



Tips for Your First Marathon

Tackling your first marathon can be an overwhelming feat. Events of this distance or duration take as much mental strength as they do physical strength. After mile 20, the run becomes exponentially more difficult for various reasons. Your brain becomes overloaded with messages from your body. The best type of luck is good preparation. To help you prepare for your first marathon consider the following guidelines.



Clean Bill of Health

Get a thorough examination before you begin. Even if you are in good shape, training for a marathon will apply additional stresses to your body not previously experienced. Ensure your doctor is aware of your desire to training and/or complete in a marathon so that previous or existing injuries are known and will not prohibit training. Make these known to your coach so that prescribed workouts do not aggravate old injuries. Small muscle tears become large tears derailing your plan.



Commitment & Time Management

Many people have heard me say this over and over again... "we are a society of instant gratification." We want it now. In order to have a good race (whether that means fast and/or enjoyable) your training should be based on a quality training plan. Quality training takes time and should start small and build over time up to the distance you desire. Increases in mileage should not exceed 10%. Conquering large distances too early only invites injury. Set your goal out 6 to 9 months and incorporate running into your life style. Make running a year round event. That means commitment and time management. Enjoy the journey as much as you do the race.

Find a Quality Training Plan

Learn from those who know what it takes and are willing to teach. Use a quality training plan, get a good coach, and/or join a local running club. For beginners, running alone is much more difficult than running with a group. The company of other runners will take your mind off the "chore" and help you enjoy training. Most running groups have organized training sessions leading up to a major event. Another resource is your local bookstore which is filled with books about running.

Make Nutrition a Priority

Do you put water in your car's gas tank? No. You put "fuel" in your gas tank. The source of fuel for your car is gasoline?



As a runner, your nutritional needs become more important and specific. Too many runners say "I run so I can eat what I want." It is true that if you run you will burn more calories. But you will perform in much the same way as your car running on water, chocking along the way and requiring more breaks and stops than necessary. If you want to see results faster, feed yourself properly and at the right times.

Be Patient

If your overall goal is to complete a marathon, then shorter interim goals are needed throughout your training. These interim goals can be viewed as milestones. Pace your milestones by giving enough time in between each event. With respect to your training, get a heart rate monitor and learn how to "pace" yourself during training; specifically the long weekend runs. Let's say you're carrying an imaginary bucket that contains all of your energy. As you run the marathon, the energy is consumed. Running too quickly too soon will empty your bucket and you will be forced to walk before you reach the end. This is typical of most beginner marathoners who are often observed walking the last 6 - 10 miles. Don't let this happen to you.

Teamwork

Run with others at your same level of experience and speed. Mind over matter is easier when you have outnumbered matter with 2 or more minds. This is especially true when your long runs are scheduled for over 2 hours. Make it a social event.

Incorporate Short Races

When you first learned to drive, I'm sure your first road was not the local freeway or highway. Incorporating short races accomplishes several things including building your confidence and acclimating you to the "race" environment. Throwing in a 5K or 10K makes training fun and is great speed training.

Log Your Miles

The best way to ensure your mileage remains constant and at a minimum is to continually remind yourself what you accomplished. The problem with skipping a workout is that too often it becomes 2 or 3 skipped. Your workout log doesn't lie and helps you make yourself accountable.

Listen to Your Body

As you train, learn to distinguish between pains associated with possible injury to pain from sore muscles. Pains related to injury call for a day (or more) off and maybe a visit to the doctor. Any sign of shin splints should not be handled lightly. Pain related to soreness may be handled with ice and over the counter anti-inflammatory products. Running is about

controlled discomfort not controlled injury.

Flexibility

The best way to avoid injury is to remain flexible. Spend an additional 10 to 20 minutes stretching after your workout. Consider cross training (swimming, cycling) on your off days.

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints



Crossing a Marathon finish line is incredible. Best of luck and let me know if I can help?

Wildflower Training Camp

The start of our new 2009 Triathlon Training season is approaching fast as we are getting ready to begin another year of our popular triathlon racing Wildflower race weekend, also known as the Woodstock of Triathlon, is held the first weekend in May. You are invited to join interactive triathlon training weekend scheduled 3 weeks prior to the race (April 10-12) hosted by me; Coach-Tony. You will enjoy the company of fellow triathletes for 3 days as we practice the course, share a cabin in the woods, and enjoy Lake San Antonio Park.



The camp includes accommodations, meals, and review of the bike course on Saturday morning followed by a run. On Saturday afternoon we'll go for a lake swim. Sunday we review the run course, have lunch and head back. Other triathlon clubs will be in neighboring cabins. This camp is limited to 12 athletes and always sells out. The cost is \$200 per person. Sign up through www.coach-tony.com. Contact me at tony@coach-tony.com with questions. Everyone who registers will receive a free bike fit to be conducted at the camp.



Components of a Good Training Plan

Planning for your first triathlon will insure you come back for another. Planning your year of events will ensure you continue to experience both growth and satisfaction in the sport of triathlon.

Whether part of a new year's resolution or not, planning is a contributing factor to a successful season and a popular subject this time of year.



Understanding the various types of training periods will help layout your plan. The well known "Base Training" period is the foundation of your training. Base training is intended to make you stronger, improve endurance, and help adaptation to longer distances. It is the best time to incorporate strength training into your overall training program. It is also the training that prepares you for the demands of the subsequent training period commonly referred to as the "Specific" training period. Base training durations vary based on your experience, fitness level, "A" races distance, and desired performance. There is a point of diminishing returns. Consult your coach. In the end, you want the Base period to move you from your current fitness level to the level needed to enter and Specific training period.

The Specific Training period is where you improve speed and overall performance for the desired race distance. It is where you train specifically for what is known as an "A" race. An "A" race is scheduled at the end of your Specific training period after the taper. The "B" race is usually a shorter distance race used to gauge how well your training is progressing and/or to identify where improvements are needed. Specific training may include other "B" races as rehearsals or measurement races. Specific training should include combination workouts also known as bricks or transition runs to simulate race day muscle demands. If you are new to the sport of triathlon, running off the bike will be nothing like running fresh. Brick type workouts will help you make the transition to running off the bike; a key component of enjoying and doing well in triathlon.

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The taper (also known as active rest) is a period the lies between the end of Specific Training and the A race. It is where you remain active limiting strenuous or endurance workouts allowing your body to recover and grow strong from the Specific Training period. In other words, you are peaking for you're a race. A well structured plan will include various peaks throughout your training program. It is important to include short intense workouts so speed is not lost. Don't make the mistake of backing off too much. This may compromise some of the hard work done up to this point and may result in severe soreness post race. Remaining active and limber is optimal.

If triathlon is something you want to make a hobby and improve over time, planning ahead will add to the enjoyment. Training is as much a science today as it is an activity. Knowing the science behind the training will expedite your performance and make the sport of triathlon more enjoyable.

Message Board

Stay in touch with current events, workouts, special offers, clinics, and event discounts on the message board. More info on www.coach-tony.com.

Questions - tony@coach-tony.com

Chicken Salad

The most asked questions about nutrition are "what do I eat" type questions. This and subsequent newsletters will include suggested meals to compliment your training demands for nutrients.

Mix the following items in a bowl and shake well:

- Spinach Leaves
- Fresh mushroom
- Baby Tomatoes
- Cranberries
- Raisins
- Sliced Apple
- Feta Cheese
- Sliced Cucumber
- Shredded Chicken for protein
(substitute with shrimp if preferred)

Add Light Vinaigrette dressing as desired

Spread Clearman's Cheese Spread on sourdough bread slices, sprinkle parmesan cheese and broil until melted.



POWERBAR Fruit Smoothie - Tangy Tropical Flavor



I have obtained several cases of POWERBAR Fruit Smoothie - Tangy Tropical Flavor at wholesale prices. These sell for as much as \$1.75 retail. These are available, 12 for \$10, while supplies last. Contact me for quantities and delivery. tony@coach-tony.com

Swim Clinic – February 22

The next swim clinic will be conducted on February 22 at 2 PM (tentatively).

We will meet at the Fontana Aquatics Center in Fontana located at 15610 Summit Ave. in Fontana.



The swim clinic will be focus on helping you move through the water by with minimal water disruption.



You will improve body position, swim, stroke, and body role. The cost is \$35.00 for 3 hours of swim coaching. Triathlon Connection members receive a \$10 discount.

More info will be posted on www.coach-tony.com shortly including registration process. Questions – tony@coach-tony.com



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