO2 max, aka maximal aerobic capacity, is the highest rate at which your body can transport oxygen to your muscles, which your muscles can then use to produce energy aerobically)

Running Training

- Interval Run
 - Sandwiched by a slow 1.5 or 2miles warm up and cool down
 - Repeats of short distance with recovery (typically half of your running duration) in between
 - Typical internal workouts:
 - 800m repeats (6, 8 and 10 times) at faster than 5K pace
 - 1 mile repeats (start from twice and build up to 6) at faster than 10K pace
 - Others
 - Use the school track

Running Training

- Tempo Run – purpose
 - Increase lactate threshold (LT)
 - (Lactate threshold is defined as the intensity of exercise at which lactate begins to accumulate in the blood at a faster rate than it can be removed. This is problematic because as a result, unbuffered acid is added to the blood, a condition that makes you feel like you have to vomit and stop right away)

Running Training

- Tempo Run
 - Sandwiched by a slow 1.0 mile warm up and cool down
 - 4 to 8 miles
 - At your 10K pace or 10 to 20 seconds faster than your goal marathon pace

Running Training

- Tempo Repeat Run
 - Sandwiched by a slow 1.0 mile warm up and cool down
 - Sample workouts
 - 4 * (3000m with 800m jog)
 - 3 * (3 miles with 1200m jog)
 - 2 * (5 miles with 1 mile jog)
 - 2 * (10K with 1 mile jog)

Running Training

- Goal Pace Specific Run – purpose
 - Train and get your body used to the goal race

Running Training

- Goal Pace Specific Run
 - Sandwiched by a slow 1.0 mile warm up and cool down
 - Pace is 5 seconds faster than your goal pace
 - 4 miles
 - 60 minutes
 - 8 miles
 - 10 miles
 - 12 miles

Running Training

- Easy Run – purpose
 - Help recovery from hard workout
 - General aerobic maintenance

Running Training

- Easy Run
 - Pace is 1.5 to 2 minutes slower than your goal pace
 - Duration is 45 to 75 minutes
 - Throw few 100m strides during the easy run if you want

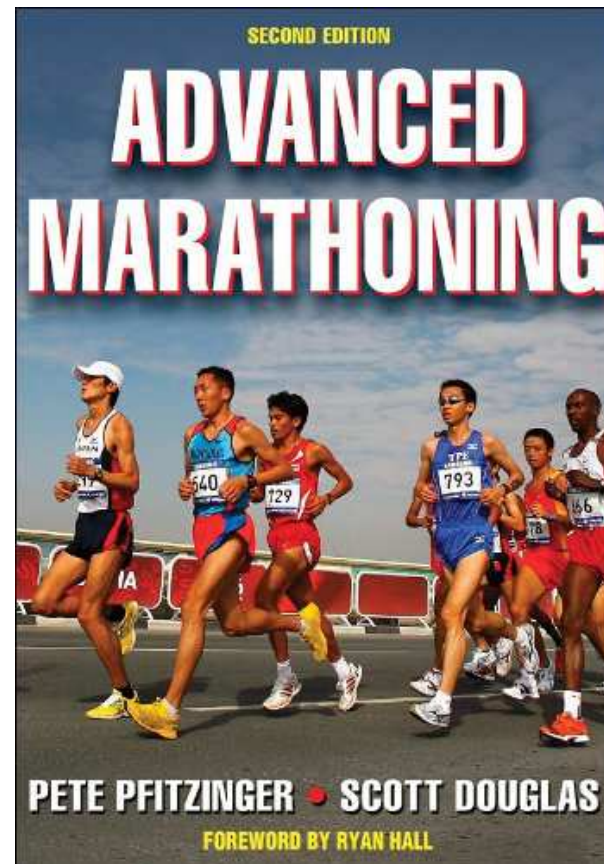
Running Training

- How my training plan looks like

(Demo time)

Running Training

- Getting serious about running a marathon?
Buy this book.



Cross Training

- Purpose
 - Help recovery from the hard running workout
 - Injury prevention
 - Establish efficient running form
 - Build muscle and improve metabolism

Cross Training

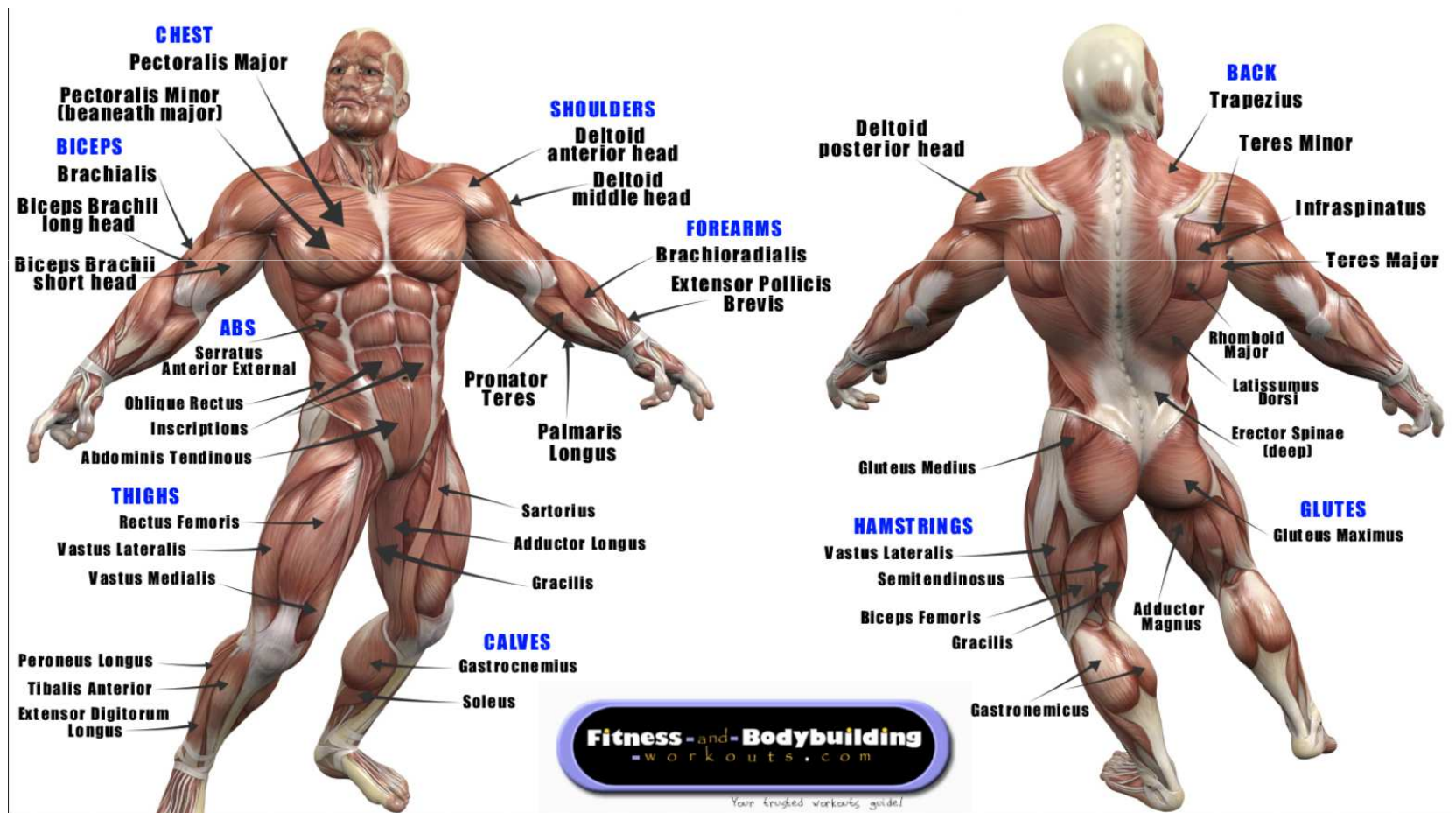
- Cardio
- Strength

Cross Training

- Cardio
 - Cycling
 - Swimming
 - Elliptical
 - Walking

Cross Training

- Strength training – know your body



Cross Training

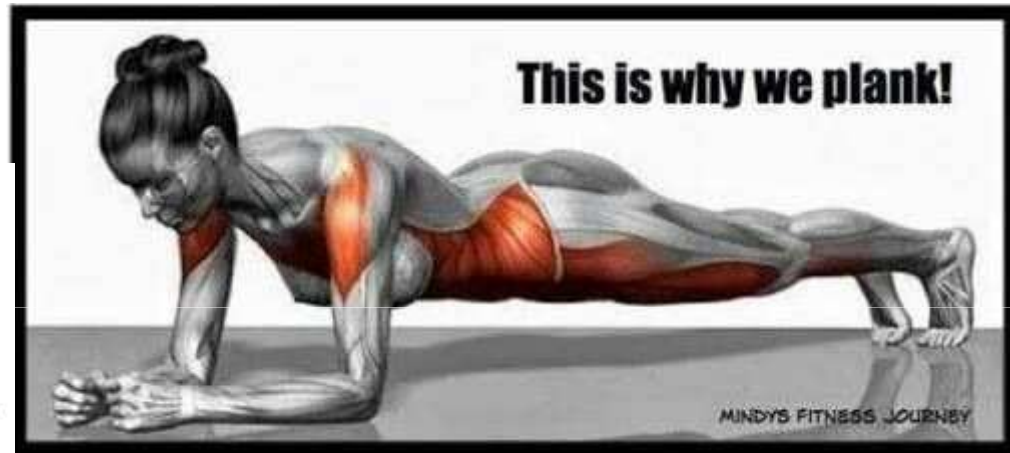
- Strength training – what to focus for runners
 - Core and hips
 - Legs
 - Lateral balance
 - Upper body

Cross Training

- Strength training – core



Crunch



Start



Reverse curl

Finish



Plank

Cross Training

- Strength training – hips



Kickback



Fire hydrant



Hip raise

Cross Training

- Strength training – balance



Leg swing



One leg deadlift

Cross Training

- These workouts are good



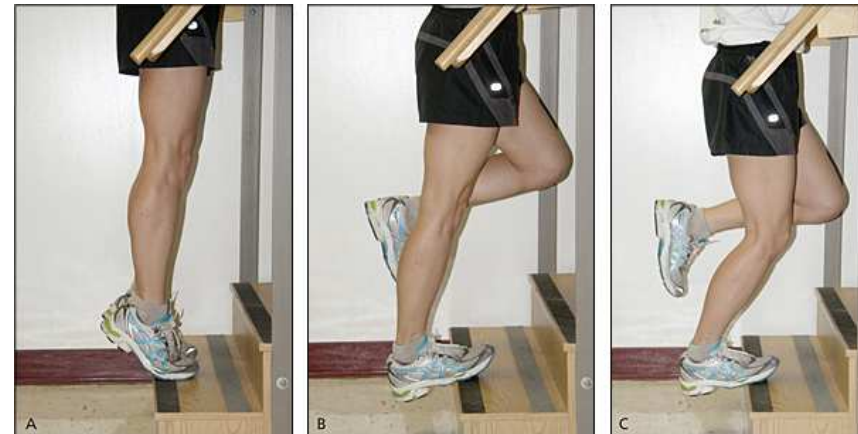
Squat



Wall sit



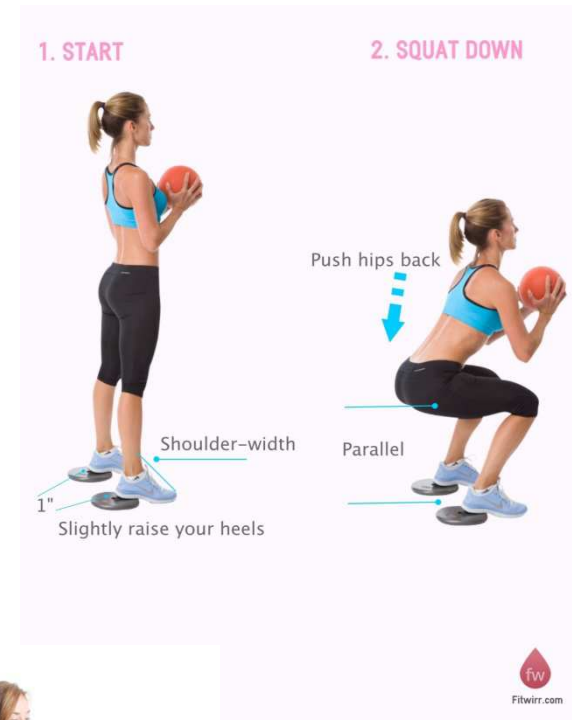
Lunge



Heel lift

Cross Training

- Strength training with weights



Cross Training

- Strength training
 - Keep it simple
 - You don't have to go to a gym

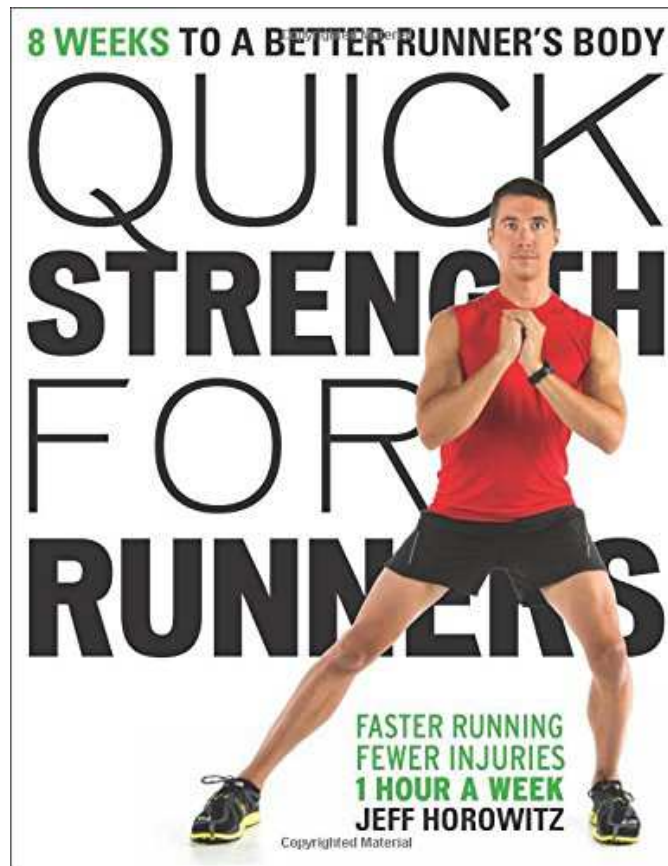


Cross Training

- Strength training
 - Warm up before starting strength training (biking or walking 10 minutes is good)
 - Don't just do it, do it right
 - Correct form is essential
 - Make it more challenging: hold at the target position for 5 – 10 seconds

Cross Training

- Strength training – a good book for runners



Recovery

- Recovery is as important as running
- Recovery well means you can do next workout refreshingly
- Recovery starts immediately after you finish a hard workout or race
 - The first hour after your hard run is critical
 - Eat RICE Massage

Recovery

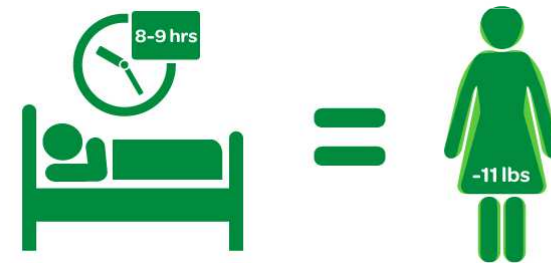
- Eat
 - Good balance of protein and carbohydrate
- Hydrate

Recovery

- Rest - take a nap



Sleep More, Weigh Less



Sleeping an extra hour a night could help you drop 11 pounds in a year.*

bestlife™

TheBestLife.com

*Based on 2,000 calories per day intake. Weight loss results from roughly a 6 percent reduction in calories when you get an extra hour of sleep. Source: Sivak M. Sleeping more as a way to lose weight. Obesity Rev 2006;7(3):295-6.

Recovery

- Icing



What woman's marathon world record holder, Paula Radcliffe, has to say about ice bath :

"It's absolute agony, and I dread it, but it allows my body to recover so much more quickly."

Recovery

- Compression



Recovery

- Elevation



Recovery

- Massage



Food and Nutrition










- We are what we eat
- Your diet is as just important as your running

Food and Nutrition

- Whole food
- Complex carbohydrates
- Vegetables of different colors
- Fruits of different colors
- Chicken, fish and eggs
- Nuts and beans

Food and Nutrition

- Good choice

GREAT CARBS eat me anytime!	GOOD CARBS eat me sometimes!	BAD CARBS eat me rarely/never!
 <p data-bbox="622 853 981 922">Leafy Greens (kale, spinach, romaine lettuce)</p>	 <p data-bbox="1021 874 1413 943">Starchy Veggies (sweet potato, potatoes, squash...)</p>	 <p data-bbox="1496 863 1765 932">Grains (rice, breads, cereals...)</p>
 <p data-bbox="618 1121 981 1225">Cruciferous Vegetables (broccoli, brussels sprouts, cabbage, collards, cauliflower..)</p>	 <p data-bbox="1039 1209 1391 1278">Sweeter Fruits (bananas, pineapple, papaya...)</p>	 <p data-bbox="1469 1121 1794 1190">Sugary Drinks (soda, juice, sports drinks...)</p>
 <p data-bbox="757 1385 842 1417">Berries</p>	 <p data-bbox="1111 1393 1312 1433">EUPRAXIA</p>	 <p data-bbox="1518 1337 1742 1406">Sugary Snacks (cookies, candies...)</p>

Food and Nutrition

- Good choice

Good vs. Bad Carbohydrates: Know the Difference

By PositiveMed.com

Good Carbs

More fiber, minerals & vitamins, Low glycemic index, Feel full on fewer calories



Whole-grain



Oatmeal



Green vegetables



fruits

Bad Carbs

Low fiber & nutrients, High glycemic index, Lots calories needed to make you full



Refined grains



Sugary cereals



Soda & sugary drinks



Candies & cookies



More health tips on PositiveMed.com

Food and Nutrition

- Good choice

Carbs Explained

(Poor carbs, they're so misunderstood...kinda like teenagers)

GLISTENFIT.COM

"Good" Carbs

Complex Carbs

- Rich in fiber, vitamins, & minerals
- Break down into glucose

"Bad" Carbs

Simple Carbs

- Refined sugar
- Little to no nutritional value

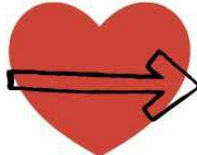
vs

THINGS LIKE:

veggies . fruits . legumes
whole grains: quinoa,
buckwheat, oats, rice,
rye, wheat, barely, etc

THINGS LIKE:

white bread . pizza
crust . buns . cookies .
soda . cakes . chips .
high fructose corn syrup

GOOD CARBS  YOUR BODY'S MAIN SOURCE OF ENERGY!

Food and Nutrition

- Get enough good carbohydrate – recommended daily carbohydrate intake

Training Volume	Carbohydrate Intake
<= 4 hours/week	2 – 2.75 g/lb
5 - 6 hours/week	2.75 -3.25 g/lb
7 - 10 hours/week	3.25 – 3.75 g/lb
11 - 14 hours/week	3.75 – 4 g/lb
15 - 19 hours/week	4 – 4.5 g/lb
20 -24 hours/week	4.5 – 5 g/lb
>= 25 hours/week	5 – 5.5 g/lb

Food and Nutrition

- Hydrate well – at least 80 ounces daily



Food and Nutrition

- Say NO to sugar (unless it is a hard workout day)
- Define sugar



Food and Nutrition

- Absolutely NO junk food (and no excuse)

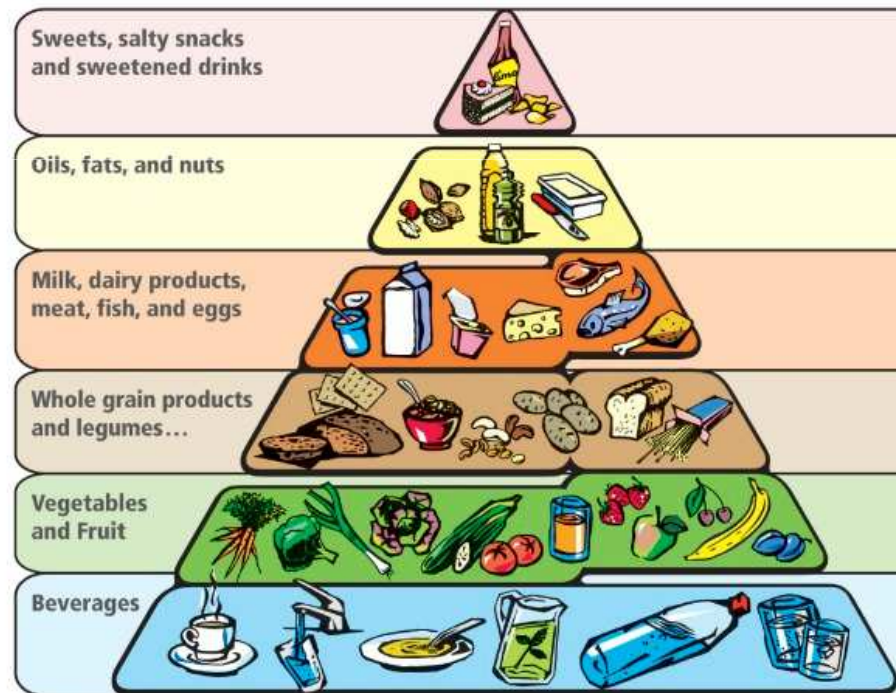


Food and Nutrition

- Food for runners

For athletes exercising ≥ 5 hours per week

Based on the Food Pyramid for healthy adults
of the Swiss Society for Nutrition



Food and Nutrition

- Good food for runners



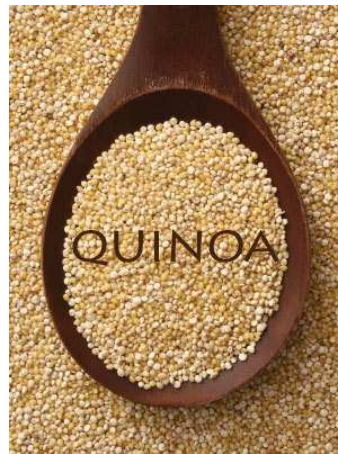
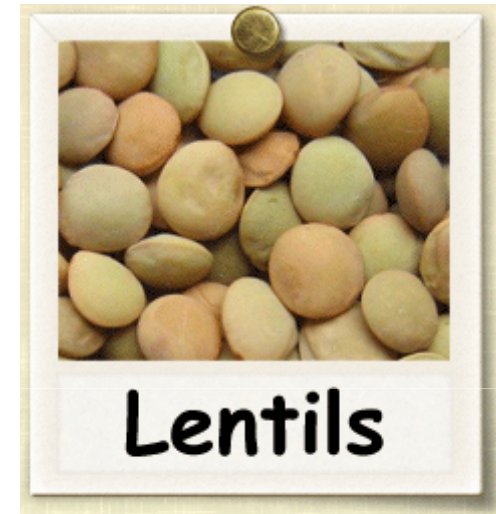
Food and Nutrition

- Good food for runners



Food and Nutrition

- Good food for runners



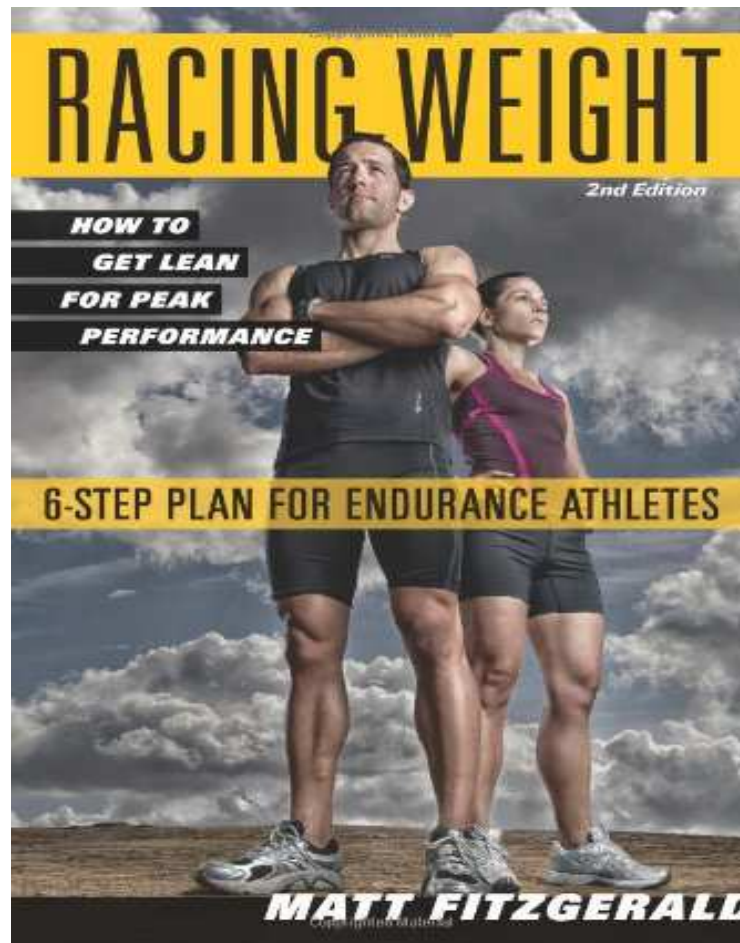
Food and Nutrition

- Fuel for a long run



Food and Nutrition

- Good book on diet quality and weight control



Race Tapering

- Allow 3 weeks for a marathon
- Give your body the opportunity to recover and reap the benefits from hard training
- It is the party time - reduce the running distance by 30% weekly
- Do a race rehearsal
- Rest and sleep more
- Take the day before the race off
- Carb loading

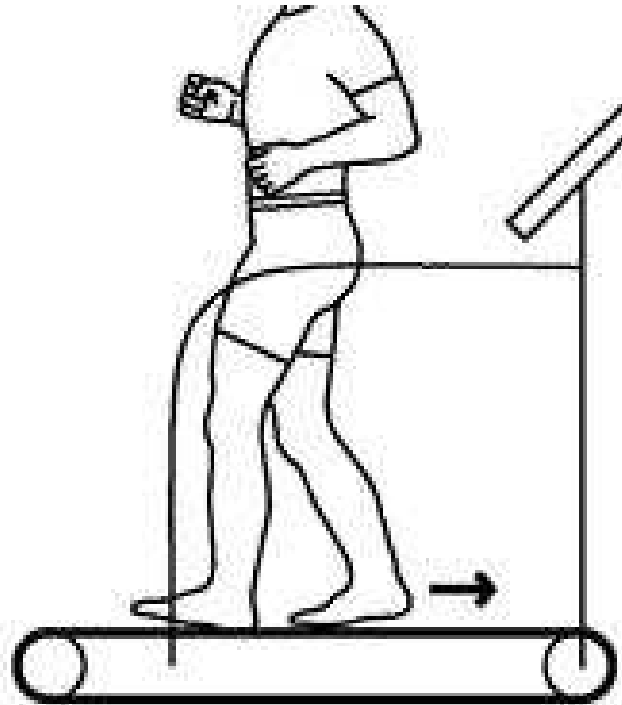
Race Tapering

- Sample training plan for the 3 tapering weeks

(Demo time)

Race Tapering

- Walking backwards 15 minutes (it is just me)



Race Tapering

- Do a race rehearsal
 - Follow the same race day schedule
 - Dress as race day
 - Eat as race day

Race Tapering

- Final 3 days
 - More rest and sleep if you can
 - Start carb loading
 - Prepare race day check list
 - Establish plan A and B for your race

Race Tapering

- The day before the marathon
 - Take the day off
 - Carb loading
 - Race packet pick up
 - Run a very slow 2 miles
 - Get your race gears ready before sleep

Race Tapering

- Carb loading - my typical diet the day before a marathon



Race Tapering

- Carb loading - my typical diet the day before a marathon



Race Day Strategy

- Do your routines
- Race your own race
- Don't try anything new
- Join the pace group
- Trust your training
- If it is hard for you, it will be hard for others

Race Day Strategy

- Sample race day check list

RACE DAY CHECKLIST

<ul style="list-style-type: none"><input type="checkbox"/> Cap / Sun Visor<input type="checkbox"/> Sunglasses<input type="checkbox"/> Earphones / Music Player<input type="checkbox"/> Hair Tie / Pins<input type="checkbox"/> Dri Fit Clothes<input type="checkbox"/> Mobile Phone<input type="checkbox"/> Energy Gel<input type="checkbox"/> Running Watch<input type="checkbox"/> Race Bib<input type="checkbox"/> Safety Pins<input type="checkbox"/> Running Socks<input type="checkbox"/> Timing Chip<input type="checkbox"/> Running Shoes	<p>PRE RACE</p> <ul style="list-style-type: none"><input type="checkbox"/> Breakfast<input type="checkbox"/> ID<input type="checkbox"/> Money<input type="checkbox"/> Anti-chafing Balm<input type="checkbox"/> Sunscreen<input type="checkbox"/> Deodorant <p>POST RACE</p> <ul style="list-style-type: none"><input type="checkbox"/> Towel<input type="checkbox"/> Extra Clothes<input type="checkbox"/> Post-race Food<input type="checkbox"/> Recovery Drink<input type="checkbox"/> Flipflops<input type="checkbox"/> Pain Reliever<input type="checkbox"/> Band Aids	<p style="text-align: center; color: red;">NOTES</p> <div style="border: 1px solid black; height: 150px; margin: 5px 0;"></div> <div style="text-align: center;"></div>
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PINOY ★★★
FITNESS

Race Day Strategy

- My typical breakfast the race day



Race Day Strategy

- Run the first 10 miles with your head
 - Run smart
 - Conserve energy as much as you can
 - Save the high fives post race

Race Day Strategy

- Run the next 10 miles with your legs
 - Stay focused

Race Day Strategy

- Run the last 6.2 miles with your heart
 - Think of something that inspires you each mile
 - Dig
 - Envision the finish line

Race Day Strategy

- A marathon starts from mile 20
- 20-mile is the half way

Race Day Strategy

- 2 minutes rule – keep an even pace
 - If your first and second half split is within 2 minutes, you have run a successful marathon
 - This proves to be the most efficient way to use the body's energy

Race Day Strategy

- Be smart
 - It is ok to adjust your goal the race day
 - It is ok to drop the race under extreme weather condition (actually the race organizer may even stop the race)
 - It is ok to drop the race if you don't feel good
 - This is why you need a plan B

Wrap Up

- Losers make excuses, winners make it happen
- Don't limit your challenges; challenge your limits. – Jerry Dunn



Questions

