



TEMPOFIT TRAINING TIPS

MAY: LET'S MAKE IT EPIC

There's no getting around it, to run long distances well, you need to run long distances often. And this is the month to do it!

During May all entrants to the Wellington Marathon will want to aim for three runs that are each around three-quarters the length of your race distance. There are many variations to this rule so here's a break down of how you might structure your long runs depending on the race you are entering. *Note: Each long run should be followed by a couple of easy rest days and you should put at least five days between long runs, preferably a full week.*

10k Entrants | If you're going to be hitting 10k for the first time ever on Sunday 18 June, then I'd recommend hitting 8k two weeks out from race day. The rest of your long runs in May might look like this: 6 May - 5k, 13 May - 6k, 20 May - 7k, 27 May - 5k, and then 8k on 4 June.

If you're comfortable of running 10k, then you will be looking to peak your long runs at some point in late May but be sure to only increase the distance of that long run each week by no more than 10 per cent. E.g. If you began the month running 15k for your long runs, your long runs might look like this: 6 May - 16.5k, 13 May - 11k, 20 May - 17k, 27 May - 19k, and then 18k on 4 June.

Half Marathon Entrants | First-timers in the half marathon should aim to hit 17k two weeks out from race day. The final 4k will take care of itself amidst the adrenaline and atmosphere of the race. And your long run build up might look like this: 6 May - 13k, 13 May - 10k, 20 May - 14k, 27 May - 15.5k, and then 17k on 4 June.

If you're comfortable with the distance of the half but are going after a certain time, you will want to have done the half marathon distance frequently in training so that the focus on race day can then switch to speed. Here's an idea of race day build up for someone already regularly running a half marathon at their weekend long runs: 6 May - 22k, 13 May - 15k, 20 May - 24k, 27 May - 26k, and then 23k on 4 June.

Marathon Entrants | First-timers targeting the big 42.2km event should aim to hit 35k or a 3-hour 30-minute long run (which ever is shorter) three weeks out from race day. The reason I don't recommend running beyond 3:30 for this long run is that it just places too much stress on the body so increases injury risk and creates excess fatigue.

If you are running slower than 6min/km and will therefore be unable to run 35k in 3:30, but you still want to give yourself the confidence that you can achieve the 42k, either run the remaining distance the day before or immediately after running the 3 hours 30 minutes or jump on a bike for 30 minutes after your long run (this has less injury risk due to not being weight bearing, but do choose your ride location carefully because you will be tired and refuel well).

More experienced marathon runners will most likely do three runs in May that are well into the mid-30s and some might go beyond that. I don't recommend going beyond 36k because it will affect the quality of your training for the remainder of the week too much.

Finally, have good recovery meals of protein and carbs, jump on the foam roller and get plenty of sleep—this will all help to lock in that epic training you're doing.

Have fun going big!