

# 42KM MARATHON GUIDE

SUNDAY **6** OCTOBER

[PERTHRUNNINGFESTIVAL.COM.AU](http://PERTHRUNNINGFESTIVAL.COM.AU)



# INTRO

## 42KM MARATHON GUIDE



### PRE MARATHON TRAINING INFORMATION

Running your first marathon is life changing.

In order to get to that finish line with a smile on your face, you first must commit to a huge amount of training and preparation.

Our **12-week marathon training plan** is designed for runners looking to get race-ready on a tight schedule.

It ramps up the kms and training quickly to suit your tight training schedule.

### WHO IS IT FOR?

Runners who have established an initial running base or have an existing good fitness level. The 12-week marathon training schedule is not recommended for beginners you should be able to run 10kms without stopping comfortably before undertaking this training program.

The plan is designed to get you to the marathon finish line as comfortably as possible.

All Step into Life Venues – Bassendean, Caversham, Ellenbrook, Canningvale, Willetton, South Perth, East Vic Park, Piara Waters. Click [HERE](#) to find a time that best suits you...



# WEEK 1

## 42KM MARATHON GUIDE



### RECOMMENDED GROUP SESSIONS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training Session	Rest	Long Run 8km	Training Run 5km	Sprints 3x500m + 5km run	Cross Training - Outdoor Session	Long Run 10 km



### WARMING UP!!!

So many people underestimate the importance of a proper warm up before their workout. Warming up before you exercise can be the difference between having a successful workout where your body works at its best, or a workout that doesn't go as well as you want.

When you start exercising, a number of changes happen in your body. Your heart and breathing rate increases, blood flow to your muscles increases, and nervous system activity also increases.

This is especially important before a high intensity workout to help prevent fatigue, reduce the risk of injury and to help you get the most out of your training. Try round 1 and round 2 of the below workout to get your warmed up... AND GO!!

	ROUND 1	ROUND 2
Skipping	50	50
Ab Bikes	50	
High Knees	50	50
Butt Kicks		50
Mountain Climbers	50	50
Star Jumps	20	

# WEEK 2

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - HiiT session	Rest	Training Run 8km	Training Run 5km + Stretch Session	Sprints 4x500m + 5km run	Cross Training - Outdoor Training Session	Long Run 12km



### MISTAKE #1: DOING TOO MANY LONG, FAST TRAINING RUNS

Many marathon runners think that the best way to prepare for a marathon is to go out and run long runs at your target marathon pace. The trick to effective marathon training is to train smart.

Doing long runs at marathon pace is not effective; the distance is too long for you to really work on speed, and if you're trying to run fast, you're not working on your stamina effectively. Instead, **each run should have a purpose.**

Do your long runs at a slow, conversational pace in order to build endurance.

Do shorter training runs at marathon pace, or do speed work such as interval training to work on speed.

Working on these two attributes – endurance and speed – separately means that you can improve on each more effectively, then combine them on marathon day.

*Note: I'm not advocating never doing long runs at marathon pace. During marathon training, it is worth doing at least one, preferably two – Just no need to overdo it.*

Published by Thomas Marathon Handbook

# WEEK 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training HiiT Session	Rest	Training Run 8km	Training Run 6km + Stretch Session	Sprints 5x500m + 6km run	Cross Training - Outdoor Training	Long Run 13km



# WEEK 4

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### RECOMMENDED GROUP SESSIONS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training HiiT Session	Rest	Training Run 8km	Training Run 6km + Stretch Session	Sprints 5x500m + 5km run	Cross Training – Outdoor Training	Long Run 14km



### MISTAKE #2: SCREWING UP YOUR PACE

This is the single biggest mistake made by marathon runners, and it's entirely preventable.

Many otherwise well-prepared marathon runners end up having a terrible race day experience, simply because they didn't have a pace strategy.

#### What am I talking about?

Many runners go out too fast.

They get swept up in the crowds and the adrenaline and find the first few kms deceptively easy. It isn't until after the half-way point that they pay the price.

Other runners simply lack a pace strategy – they decide they'll wing it on race day and see how things go. Again, this often ends in a 'crash-and-burn' scenario. Having even a basic pace strategy can avoid all these issues.

For most beginner and intermediate marathon runners, planning to run even splits is the most effective and straight-forward pace strategy. So get a good GPS watch. Decide your target pace in advance and stick to it come race day.

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# WEEK 5

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training HiiT Session	Rest	Long Run 10km	Stretch Session	Sprints 7x500m + 5km run	Cross Training - Outdoor Training	Long Run 15km



### MISTAKE #3: NOT FUEL-LING PROPERLY

Many marathon runners simply don't fuel properly.

They don't know what to take, how much to take, or when to take it. There's less need to fuel on-the-run during marathon training, when most of your runs are under two hours (and your long runs are done at a conservative pace).

However, come marathon day, you want to maximise your perfor-

mance potential. And to do this, you need fuel.

I recommend taking one energy gel 15 minutes before the start line, a then one every 45-60 minutes of the race. This keeps a constant stream of easy-to-process energy going to your system.

Just make sure you trial your fuelling strategy in advance – some people can't stomach energy gels when running.

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# WEEK 6

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - Ride	Rest	Long Run 12km	Strength + 8km run	Tempo Run - 45min	Cross Training Swim	Long Run 18km

### TEMPO

Without getting too technical, tempo pace is the effort level at which your body is able to clear as much lactate—a by-product of burning carbohydrates—as it produces. Your body's lactate clearance is at the same level as its lactate production, meaning the dreaded dead-leg sensation doesn't set in. (from [www.runnersworld.com](http://www.runnersworld.com)) It's a pace generally described as comfortably hard.

### TO CALCULATE YOUR TEMPO PACE:

<https://www.runnersworld.com/uk/training/a761676/rws-training-pace-calculator/>



### HOW MUCH PROTEIN DO YOU REALLY NEED?

Protein requirements change as you age, and they differ depending on body weight and gender, but McMaster says that protein should ideally make up 15–25% of your total energy intake. As a rule, if you are undergoing frequent endurance exercise, a protein intake of 1.2g per kilogram of bodyweight is enough to

provide all the benefits without overconsuming. You also can't process more than about 30g of protein at a time, with any excess also ending up stored as fat. If you want to know more about your specific protein requirements, contact an Accredited Practising Dietitian.

### THE BEST SOURCES OF PROTEIN

McMaster says that animal products such as meat, chicken, fish, eggs and dairy contain all the essential amino acids your body needs. Plant-based proteins like grains, legumes, pulses and soy products are also good sources of many of the essential amino acids.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - HiiT Session	Rest	Long Run 24km	Strength + 8km run	Sprints 4x200m + 2km run (repeat x2)	Cross Training - Outdoor Session	Long Run 21km

### 25 HEALTHY SNACKS THAT WILL FUEL YOUR RUNS

<https://www.runnersworld.com/nutrition-weight-loss/g20819713/25-great-snacks-for-runners-0/>



# WEEK 8

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - Ride	Rest	Sprints 10x500m +5km run	Stretch Session	Tempo Run - 1 hour	Cross Training - Ride	Long Run 27km



### HOW DO I STAY HYDRATED?

Fluids and electrolytes play a vital role in your body as they regulate how fuel sources are transported, body temperature, and other vital functions. Dehydration can have a severe impact on your ability to perform exercise, and various studies have shown massive performance reductions when dehydrated in both cold and hot environments.

The best test of whether you are hydrated or not is to check the colour of your urine; you should be aiming for pale yellow. Any more concentrated means you are lacking fluids and are at risk for dehydration.

During exercise, individual fluid needs can differ greatly based on body size, sweat rate, and environmental factors. As a rough guide,

the average person needs to replace roughly 600ml of fluid per hour of exercise (a standard drink bottle). Electrolytes help to increase the absorption of fluids into the bloodstream. They provide the electrical energy necessary for many functions in the human body and for optimal athletic performance. However, try to avoid the ones which are high in sugar.

Written by <https://aaptiv.com> – Lyndsay Tigar

# WEEK 9

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - Swim	Rest	Long Run - 18km	Strength + 8km run	Sprints 12x400m + 10km run	Cross Training - Hike	Long Run 30km

### THE 5 BEST STATIC STRETCHES TO DO AFTER YOUR RUN

This easy routine will help you boost flexibility. Do it right after your workout, when your muscles are still warm.



HIP-FLEXOR STRETCH	Kneel on your right knee, with your left foot in front of your body. Lean forward from the <a href="#">hips</a> . Hold for 30 seconds, then switch sides
HAMSTRING STRETCH WITH ROPE	Loop a strap around your right foot. Gently pull your <a href="#">leg</a> toward light stretch. Hold for 30 seconds, then switch sides.
PIRIFORMIS STRETCH	Lie on your <a href="#">back</a> . Bend your right leg and place the ankle in front of your left knee. Pull your left thigh toward your torso. Hold for 30 seconds, then switch sides.
LOWER-BACK STRETCH #1	Bring your <a href="#">knees</a> to your chest and grasp your legs. Hold for 30 seconds.
LOWER-BACK STRETCH #2	Drop your hips back until your <a href="#">glutes</a> rest on your heels. Lower your chest to the floor and stretch your arms out in front of you. Hold for 30 seconds.

Published by [www.runnersworld.com](http://www.runnersworld.com) - Matt Rainey (pics)

# WEEK 10

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training - Pilates/ Yoga	Rest	Long Run - 21km	Strength + 8km run	Tempo Run 1.15 hours	Cross Training - HiiT Session	Long Run 34km



### TEMPO

Without getting too technical, tempo pace is the effort level at which your body is able to clear as much lactate—a by-product of burning carbohydrates—as it produces. Your body's lactate clearance is at the same level as its lactate production, meaning the dreaded dead-leg sensation doesn't set in. (from [www.runnersworld.com](http://www.runnersworld.com) ) It's a pace generally described as comfortably hard.

### TO CALCULATE YOUR TEMPO PACE:

<https://www.runnersworld.com/uk/training/a761676/rws-training-pace-calculator/>

# WEEK 11

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training Outdoor Session	Rest	Long Run - 15km	Strength + 8km run	Sprints 5x300m + 2km run (repeat x4)	Cross Training - HiIT Session	Long Run 21km



# WEEK 12

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Training Ride	Rest	Progress Run 1.5 hours	Stretch Session	Progress Run 1 hour	Cross Training - Pilates/ Yoga	Race Day!



# RECOVERY

## 42KM MARATHON GUIDE



### HOW TO RECOVER AFTER A MARATHON

*Every recovery is different, but here are some strategies that can help speed up yours.*

*By Jenny Hadfield and Runner's World Editors.*

First of all, congratulations! You just completed a marathon. While the hard work is over, there is still some work to be done: recovery.

Postrace recovery is kind of like a box of chocolates—you never know what you're going to get. There are a host of variables that can affect your marathon recovery such as the intensity of the race, the elements, your health, and training season. Every recovery is different, but there are several strategies you can employ postrace that will aid in speeding the rate of recovery, so you don't have to avoid the stairs all week.

### JUST KEEP WALKING

Cross the finish line, get your medal, take a picture, and keep walking. Although the first instinct may be to drop to your knees and thank the gods that you've finished, that isn't the best way to go. By walking, your heart rate gradually drops, the circulation diverts back to its resting state and flushes lactic acid from the muscles. Walk at least 10 to 15 minutes—back to your car, hotel, or cab.

### EAT, DRINK, AND BE MERRY

Eat a small snack within the first 30 to 60 minutes postrace. Save the big meal for later in the day when your appetite returns, and you can enjoy that celebration. The time immediately after the race is more about getting in about 200 to 300 easily-digestible calories from carbohydrates and protein to maintain blood sugar levels, replenish muscle glycogen, and repair muscle tissue. Half of a turkey sandwich, carrots, and almond butter or pretzels will do the trick. Sip fluids during the day to rehydrate.

### CHILL OUT

If possible, soak in a cold water or ice bath for five to 10 minutes and consider wearing compression tights. Both can aid in decreasing inflammation in your legs and speed the rate of healing.



# RECOVERY

## 42KM MARATHON GUIDE



### GET A LEG UP

Take five to 10 minutes to do the yoga pose

“Legs Up on the Wall” or Viparita Karani. It refreshes circulation, gently stretches the legs, and is a great way to internally celebrate your race (especially when wearing your medal).

Stretch, Roll, and Massage

Wait at least two to six hours after the race to stretch and foam roll and at least 24 hours for a massage. This allows your muscles time to replenish fluids and energy lost and recover from the demands of the race.

### GIVE YOURSELF A BREAK

One of the most common mistakes runners make is running too soon after a marathon. The best way to recover is not to do more damage by going out for a run the next day (that is your ego talking). Take the day to celebrate. Schedule a massage and do some light walking and stretching.

For guidance, try this four-week plan:

#### **Week 1: Cross train, rest, and test the waters.**

Invest the first week in short, light effort, low-impact cross training activities that will boost circulation, warm your muscles and aid in the healing journey (think: walking, cycling, swimming, yoga, or Pilates). If all feels well later that week, run a short, easy effort run (30 minutes) to test the waters.

#### **Week 2: Run short and easy.**

If things still hurt, keep cross training and let it simmer. If you feel good, start back to your normal running frequency in week two, but keep the effort easy and the distance shorter (30 to 60 minutes).

#### **Week 3: Run longer and a little faster.**

If things are still going well and your body feels good, ease back into distance and intensity in week three.

#### **Week 4: Return to regular volume or training.**

Now that you’ve slowly got your body back into a regular running routine, you can return to your pre-marathon schedule if you feel good. If you’re running multiple races in one season it is vital to invest in optimal recovery time.

For my Information please refer to this article from runner world.

<https://www.runnersworld.com/health-injuries/a20794063/how-should-i-recover-post-marathon/>