



Gazley Volkswagen **G**
WELLINGTON MARATHON
Marathon, Half Marathon, 10k, 5k, Kids' Magic Mile

TEMPOFIT TRAINING TIPS

JUNE: TAPER + RACE!

The training money is in the bank, now's the time to let it earn some interest with a few easy days and then go on a big old spending spree on race day!

Bank the money | It takes about three weeks for your body to fully adapt to a training session, so there's not a hang of a lot you can do to significantly boost your fitness in the remaining couple of weeks before race day.

I once heard of a first-time marathon runner who was scared he couldn't complete the marathon, so the day before he ran a practice marathon. He finished the practice marathon but completely bombed in the actual marathon.

Trust the training you've done and leave the relative rest and recovery of the final two weeks to truly cement that new fitness you've gained.

Earn the interest | During the taper (the final 2-3 weeks before race day) don't be tempted to keep doing more and more. Instead, switch the focus from quantity (i.e. long runs and high weekly mileage) to quality (i.e. faster running, race pace practice and possibly a shorter race, like a 5k or 10k).

This focus on speed will give you confidence that your target race pace is achievable and will also help provide some last minute physiological adaptations to faster running.

Find a race 7-14 days before the main race as a great way to try out your race kit, practice race day processes (like laying out all your gear the night before), running in a crowd, and also getting in a solid workout.

Spend that hard-earned cash! | After a pull back in mileage, some faster running and race pace practice, and a relatively relaxing week or two, you will be itching to hit the start line. This is your moment!

Nerves are to be expected. Channel them by prepping all that you need for race day at least a few days beforehand and then laying out all your race day gear the night before (and charge your watch and double check your race bib and timing chip). Don't worry if you don't get much sleep the night before your race—you'll still run fine (I ran my marathon PB off two hours' sleep thanks to a late night wedding and a neighbour's party!).

Wake up with your two (or three!!) alarms and make a decision to just go with whatever happens today and enjoy every moment. It's one big party for your muscles—give them permission to go for it, with this one key proviso ...

Pace yourself! | The race only ever starts at the two-third point (7k in the 10k, 14k in the half, 28k in the full). It should feel controlled and comfortable up to this point and, at the start, you should be saying to yourself "this feels too slow". If the first half is about pacing, the second half will be about passing!

Happy running on Sunday 18 June!

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