

## 2010 Old Mutual Two Oceans Safe Bronze Programme Part 3

### PLEASE READ OUR DISCLAIMER BELOW THE LINKS TO THE PROGRAMMES

#### Entries close on 3 March 2010

Welcome to the Old Mutual Virtual Coach Training Programme, where, on a six weekly basis, we'll provide you with a Safe Bronze training programme for the 2010 Old Mutual Two Oceans Marathon over 56 km.

The Safe Bronze schedule (target finishing time of 5 hours 50 min) is for those runners who can run a standard marathon in 4 hours 7 min (at the very outside 4 hours 10 min). You should also have been running for 2 years, run between 50 - 70 km per week and run five to seven days a week. Your 10-km personal best should be around 53 min and you should be willing to do to speed work.

At the start of the programme your weekly km should be +/- 50km.

#### SAFE BRONZE TRAINING LEGEND and PACE REQUIREMENTS

Best 10-km time required: 53 min.

10-km pace: 5 min 18 sec

Best marathon time: 4 hour 7 min

E = Easy Run Pace: 6 min 30 sec/km

H = Hills: To be explained.

T = Tempo Run Pace: 5 min 22 sec/km

P = Oceans Race Pace: 6 min 15 sec/km

L = Long Run Pace: 6:30 - 7:15 min/km

F = Fartlek

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

#### 22 February 2010 – 4 April 2010

#### Week 13 cut back week. Monday 22 February to Sunday 28 February 8, 2010

**MONDAY: Rest**

**TUESDAY: 40 min H**

**WEDNESDAY: 10 km E over a hilly route**

**THURSDAY: 2 km w/u 5 x 800m 2 km w/d**

**FRIDAY: 5 km E**

**SATURDAY: 10 km P**

**SUNDAY: 20 km L**

#### WALK BREAKS

Most runners will record significantly faster times when they take walk breaks because they don't slow down at the end of a long run. Thousands of time-goal-oriented runners have improved by 10, 20, 30 minutes and more in marathons and ultra marathons by taking walk breaks early and often in their goal races. You can easily spot these folks. They're the ones who are picking up speed during the last three to ten kilometres when everyone else is slowing down.

*The mental benefit:* breaking 42 or 56 kms into segments, which you know you, can do. Even sub-three hour marathoners continue to take their walk breaks to the end.

#### Walk breaks in the Two Oceans Marathon: how long and how often?

The following is recommended until 38 km into the marathon. After that point, walk breaks can be reduced or eliminated as desired.

**First time marathoners and ultra marathoners** should follow the ratios used in training as long as they haven't slowed down significantly at the end of the long ones. If you struggled during the last few kms take walk breaks more often from the beginning. A minimum suggestion for first time Oceans runners would be one to two minutes of walking for every 6-9 minutes of running.

**Veteran Oceans Marathoners** should follow the ratios below, based on your standard marathon time:

Time of 4:30-4:59: 1-2 minutes of walking every 6-7 minutes running

Time of 4:00-4:29: 1 minute walking every 7-8 minutes running

Time of 3:30-3:59: 1 minute walking every two kilometres

### **Why do walk breaks work?**

By using muscles in different ways from the beginning, you legs keep their bounce as they conserve resources. When a muscle group, such as your calf, is used continuously step by step, it fatigues relatively soon. The weak areas get overused and force you to slow down later or scream at you in pain afterward. By shifting back and forth between walking and running muscles, you distribute the workload among a variety of muscles, increasing your overall performance capacity. For veteran marathoners, this is often the difference between achieving a time goal or not.

Walk breaks will significantly speed up recovery because there is less damage to repair. The early walk breaks erase fatigue, and the later walk breaks will reduce or eliminate overuse muscle breakdown.

### **The earlier you take the walk breaks, the more they help you!**

To receive maximum benefit, you must start the walk breaks before you feel any fatigue, in the first two kilometres. If you wait until you feel the need for a walk break, you've already reduced your potential performance.

### **How fast should the walk break be?**

When you walk fast for a minute, most runners will lose about 15 seconds over running at their regular pace. But if you walk slowly, you'll have lost only about 20 seconds. So walking 42 times in Oceans would only cost you about 15 mins. You would more than make that up because of your lower fatigue levels.

Once we find the ideal ratio for a given distance, walk breaks allow us to feel strong to the end and recover fast, while bestowing the same stamina and conditioning we would have received if we had run continuously.

### **Don't get too rigidly locked into a specific ratio of walk breaks, adjust as needed.**

Even if you run the same distance every day, you'll find that you'll need to vary the walk break frequency to adjust for speed, hills, heat, humidity, time off from training, etc. If you anticipate that your run will be more difficult or will produce a longer recovery, take more frequent walk breaks (or longer walks) and you may be surprised at how quickly you recover.

### **Do I need to take the walk breaks on the short runs during the week?**

If you can run continuously now on shorter runs, you don't have to take the walk breaks. If you want to take them, do so. Walk breaks on midweek runs will insure that you recover from the long ones at the fastest pace.

## **VISUALISE THE RACE BEFORE THE START**

To have a successful Old Mutual Two Oceans Marathon you need to look at the following:

- **Concentration.**
- **Pain management.**
- **Arousal, relaxation and visualisation.**

1. **Concentration** (focus) for elite runners means they focus inwards. They do not attempt to get their minds off their running and their race. An evaluation of concentration is done by determining how much of a race you remember and how many times you lost focus or thought of something irrelevant to performance.

Practise total focus during your last few hard training sessions - do not try to ignore discomfort, deal with it. Pre-plan the contents of your thoughts before a race. They should always be positive.

2. **Pain Management** - the discomfort of effort is an indication of performance. The more you hurt the better you perform. (I am not talking about injury pain). The secret lies in hurting progressively more until the end of the race coincides with the peak of discomfort.

"Embrace pain like a lover" - pain should be your ally - take it on, welcome it. Your endurance of it will take you to great heights of performance. DO NOT VIEW IT AS A MONSTER YOU CAN'T BEAT. Have a strategy for pain management. Prepare for it; know that you will deal with pain better because you have planned to deal with it.

3. **Arousal, relaxation and visualisation** are the secrets to successful Two Oceans Marathon running. How excited or nervous you are before a race is an indication of your arousal. This should be optimum i.e. excited and a little nervous - too little or too much can affect your race negatively.

Relaxation and visualisation may best be thought of as rehearsing for success. The process is twofold: going into a relaxed state of mind, and then imagining yourself doing whatever you want to do well. No voodoo, no transcendental meditation, no trances, nothing hypnotic - visualisation is something we do everyday, whether we realise it or not. Everyone envisions an upcoming situation and plays out the scenario mentally. By mentally rehearsing you're leaving an imprint on your unconscious mind that tells the conscious mind how to perform. By mentally preparing yourself, you're better able to deal with the situation, because in a sense, you already have.

Visualisation works because the mind reacts automatically to the information we feed it in the form of words, pictures and emotions. The mind cannot tell the difference between an imagined experience and a real one, and therefore responds to what you think or imagine to be true. The act of vividly imagining a scene in our mind makes it a real experience.

Although many athletes practice visualisation techniques while they're training, the most effective visualisation takes place during relaxation. Achieving this relaxed state of mind is neither extraordinarily difficult nor time consuming. But, like any aspect of training, it does take practice.

I suggest you use basic deep, abdominal breathing to relax into a pleasant day-dreaming-like state. Go some place very quiet and cool and count backwards from five down to one with deep breaths and then start your visualisation process. See yourself in every detail of your running as possible - envision what it feels like to run relaxed and effortless. Hear the crowd, smell the sea-air and feel you can run forever. Envision that wonderfully satisfying feeling of hitting the finish at UCT in a personal best time. Remember to simulate potential problems as well, so when they crop up you'll be mentally strong enough to handle them.

**Week 14 - Monday 1 March to Sunday 7 March**

**MONDAY: Rest**

**TUESDAY: 40 min H**

**WEDNESDAY: 15 km E over a hilly route**

**THURSDAY: 2 km w/u 6 x 800m 2 km w/d**

**FRIDAY: 5 km E**

**SATURDAY: 10 km P**

**SUNDAY: 32 km L if you raced a marathon last week 25 km L**

**Tapering Plan**

You've made it all the way to the final four weeks before the Old Mutual Two Oceans Marathon. Now put the finishing touches to your training with a sensible mind / body / nutrition tapering plan.

All training is about finding the right mix. You run a little faster here, a little longer there, add the right foods and put in rest at several points. All aimed at creating a fit runner peaking at the right time for Oceans.

For the Old Mutual Two Oceans this art takes months, putting down layer upon layer of training, softening it with the occasional rest days, building it nutritionally and giving it meaning through focus and concentration. Eventually you arrive at the final four weeks.

The most crucial time is the taper. For now it is the time that you complete the picture by putting on the finishing touches. But you have to be careful; you can ruin your work or perfect it.

**Training**

Your training volumes as a percentage of your **highest kilometre** week, should be as follows: - fourth week before race 80%, third week before race 65%, second week before race 50%, and final week of race 25%.

Long runs: your last really long run should have been done on the weekend four weeks before race day, on the weekend three weeks before race you should run 80% of the time or distance of your longest run. On the weekend two weeks before race day you should run 60% of the time or distance of your longest run. On the last weekend silver hopefuls should run for 75mins and all other contenders no longer than 90mins.

Your final harder speedwork session should be completed 7-10 days before race day.

**Week 15 - Monday 8 March to Sunday 14 March**

**MONDAY: 10 km E**

**TUESDAY: 45 min H**

**WEDNESDAY: 80 min E on hilly route**

**THURSDAY: 2 km w/u 8 x 800m 2 km w/d**

**FRIDAY: (rest if you wish) 10 km E**

**SATURDAY: 15 km P**

**SUNDAY: 32km**

**Week 16 - Monday 15 March to Sunday 21 March**

**MONDAY: Rest**

**TUESDAY: 30 min H**

**WEDNESDAY: 10 km E over a hilly route**

**THURSDAY: 2 km w/u 9 x 800m 2 km w/d**

**FRIDAY: 5 km E**

**SATURDAY: 10 km P**

**SUNDAY: 25 km L**

**Week 17 - Monday 22 March to Sunday 28 March**

**MONDAY: 10 km E**

**TUESDAY: 5 km time trial**

**WEDNESDAY: 60 min E on hilly route**

**THURSDAY: 8 km E**

**FRIDAY: (rest if you wish) 10 km E**

**SATURDAY: 10 km P**

**SUNDAY: 90 min L**

A helpful, encouraging attitude toward others opens channels for an inflow of joy. If you can become bigger than your pain and encourage others, even while your own body is falling apart, you'll discover that The Old Mutual Two Oceans Marathon becomes a tremendous personal victory. You'll never say "Never again." Here are twenty tips to help you with your race.

1. Set yourself an exact time goal for your race. What will my 56 km time be? Oceans time equals your current marathon personal best multiplied by 1.42. What will my 21km time be? Multiply your best 10km time by 2 and add 10 min.
2. Eat wisely, nutrition is an important part of developing strong muscles and helping your body recover quickly from hard workouts, try and drink 500 ml of an energy drink starting within 10 min after completing your training runs.
3. Whatever your choice of pre-race preparation, make sure it is practised during training and racing beforehand. Never try some new drinks or supplements without having used them in training.
4. Don't run in new shoes on race day (you should have run at least 100km and one long run in the shoes that you are going to race in). Putting in new inner soles is also not advisable, use a tried and trusted pair.
5. Your last long training run of three hours or more should be done four weeks before the race itself.
6. In the 56 km race the wind can swirl around Chapmans Peak, you are running over a mountain pass so don't be intimidated by the conditions. In the 56 km race do not race down Chappies - you will achieve your goal or blow it depending on how you descend this section of the route.
7. Remember not to run beyond your ability. If the group you are in is moving too fast slow down and find a slower paced group to run with.
8. Try and familiarise yourself with the course by running parts of it on your training runs.
9. Never use pain killers or anti inflammatories during training or in the race itself.
10. If you run with a cap or hat make sure it is made of airtex breathable material other wise cut small holes in the material.
11. If you are sick with a virus of any description (Remember flu is a virus) get your doctors approval to run the race.
12. When you run the big hills tackle them one kilometre, or even 100m, at a time.
13. Remember to use a sun screen on your shoulders and face and use lip ice, the sun can be pretty hot towards the end of your race – Men should tape their nipples with micro pore tape to prevent chaffing and bleeding. – Make sure that you lubricate (Vaseline or sports lube) all sensitive areas of your body where chaffing may occur.
14. When you run down the decent of the big hills try to run perpendicular to the angle of the hill so that you are rolling down the hill with minimal effort. Try not to lean backwards as this causes a braking action which overloads the quads and requires additional energy.
15. Please remember that all runners in both the 56km and half marathon races must have their Champion Chip timing devices securely laced onto either one of their running shoes. No chip- No time.

16. Try and arrive at the start in good time, remember parking will be at a premium on the race morning. Runners near the back of the field should allow 3 min to cross the start line.
17. Be well hydrated at the start, try and drink at least 450ml of sports drink in the hour before the start – Remember to drink +/- 150 – 200 ml of fluid every 20min during the race.
18. Start in your correct seeding batch, if you try and jump the seeding for you, you will simply start too fast. It'll spoil your race. It's better to start slightly slower and have the energy left at 44km than to find yourself empty at Constantia Nek with another 11 or 12 km to go.
19. Make a check list the day before of all the items you that will need for the race i.e. Champion chip. Race no's. Shoes. Cap; race kit, supplements etc. Then tick them off one by one as you prepare to leave on the morning of the race.
20. Obey the marshals at all times and keep to the right or left of your group so that any faster runners can move ahead.

### **My message to you this week is.... Relax! Please!**

You've done your training, believe me, and if it's not enough there's nothing you can do about it now - and especially you must not try and make up any training.

If you did nothing between now and Race Day it would not matter too much - what the training does now is merely "sharpen" you and help you to "peak" for Race Day. You can, however, undo the training you've done during the past months by over-training in the final two weeks and end up standing on the start line jaded and tired.

Now for the race itself. Consideration should be given to the following - unless you are a seeded runner - time will be "lost" at the start (before you cross the start line), anything from one to three minutes depending on your position in the line-up.

You can predict your finish time accurately from the Two Oceans predictor and route pace planner on the web site. This models your ability on the computer and will show you various pacing points along either the 21km or 56km route and the time you should aim to reach there in order to hit your goal.

As with the winners: The basic goal should be to conserve in the early part of the race, keep in a rhythm in the middle, and have the energy to maintain or pick up pace in the last quarter of the race. You can get a print out of this pacing and various details of the strategy on the Old Mutual Two Oceans web site.

### **Helpful Tips During the Hours Immediately Before the Marathon**

- Wake up early enough to take care of everything you must do (eat and drink, visit the bathroom, dress, etc.).
- If you haven't already done so, plan to meet your family members or friends at a designated time and place after the race.
- Check the weather forecast for updated information about general conditions, temperature range, and wind. Being aware of the expected weather conditions helps in deciding what you may choose to wear for the majority of the marathon. Above all, don't overdress.
- Depart for the race site with plenty of time to spare, arriving early enough to check in your tog bag (if applicable) and take care of any last minute details.
- Stay off your feet as much as possible prior to the race.
- Continue to drink water up to 15 minutes before the start of the race.

**Diet**

From Wednesday to Friday carbohydrates are your main source of energy.

**Breakfast**

Bowl of cooked oats – add nuts and raisins, two x white toast with honey, jam. 2 x bananas and 250ml fruit juice.

**Morning tea**

2 x slices of white bread and honey. 250ml fruit juice. 1 x banana.

**Lunch**

2 rolls with jam. Salad and a baked potato. 250ml fruit juice.

**Afternoon tea**

Same as morning tea.

**Supper**

Macaroni cheese or favourite pasta. Salad. 250ml fruit juice.

**Supplements**

1 litre Energade megaload or similar sports drink, plus normal supplements i.e. antioxidants etc.

**Mental preparation**

From Sunday – Thursday:

Focus on positive mental imagery, see yourself running well and feeling strong, look back on the months of solid training and racing, and know that you've done everything to prepare for your Two Oceans. Do no mental preparation for Friday, just relax.

**Week 18 - Monday 29 March to Sunday 4 April**

**MONDAY: 40 min E**

**TUESDAY: Rest**

**WEDNESDAY: 40 min E**

**THURSDAY: Rest**

**FRIDAY: 20 min E**

**SATURDAY: Race**