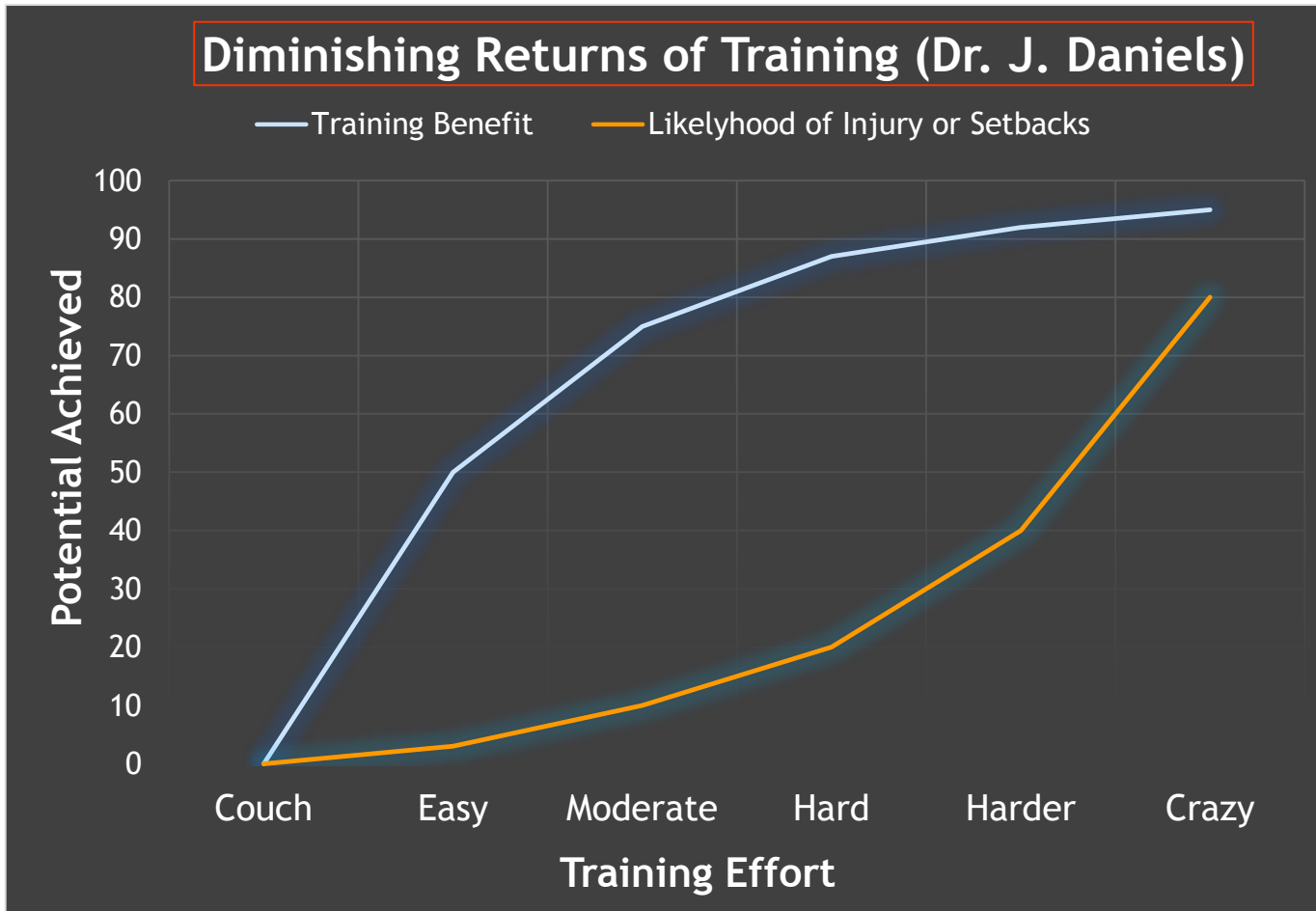


# RACE PREPARATION

Dean Johnson  
Personal Running Coach

**“Train, don’t Strain”  
-Arthur Lydiard**

# DIMINISHING RETURNS OF TRAINING



# TAPER (~ 3 WEEKS)

- 3 weeks to race (80% volume)
  - Decide on a realistic race pace and mitigation plan
  - Maintain Frequency (days) and Intensity
  - Mostly race pace + 1 higher intensity workout
  - Cut back on cross training and weights
- 2 weeks to race (60% volume)
  - At this point, you can only “over train”
  - A long run is more immune suppressing than short
- Last week (30% volume but “peaking”)
  - Faster paced, but short workouts
- Day before race
  - 1-2 miles at planned race pace



# Tapering for Competition

Which framework ?



Designed by @YLMsportScience



## What is taper ?

Taper is “a progressive, nonlinear reduction of the training load during a variable amount of time that is intended to reduce physiological and psychological stress of daily training and optimize sport performance”.

## TAPERING STRATEGIES

### TRAINING INTENSITY

Should be maintained during taper



### TRAINING FREQUENCY

Decreasing the number of weekly training sessions has not been shown to improve performance



### TRAINING VOLUME

Maximal gains are obtained with a total reduction of 41–60% of pretaper value



### TAPER DURATION

8 to 14 days seems to represent the borderline between fatigue disappearance and the negative influence of detraining



Greater gains in performance can be expected when higher training load is prescribed before the taper. During this period, attention should be paid not to develop an overreaching state, what could impair the performance rebound during the taper.

## INDIVIDUAL RESPONSE



Large individual differences among athletes in the response to taper are observed. This framework can be useful for coaches to design their training periodization but it needs to be individualized over time to facilitate peak performance.



# RACE WEEK PREPARATION

- ◎ Control What you can Control
  - Sleep will help ward off illness
  - Be careful of accidents (lifting, sports, etc.)
- ◎ Weather forecast
  - Plan for 10 degrees above/below and wet/dry
  - Best to train in heat (treadmill) to acclimatize
- ◎ Clothing
  - Test what you plan to wear
  - Lay-out all your clothes days before
- ◎ Carrying Water and Food?
  - Familiar with course sports drink?



# RACE MORNING

- ◉ Have your normal breakfast food with you
- ◉ Follow your planned routine
- ◉ Have “throw away” clothes for warmup
- ◉ Get to the race 45 -60 minutes early
  - Use the porta-potty and then line up again
  - Have a disposable water/juice bottle
  - Jog a little to reduce the nerves
- ◉ Get to your coral 15 minutes before race
  - Smile, this is a celebration of your training
  - Think back to all your workouts - You Got This!
  - Self-talk MUST remain positive! Smile



# THE RACE!

- First half of race at planned pace (maximum)
  - Should be able to chat with other runners
  - For 1 minute faster than optimum, cost is 2 minutes on the second half
- Second half of race - maintain focus and pace
  - Breathing: 3 steps in and 2 steps out
  - Limited talking - one word sentences
- Last 1.1 or 2.2 miles
  - Whatever you got left
  - Think “pick up the heels” and “pump the arms”
  - Pain is temporary; Internet Results are forever!
- Walk breaks: early and often
  - Plan to walk through the aid stations



# RUNNING SCIENCE - TIPS

- ⦿ Music to reduce perceived effort and pain
- ⦿ Caffeine
  - 150-200mg a couple hours before the race to help burn fat for fuel
  - 100-200mg later in the race
- ⦿ Last 30 minutes, rinse mouth with Gatorade and spit it out (brain will react without stomach upset)
- ⦿ Swearing in the last sprint (Yelling too)
- ⦿ Reduce cognitive effort before the race (decisions, suppressing emotions, etc.)







**“I constantly remind myself that resting takes confidence. Anyone can train like a mad man but to embrace rest and to allow all the hard training to come out takes mental strength.”**

*-Ryan Hall (2012 U.S. Olympic marathon team)*



# PERFORMANCE ENHANCEMENTS

## “LYING, CHEATING, STEALING”

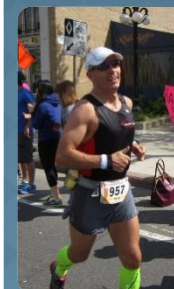
- ◉ “Lying” down
  - Need to sleep one additional hour per night (7-8 hours)
  - Choose extra sleep over attempting a bad workout
  - Massage therapy or self-massage
- ◉ Weight loss factors (cheating the diet - just eat smart)
  - Save almost 1 minute per pound for the marathon  
[from Serious Runner’s Handbook; iRun magazine issue 4, 2010]
- ◉ Light Shoes (stealing some time)
  - 1 oz x 42,000 steps = 1.3 Tons
  - Not less than 7.7oz
  - Comfort is Key
  - Cinderella is proof that new shoes can change your life!



# LINKS

- ◉ [RunDeanRun.CA](http://RunDeanRun.CA)
- ◉ [RunDeanRun@Shaw.CA](mailto:RunDeanRun@Shaw.CA) (email Dean)
- ◉ Tweet: @RunDean





# APR. 16 – MAY 21 SPEED WORKOUTS & RUNNING FORM CLINIC

**Thursdays @ 6:30pm – Henderson Lake pathway**

Do you need structured and personalized speed workouts? These 6 workout sessions will focus on running mechanics (form), leg speed, and running economy (efficiency). Form drill instruction and graduated speed workouts will optimize your performance.

Participants will receive video feedback on their running form and implement “minimal effective change” for healthier running.

Sessions are designed for distance runners (new and veteran).

75 minute sessions.

To register, email [RunDeanRun@Shaw.ca](mailto:RunDeanRun@Shaw.ca).



**RunDeanRun.ca**

Run better and faster  
Personalized assessments  
Customized training programs

**Planned Speed  
Sessions**

---

**Running Mechanics**

---

**Video Analysis and  
Feedback**

---

**Limited to 12  
participants**

---

**\$60 (incl. GST)**

**RUNDEANRUN COACHING  
SERVICES**

403-381-0999  
[RunDeanRun@Shaw.ca](mailto:RunDeanRun@Shaw.ca)

[www.RunDeanRun.ca](http://www.RunDeanRun.ca)

# BOSTON QUALIFICATION (2016 TIMES)

<b>Age</b>	<b>Men BQ</b>	<b>Pace/mile</b>
<b>18-34</b>	<b>3:05</b>	<b>7:03</b>
<b>35-39</b>	<b>3:10</b>	<b>7:14</b>
<b>40-44</b>	<b>3:15</b>	<b>7:26</b>
<b>45-49</b>	<b>3:25</b>	<b>7:49</b>
<b>50-54</b>	<b>3:30</b>	<b>8:00</b>
<b>54-59</b>	<b>3:40</b>	<b>8:23</b>
<b>60-64</b>	<b>3:55</b>	<b>8:57</b>
<b>65-69</b>	<b>4:10</b>	<b>9:32</b>
<b>70-74</b>	<b>4:25</b>	<b>10:06</b>

<b>Ladies BQ</b>	<b>Pace/mile</b>
<b>3:35</b>	<b>8:12</b>
<b>3:40</b>	<b>8:23</b>
<b>3:45</b>	<b>8:34</b>
<b>3:55</b>	<b>8:57</b>
<b>4:00</b>	<b>9:09</b>
<b>4:10</b>	<b>9:32</b>
<b>4:25</b>	<b>10:06</b>
<b>4:40</b>	<b>10:40</b>
<b>4:55</b>	<b>11:15</b>

**\*2015 required 62 seconds under qualification time**



# NEW YORK & CHICAGO QUALIFYING

Age	Men Full	Men Half		Ladies Full	Ladies Half
18-34	2:53	1:21		3:13	1:32
35-39	2:55	1:23		3:15	1:34
40-44	2:58	1:25		3:26	1:37
45-49	3:05	1:28		3:38	1:42
50-54	3:14	1:32		3:51	1:49
55-59	3:23	1:36		4:10	1:54
60-64	3:34	1:41		4:27	2:02
65-69	3:45	1:46		4:50	2:12
<b>Chicago</b>	<b>3:15</b>	<b>X</b>		<b>3:45</b>	<b>X</b>

