

CONTENTS

THE MARATHON COUNTDOWN SYSTEM.....	1
THE FIRST MARATHON.....	1
THE EARLY MARATHONS.....	2
MARATHONS FOR THE MASSES.....	2
THE SECOND MARATHON BOOM.....	3
THE MARATHON COUNTDOWN SYSTEM.....	4
WHY SELF-COACH?.....	5
OCKHAM'S RAZOR.....	7
BODY BASICS	9
MUSCLE BASICS.....	9
MUSCLE FIBER TYPES.....	11
YOUR POWER PLANT.....	12
THE FATIGUE FACTOR	16
THE GOALS OF MARATHON TRAINING	21
IMPROVE YOUR ENDURANCE.....	23
IMPROVE IMPACT RESISTANCE.....	24
INCREASE YOUR ELASTICITY	26
IMPROVE YOUR NEUROMUSCULAR CONDITIONING	27
RAISE YOUR LACTATE TURNPOINT	28
IMPROVE YOUR VO ₂ MAX AND vVO ₂ MAX	31
IMPROVE YOUR RUNNING ECONOMY.....	33
INCREASE YOUR SPRINT SPEED.....	42
TRAIN YOUR BRAIN	44
IMPROVE YOUR ADAPTABILITY	47
ZONES, PACES AND WORKOUTS	51
YOUR TRAINING ZONES.....	52
YOUR TRAINING PACES	55
YOUR WORKOUTS	60
RUNNING STRENGTH.....	67
MARATHON STRENGTH TRAINING PROGRAM.....	71
GENERAL STRENGTH EXERCISES	74
RUNNING STRENGTH EXERCISES.....	84
PLYOMETRICS	93
STRETCHING 101.....	95
STRETCHING TECHNIQUES	95
WHICH STRETCH IS BEST?	97
DYNAMIC WARM UP DRILLS.....	100
STATIC COOL DOWN STRETCHES.....	104

FUELING & HYDRATING	111
NUTRIENTS	111
THE RULES OF HEALTHY EATING	116
YOUR MARATHON EATING PLAN	118
MARATHON NUTRITION	121
DRINKING ON THE RUN	127
THE ART OF DRINKING AND RUNNING	132

AVOIDING THE ER	135
RUNNING SAFETY GUIDELINES	135
ROAD RUNNING SAFETY	136
PARK AND URBAN TRAIL SAFETY	137
HOT WEATHER RUNNING	137
COLD WEATHER RUNNING	143
AIR POLLUTION.....	146
CARRY ID.....	147
AVOIDING INJURIES	147
TREATING INJURIES.....	149
SEVERE OR CHRONIC INJURIES.....	151
COMMON RUNNING INJURIES.....	151

BUILDING YOUR PERFECT PLAN	157
WHO ARE YOU?	157
STEP TWO - WHAT'S YOUR MARATHON GOAL?.....	163
CHOOSING YOUR GOAL	168
STEP THREE - WHAT'S YOUR TIMELINE?	173
STEP FOUR - TRAINING DAYS PER WEEK	174
STEP FIVE - DETERMINE YOUR TRAINING PACES	175
YOUR TRAINING PACES	181
STEP SIX - MAKING ADJUSTMENTS.....	182
ESTIMATING YOUR MARATHON POTENTIAL	190

BEGINNERS BUILD UP PLAN	193
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24 WEEKS TO MARATHON	199
SCHEDULE & TIMELINE.....	199
STRENGTH TRAINING COUNTDOWN.....	200
BEGINNING RUNNER COUNTDOWN.....	200
RECREATIONAL LEVEL COUNTDOWN	202
COMPETITIVE LEVEL COUNTDOWN	204
ELITE LEVEL COUNTDOWN	206

23 WEEKS TO MARATHON.....	209
DEFINE YOUR GOAL	209
STRENGTH TRAINING COUNTDOWN.....	210
BEGINNING RUNNER LEVEL.....	210
RECREATIONAL LEVEL.....	212
COMPETITIVE LEVEL	214
ELITE LEVEL.....	216
22 WEEKS TO MARATHON.....	219
STAY NEAR SIGHTED	219
STRENGTH TRAINING COUNTDOWN.....	220
BEGINNING RUNNER LEVEL.....	220
RECREATIONAL LEVEL.....	222
COMPETITIVE LEVEL	224
ELITE LEVEL.....	226
21 WEEKS TO MARATHON.....	229
DO IT FOR YOU.....	229
STRENGTH TRAINING COUNTDOWN.....	231
BEGINNING RUNNER LEVEL.....	231
RECREATIONAL LEVEL.....	233
COMPETITIVE LEVEL	234
ELITE LEVEL.....	236
20 WEEKS TO MARATHON.....	239
RACE REGISTRATION	239
STRENGTH TRAININGCOUNTDOWN.....	240
BEGINNING RUNNER LEVEL.....	241
RECREATIONAL LEVEL.....	242
COMPETITIVE LEVEL	244
ELITE LEVEL.....	245
19 WEEKS TO MARATHON.....	249
RUNNING SHOES	249
STRENGTH TRAININGCOUNTDOWN.....	251
BEGINNING RUNNER LEVEL.....	251
RECREATIONAL LEVEL.....	253
COMPETITIVE LEVEL	254
ELITE LEVEL.....	256
18 WEEKS TO MARATHON.....	259
MARATHON LOGISTICS.....	259
STRENGTH TRAININGCOUNTDOWN.....	260
BEGINNING RUNNER LEVEL.....	261
RECREATIONAL LEVEL.....	262
COMPETITIVE LEVEL	264
ELITE LEVEL.....	265

17 WEEKS TO MARATHON	269
BAREFOOT RUNNING.....	269
STRENGTH TRAINING COUNTDOWN.....	271
BEGINNING RUNNER LEVEL.....	271
RECREATIONAL LEVEL.....	273
COMPETITIVE LEVEL	275
ELITE LEVEL.....	276

16 WEEKS TO MARATHON	279
RACE DAY WEATHER CONDITIONS	279
STRENGTH TRAINING COUNTDOWN.....	280
BEGINNING RUNNER LEVEL.....	281
RECREATIONAL LEVEL.....	282
COMPETITIVE LEVEL	284
ELITE LEVEL.....	286

15 WEEKS TO MARATHON	289
THE RUNNING POWER OF POSITIVE THINKING.....	289
STRENGTH TRAINING COUNTDOWN.....	291
BEGINNING RUNNER LEVEL.....	291
RECREATIONAL LEVEL.....	292
COMPETITIVE LEVEL	294
ELITE LEVEL.....	296

14 WEEKS TO MARATHON	299
RUNNING FORM.....	299
STRENGTH TRAINING COUNTDOWN.....	301
BEGINNING RUNNER LEVEL.....	302
RECREATIONAL LEVEL.....	303
COMPETITIVE LEVEL	305
ELITE LEVEL.....	306

13 WEEKS TO MARATHON	309
FLUIDS & HYDRATION	309
STRENGTH TRAINING COUNTDOWN.....	310
BEGINNING RUNNER LEVEL.....	311
RECREATIONAL LEVEL.....	312
COMPETITIVE LEVEL	314
ELITE LEVEL.....	315

12 WEEKS TO MARATHON	319
TRAVEL AND ACCOMMODATIONS	319
STRENGTH TRAINING COUNTDOWN.....	320
BEGINNING RUNNER LEVEL.....	320
RECREATIONAL LEVEL.....	322
COMPETITIVE LEVEL	324
ELITE LEVEL.....	326

11 WEEKS TO MARATHON	329
VISUALIZATION	329
STRENGTH TRAINING COUNTDOWN.....	330
BEGINNING RUNNER LEVEL.....	331
RECREATIONAL LEVEL.....	332
COMPETITIVE LEVEL	334
ELITE LEVEL.....	336
10 WEEKS TO MARATHON.....	339
KNOW THY COURSE	339
STRENGTH TRAINING COUNTDOWN.....	341
BEGINNING RUNNER LEVEL.....	341
RECREATIONAL LEVEL.....	343
COMPETITIVE LEVEL	344
ELITE LEVEL.....	346
9 WEEKS TO MARATHON.....	349
RACE STRATEGY	349
STRENGTH TRAINING COUNTDOWN.....	354
BEGINNING RUNNER LEVEL.....	354
RECREATIONAL LEVEL.....	356
COMPETITIVE LEVEL	358
ELITE LEVEL.....	360
8 WEEKS TO MARATHON.....	363
RUNNERS HIGH	363
STRENGTH TRAINING COUNTDOWN.....	366
BEGINNING RUNNER LEVEL.....	366
RECREATIONAL LEVEL.....	368
COMPETITIVE LEVEL	370
ELITE LEVEL.....	372
7 WEEKS TO MARATHON.....	375
BRAIN POWER	375
STRENGTH TRAINING COUNTDOWN.....	378
BEGINNING RUNNER LEVEL.....	379
RECREATIONAL LEVEL.....	381
COMPETITIVE LEVEL	383
ELITE LEVEL.....	384
6 WEEKS TO MARATHON.....	387
OVER TRAINING.....	387
STRENGTH TRAINING COUNTDOWN.....	392
BEGINNING RUNNER LEVEL.....	392
RECREATIONAL LEVEL.....	394
COMPETITIVE LEVEL	396
ELITE LEVEL.....	398

5 WEEKS TO MARATHON.....	401
PREPARE FOR YOUR RACE.....	401
STRENGTH TRAINING COUNTDOWN.....	403
BEGINNING RUNNER LEVEL.....	404
RECREATIONAL LEVEL.....	405
COMPETITIVE LEVEL	407
ELITE LEVEL.....	408
4 WEEKS TO MARATHON.....	411
THE WALL.....	411
STRENGTH TRAINING COUNTDOWN.....	415
BEGINNING RUNNER LEVEL.....	415
RECREATIONAL LEVEL.....	417
COMPETITIVE LEVEL	419
ELITE LEVEL.....	420
3 WEEKS TO MARATHON.....	423
YOUR TAPER	423
STRENGTH TRAINING COUNTDOWN.....	424
BEGINNING RUNNER LEVEL.....	425
RECREATIONAL LEVEL.....	427
COMPETITIVE LEVEL	429
ELITE LEVEL.....	431
2 WEEKS TO MARATHON.....	433
YOUR NUTRITIONAL TAPER	433
STRENGTH TRAINING COUNTDOWN.....	435
BEGINNING RUNNER LEVEL.....	435
RECREATIONAL LEVEL.....	437
COMPETITIVE LEVEL	439
ELITE LEVEL.....	441
RACE WEEK	443
RACE WEEK LOGISTICS	443
STRENGTH TRAINING COUNTDOWN.....	450
BEGINNING RUNNER LEVEL.....	451
RECREATIONAL LEVEL.....	453
COMPETITIVE LEVEL	455
ELITE LEVEL.....	457
RACE WEEK PLUS ONE.....	459
MARATHON RECOVERY	459
STRENGTH TRAINING RECOVERY	461
BEGINNING RUNNER LEVEL.....	461
RECREATIONAL LEVEL.....	462
COMPETITIVE LEVEL	462
ELITE LEVEL.....	462

RACE WEEKPLUS TWO	465
MARATHON RECOVERY WEEK 2	465
STRENGTH TRAINING RECOVERY	466
BEGINNING RUNNER LEVEL.....	466
RECREATIONAL LEVEL.....	466
COMPETITIVE LEVEL	467
ELITE LEVEL.....	467

RACE WEEKPLUS THREE.....	469
MARATHON RECOVERY WEEK 3	469
STRENGTH TRAINING RECOVERY	470
BEGINNING RUNNER LEVEL.....	470
RECREATIONAL LEVEL.....	470
COMPETITIVE LEVEL	471
ELITE LEVEL.....	471

CHAPTER 25

10 WEEKS TO MARATHON

KNOW THY COURSE

One of my favorite ancient Greek aphorism's or saying's is *gnothi seauton* - "Know thyself". The exact meaning of this saying is up to each individual reader, but I interpret it as meaning to know and be aware of your own strength's, weaknesses's, habits and temperament. In keeping with my built in coaches habit of borrowing from others, I have stolen that saying and changed it a bit to "Know thy course".

Every marathon course is different. Some are very flat while others are rolling, hilly or downright mountainous. Some are run on hard roads, some on soft trails and others are a combination. Some races are fast at the beginning and slow at the end while others have slow first halves and blazing fast finishes.

The important point here is that you should get to know your course well before your race so you can properly prepare for it both physically and mentally. If your marathon is on a hilly course you should do extra training on hills. If the course is all on hard roads, make sure you do a good

deal of your training on hard surfaces. If it is on softer trails, try to do a lot of your training on similar trails. Your body and muscles react a little bit differently to various road surfaces and terrains. Doing your training on similar surfaces and terrains will give an extra edge during your race.

Knowing your course will also give you a both a mental and strategic advantage. If you know where the harder parts of the course are located you will be able to set your race strategy and mental preparation accordingly. You will know where and when you can push hard and when you should back off. Do your homework now. Know your course and you can shave precious minutes off your finishing time.

There are several ways you can learn your course. The first step is to get a course map and course description from the race organizers. In addition to the actual map the organizers should be able to give you a complete course description including elevation changes and road surfaces.

If your race is local go take a look at the course. If possible, ride a bicycle along the entire course and memorize the elevation changes and landmarks so you will know exactly what to expect during your race.

If you cannot physically visit the course, carefully study the map and commit it to memory. Try to remember where the elevation changes take place, the placement of aid stations and major landmarks. You could also use one of the on line mapping services that are out there. Many of them have high quality images of roads and trails.

STRENGTH TRAINING COUNTDOWN

LEVEL	DAY 1	DAY 3	DAY 5
BEGINNING	BASIC GENERAL	NONE	BASIC RUNNING
RECREATIONAL	BASIC GENERAL	NONE	BASIC RUNNING
COMPETITIVE	ADVANCED GENERAL	ADVANCED RUNNING	ADVANCED PLYOMETRICS
ELITE	ADVANCED GENERAL	ADVANCED RUNNING	ADVANCED PLYOMETRICS

BEGINNING RUNNER LEVEL

KEY WORKOUTS FOR FINISHERS

- **Key 1** - 6 miles @ endurance pace
- **Key 2** - 4 miles @ endurance pace
- **Key 3** - 17 miles @ endurance pace

3 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	REST	KEY 2	REST	REST	KEY 3

4 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	REST	KEY 2	REST	30 - 45 MIN- UTES @ E PACE	KEY 3

5 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	30 - 45 MIN- UTES @ E PACE	KEY 2	REST	30 - 45 MIN- UTES @ E PACE	KEY 3

6 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	30 - 45 MIN- UTES @ E PACE	KEY 2	30 - 45 MIN- UTES @ E PACE	30 - 45 MIN- UTES @ E PACE	KEY 3

7 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 - 45 MIN- UTES @ E PACE	KEY 1	30 - 45 MIN- UTES @ E PACE	KEY 2	30 - 45 MIN- UTES @ E PACE	30 - 45 MIN- UTES @ E PACE	KEY 3

RECREATIONAL LEVEL

KEY WORKOUTS FOR FINISHERS

- **Key 1** - 7 miles @ endurance pace
- **Key 2** - 5 miles @ endurance pace
- **Key 3** - 17 miles @ endurance pace

KEY WORKOUTS FOR PACERS

- **Key 1** - 5 miles. Run the first mile @ 10K pace and the last 4 miles @ goal pace.
- **Key 2** - Run 5 x 400 meter repeats @ 3K pace. Recover between each 400 meter repeat with 1 minute of passive recovery.
- **Key 3** - 17 miles @ endurance pace

SUGGESTED WORKOUT SEQUENCE

4 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	REST	KEY 2	REST	40 - 50 MIN- UTES @ E PACE	KEY 3

5 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	40 - 50 MIN- UTES @ E PACE	KEY 2	REST	40 - 50 MIN- UTES @ E PACE	KEY 3

6 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	40 - 50 MIN- UTES @ E PACE	KEY 2	40 - 50 MIN- UTES @ E PACE	40 - 50 MIN- UTES @ E PACE	KEY 3

7 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
40 - 50 MIN- UTES @ E PACE	KEY 1	40 - 50 MIN- UTES @ E PACE	KEY 2	40 - 50 MIN- UTES @ E PACE	40 - 50 MIN- UTES @ E PACE	KEY 3

COMPETITIVE LEVEL

KEY WORKOUTS FOR PACERS

- **Key 1** - 7 miles. Run the first mile @ 10K pace and the last 6 miles @ goal pace.

- **Key 2** - Run 8 x 400 meter repeats @ 3K pace. Recover between each 400 meter repeat with 1 minute of passive recovery.
- **Key 3** - 18 miles. Run the first 13 miles @ endurance pace and the last 5 miles @ goal pace.

KEY WORKOUTS FOR RACERS

- **Key 1** - 7 miles. Run the first mile @ 10K pace, the next 5 miles @ goal pace and the last mile @ 5K pace.
- **Key 2** - Run 8 x 400 meter repeats @ 3K pace. Recover between each 400 meter repeat with 1 minute of passive recovery.
- **Key 3** - 18 miles. Run the first 12 miles @ endurance pace, the next 5 miles @ goal pace and the last mile @ 10K pace.

SUGGESTED WORKOUT SEQUENCE

5 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	40-75 MIN- UTES @ E PACE	KEY 2	REST	40-75 MIN- UTES @ E PACE	KEY 3

6 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	40-75 MIN- UTES @ E PACE	KEY 2	40-75 MIN- UTES @ E PACE	40-75 MIN- UTES @ E PACE	KEY 3

7 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
40 - 75 MIN- UTES @ E PACE	KEY 1	40 - 75 MIN- UTES @ E PACE	KEY 2	40 - 75 MIN- UTES @ E PACE	40 - 75 MIN- UTES @ E PACE	KEY 3

ELITE LEVEL

KEY WORKOUTS FOR PACERS

- **Key 1** - 10 miles. Run the first 2 miles @ 10K pace and the last 8 miles @ goal pace.
- **Key 2** - Run 5 x 2 minute repeats @ 3K pace. Recover between each 2 minute repeat with 2 minutes of passive recovery.
- **Key 3** - 20 miles. Run the first 14 miles @ endurance pace and the last 6 miles @ goal pace.

KEY WORKOUTS FOR RACERS

- **Key 1** - 10 miles. Run the first 2 miles @ 10K pace, the next 7 miles @ goal pace and the last mile @ 5K pace.
- **Key 2** - Run 5 x 2 minute repeats @ 3K pace. Recover between each 2 minute repeat with 2 minutes of passive recovery.
- **Key 3** - 20 miles. Run the first 13 miles @ endurance pace, the next 5.5 miles @ goal pace, the next 1 mile @ 10K pace and the last .5 miles @ 3K pace.

SUGGESTED WORKOUT SEQUENCES

6 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	KEY 1	45 - 90 MIN- UTES @ E PACE	KEY 2	45 - 90 MIN- UTES @ E PACE	45 - 90 MIN- UTES @ E PACE	KEY 3

7 DAY PER WEEK SEQUENCE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
45 - 90 MIN- UTES @ E PACE	KEY 1	45 - 90 MIN- UTES @ E PACE	KEY 2	45 - 90 MIN- UTES @ E PACE	45 - 90 MIN- UTES @ E PACE	KEY 3

RACE WEEK TRAINING LOG	
DAY/ DATE	PLANNED WORKOUT/COMPLETED WORKOUT/COMMENTS
1	
2	
3	
4	
5	
6	
7	