

2010 Old Mutual Two Oceans Easy Blue Part 1

PLEASE READ OUR DISCLAIMER BELOW THE LINKS TO THE PROGRAMMES

Welcome to the Old Mutual Virtual Coach Training Programme, where, on a six to eight weekly basis, we'll provide you with a Easy Blue training programme for the 2010 Old Mutual Two Oceans Marathon over 56 km. The programmes will cover 20 weeks.

The Easy Blue schedule (target finishing time of 6 hours 45 min) is aimed at runners who can run a standard marathon in 4 hours 45 min (at the very outside 4 hours 50 min).

You should have been running for 6 months - 2 years, run between 40 - 65 km per week and run four to six days a week. Your 10-km personal best should be around 61 min 30 sec.

At the start of the programme your weekly km should be +/- 40 km.

There are two major considerations that center on Oceans training: The first concept is that the 56 km distance of the race must be respected and deserves adequate preparation to successfully finish in your anticipated time. Next, you must ask yourself if you possess the discipline and desire to complete the necessary training for the event. Quite frankly, most people can "B.S." their way through the training in the months leading up to Oceans. This type of approach oftentimes leads to the Oceans participant "surviving" instead of enjoying the race. In short, if you decide to enter the race, please train properly! You will no doubt enjoy your race and will want to someday run another one.

Now's the time to commit yourself to Two Oceans

It is time to make a commitment to running the Old Mutual Two Oceans 56km marathon.

I challenge all those who have never run before, those who just keep fit by jogging three or four times a week and those who may have perhaps run the odd Two Oceans or even completed 10km to take the first steps towards running the Two Oceans again.

Worried that you'll take up running and then quit? No chance. Just follow my simple but sure-fire training programme.

It may just be the most exciting time in your life. But you won't necessarily realize it. By taking those first steps this will be the beginning of a new adventure. In fact, in many ways, it is a sort of declaration of personal independence. Later, of course, you realize that running offers so much more than weight loss, a flatter stomach and improved muscle tone.

Anxiety and depression lift, the mind and soul become one in spiritual upliftment and life takes on a new meaning – intangibles that money cannot buy.

I will lead the part-time runner into completing a marathon in a qualifying time of 5hrs then onto completing the 56km Two Oceans in under the cut-off time of 7hrs.

During November and December the schedule will concentrate on stamina building. Now is the time to make sure all your ducks are in a row i.e. new shoe purchased (remember shoes only have a life span of between 800 and 1200 km) and your health is 110% (no injuries or vitamin/mineral deficiency).

EASY BLUE TRAINING LEGEND and PACE REQUIREMENTS

Best 10-km time required: 61 min 30 sec

10-km pace: 6 min 9 sec

Best marathon time: 4 hour 45 min

E = Easy Run Pace: 7 min 20 sec/km

H = Hills: To be explained later

T = Tempo Run Pace: 6 min 10 sec/km

P = Oceans Race Pace: 7 min 14 sec/km

L = Long Run Pace: 7:20 - 8:12 min/km

F= Fartlek:

w/d = warm down w/u = warm up

Do's and don'ts

1. Don't begin a running programme without a full medical exam.
2. Do tell someone where you'll be running and when you expect to return. Carry some identification and a phone card or small change for a call.
3. Do watch out for cars, and don't expect drivers to watch out for you. Always run facing the traffic so you can see cars approaching. When crossing an intersection, make sure you establish eye contact with the driver before proceeding.
4. Do try some light stretching exercises prior to your walk/run workouts to reduce muscle tightness and increase range of motion.
5. Do include a training partner in your programme, if possible. A partner with similar abilities and goals can add motivation and increase the safety of your running.
6. Do dress correctly. If it's dark, wear white or, better yet, reflective clothing: if it's cold wear layers of clothing. Sunblock, sunglasses, cap or peak and white clothing makes sense on hot days.
7. Don't run in worn-out shoes (check them for broken down heels or very smooth areas where you toe-off). Don't run in shoes that are designed for other sports, such as squash or tennis.
8. Don't attempt to train through an injury. Little aches and pains can sideline you for weeks or months if you don't take time off and seek medical advice.
9. Don't wear headphones when running outside, whether you're training or racing. They tune you out from your surroundings, making you vulnerable to all sorts of hazards – cars, bikes, dogs, criminals. Keep them for your gym workouts.
10. Don't run in remote areas, especially if you are a woman running alone. If you don't have a partner, run with a dog or carry a self-defence spray. Don't approach a car to give directions, and don't assume all runners are harmless.

The secret to running faster – take a walk

I will now introduce you to a simple new training technique that will increase your endurance and calorie-burning, decrease your injuries and maybe even help you to get faster.

Now I wouldn't want anyone to think that I've gone soft or anything – but as a coach of international marathoners ... I advocate that one often take walking breaks during long or even during daily runs. After all, it makes perfect sense to mix running and walking. Think about it.

Runners beginning a programme (like the 21.1km Old Mutual Two Oceans) start by following a run-walk routine. This system has proved successful a thousand times over.

Ultra-distance runners who participate in those seemingly crazy races of 100 mile and beyond inevitably alternate running and walking.

You, on the other hand, probably view walking as the enemy. The thinking is: you run, and this is good. You are proving and improving yourself: you are determined: you are a moral person. Whereas when you walk: this is bad. You are lazy: you are a loser: you don't deserve to be loved (not even by your mother). There is a word for this inflexible, perfectionist thinking – "stupid".

The goal of a workout is not to avoid walking. This bears repeating. The goal of a workout is not to avoid walking. The goals are to feel better, get in better shape, reduce tension and train for the Old Mutual Two Oceans Marathon.

Step one: The Marathon.

I advocate this programme for all first-time marathoners and also those who have previously "hit the wall" and experienced the crushing fatigue and depression of those last 5-10 km. You must walk early and often, i.e. run the first km and walk 60 sec and repeat for the race or as my training programmes suggest: run 25min and walk for 3-5min and repeat for time suggested or length of the race.

Step two: Daily Training.

Run for 9 min and walk for 60 sec for the time suggested: This is called a "9/1" method and it can also be used on long runs.

Here is the rationale behind the method. Running and walking do have much in common. Running is basically fast walking, with this difference: runners "jump" from foot to foot, walkers don't. When you run, the knee flexes more than in walking, the quadriceps muscles contract and you "toe off" in more or less the same way as the long jumper who explodes off the jump board. This is the infamous "impact shock" of running – said to be two or three times your body weight. That can lead to overuse injuries of the feet, knees, tendons and so on.

Walking doesn't cause as many injuries as running, and run/walk training shouldn't cause as many either. No, I can't prove this, but it makes intuitive sense. Since leg muscles, while walking are used in a slightly different manner, hence different muscle groups come into play. The speed at which you walk should be plus/minus 2 min per km slower than your race pace. I will, however, go into running/walking speed to complete the marathon in 4hr 30 min in more detail in the weeks to come.

15th November 2009 – 9th January 2010

{PRIVATE}First week

Sunday	60min (15min jog, 5min walk, 15min jog, 5min walk, 20min jog)
Monday	Rest
Tuesday	20min easy
Wednesday	30min medium
Thursday	20min easy
Friday	Rest
Saturday	Cross train 1hr ie: cycle/swim/brisk walk/light gym circuit

{PRIVATE}Second week

Sunday	60min (15min jog, 5min walk, 15min jog, 5min walk, 20min jog)
Monday	Rest
Tuesday	20min easy
Wednesday	30min medium
Thursday	30min easy
Friday	Rest
Saturday	Cross train 1hr ie: cycle/swim/brisk walk/light gym circuit

{PRIVATE}Third week

Sunday	60min (15min jog, 5min walk, 15min jog, 5min walk, 20min jog)
Monday	Rest
Tuesday	30min easy
Wednesday	30min medium
Thursday	30min easy
Friday	Rest
Saturday	Cross train 1hr ie: cycle/swim/brisk walk/light gym circuit

{PRIVATE}

Fourth week

Sunday	90 min (25min jog 3-5min walk x 3)
Monday	Rest
Tuesday	30min easy (9/1) x 3
Wednesday	40min medium (9/1) x 4
Thursday	30min easy (9/1) x 3
Friday	Rest
Saturday	Cross train 1 hr (cycle/swim/brisk walk/light gym circuit)

The distance of a long run is considered to be 15 km or longer as well as runs that last over 90 minutes. It should be run approximately one minute slower than the pace you plan to run during the race or stated another way, one to 1 min – 1 min 15 sec per km slower than your present 10 km race pace. If your training schedule calls for a long run of 20 km, the distance must be run at one time rather than splitting

the distance into a 10 km morning session and a 10 km evening run.

The long run is the most important component of marathon training because it teaches the body, to both mentally and physically tackle the challenges presented in completing the Oceans event. Physiologically, the body must learn to switch over to fat storage site energy reserves after the glycogen (fuel stores in the muscles, converted over from carbohydrate food sources) have been depleted. One must also be accustomed to running for very long periods of time, and the mental toughness that develops from completing long training runs pays off handsome dividends during the actual marathon.

The long run also provides an excellent opportunity to experiment with a variety of issues and concerns (e.g., shoes, nutrition, pacing, etc.).

In short, the majority of runners who experience difficulty in completing their long training runs fail to prepare adequately for these critical workouts. In short, remember that both long runs and the marathon or half marathon don't have to be painful experiences. The key is to plan ahead.

Benefits of the Long Run

- Provides the necessary endurance to complete the marathon.
- Strengthens the heart (increases stroke volume) and opens the capillaries, both sending energy to working muscles and flushing waste products from fatigued muscles.
- Other physiological benefits include the increased number and size of mitochondria and increased myoglobin concentration in muscle fibers.
- Strengthens the leg muscles and ligaments, thus improving your endurance.
- Recruits fast-twitch muscle fibers to help with slow-twitch tasks (like running a marathon).
- Teaches the body to burn fat as fuel.
- Develops your mental toughness and coping skills, thus increasing/enhancing your confidence level that you can go the full marathon distance on race day.
- Increases your overall speed, even for shorter races.

Preparing for the Long Run

While completing long runs can be sometimes difficult, preparing properly for these training sessions will make this important workout much easier to accomplish. Listed below are areas of concern that require your careful preparation prior to, and during your long run. Let's assume that your long run is scheduled for Sunday morning.

Rest

- Get lots of rest Saturday night, aiming for 8 hours sleep.
- Make either Friday or Saturday a complete rest day for the legs.
- If you do train on Saturday, make it an easy workout.

{PRIVATE} Week 5 and 6

Sunday	Run easy 25 min/walk 3-5 minutes x 3 then 15 mins run. Total 1 hour 45 mins
Monday	Rest
Tuesday	30 mins easy (9 run/1 walk)
Wednesday	40 mins medium (9/1)

Thursday	30 mins easy (9/1)
Friday	Rest
Saturday	1 hour cycle, swim, walk or light gym session
Sunday	Run easy 25min walk 3-5 mins x 4. Total 2 hours
Monday	Rest
Tuesday	30 mins easy (9/1)
Wednesday	60 mins medium
Thursday	5km Time Trial – run 5km at a pace that you could continue for at least one more km after you complete 5km
Friday	Rest
Saturday	1 hour – cycle, swim, walk or light gym session

{PRIVATE} Week 7

Sunday	Run easy 25 minutes, walk 3-5 minutes x5. Total time 2 hour 30 minutes.
Monday	Rest.
Tuesday	30 min easy (run 9 min walk 1 min x3).
Wednesday	Rest
Thursday	60 minutes medium (run 9 min walk 1 min x6)
Friday	Rest
Saturday	Cross-train 1 hour – cycle, swim, walk or gym session.

I have a saying that racing builds experience. Doing some racing during your marathon preparation is particularly important for runners. I have not included races in the programmes due to differences in the racing calendar country wide, but running occasional races will help you get used to the race experience: how to warm up, what it feels like running in a crowd, how to take liquids, when and what to eat before and after, whether or not your shoes will cause blisters. The philosophy is that it's always best to make your mistakes in less important races so you won't make any on marathon day.

This does not mean novices should race every weekend leading up to the Two Oceans, otherwise you risk tearing yourself down. Try to schedule a 10km – 15km two weeks before your standard marathon. From this race effort, you'll have a good sense of your level of fitness and readiness for the marathon and should be able to estimate your marathon pace.

At earlier points in the training schedule you might want to try other distances, 5km (that's why a 5km time trial has been included in the schedules up to now) 10km and the half marathon. On the weeks that you race cut back on your distance and take your long runs or long run/walks far easier.

{PRIVATE} Week 8

Sunday	Run easy 25km, walk 3 – 5min x6. Total three hours.
Monday	Rest
Tuesday	Easy run 40min (run 9min, walk 1min x4)
Wednesday	Medium run 80min (run 9min walk 1min x8)
Thursday	5km same trial.

Friday Rest
Saturday 30km according to the Sunday 25min run, 3-5min walk principle.

RACE DAY 3rd April 2010

For the next Old Mutual Two Oceans training programme – Easy Blue Part 2, available on **21 December**, visit:

<http://www.oldmutual.co.za/about-us/sponsorship/sport/two-oceans-marathon/training-centre/training-programmes.aspx>

For The Old Mutual Two Oceans Race and Pace Time Calculator visit:

<http://www.oldmutual.co.za/about-us/sponsorship/sport/two-oceans-marathon/training-centre/race-and-pace-calculator.aspx>

SUMMARY OF 2010 RACE CHANGES

This is a summary of anticipated changes you can expect in 2010 in comparison to 2009.

ENTRIES OPEN:

Online entries will open 1 November 2009

You will not receive a printed entry form in the post if you enter online in 2009

QUALIFYING (ULTRA ONLY):

Qualifying to enter involves running a marathon or longer

From 1 September 2008 onwards

Comrades is NOT a qualifier for 2010

CLOSING OF ENTRIES:

Closing date for entries AND seeding upgrades

Wednesday, 4 March 2009

OR the first 11 000 entries in the Half Marathon ONLY

ENTRY CHANGES:

Substitutions, upgrades and downgrades will be allowed between the ultra and the half

South African entrants wanting to run the ultra marathon must belong to a running club and have a valid provincial license number

NO temporary licenses will be valid for the ultra marathon

NO changes to any entry will be done after close of entry date

NO Late Entries whatsoever

Remember NO refunds on any fees will be entertained - under ANY circumstances