

Today's
Good Mood is
brought to you
by **RUNNING!**

Marathon Club 2024
Race Prep

RunDeanRun.ca

- ▶ Coaching recreational runners
 - ▶ Returning to running (injured)
 - ▶ Wanting to qualify for Boston
 - ▶ Wanting to Complete or Compete in Ultras
- ▶ Certified:
 - ▶ National Coaching Certification Program
 - ▶ Lydiard Coaching
 - ▶ Functional Movement Screening
 - ▶ UESCA Ultrarunning Coach
- ▶ Former ski instructor adaptive athletes (25 years)
- ▶ Former youth football coach (25 years)



Harder Training needs Harder Recovery



Lying, Cheating, and Stealing

- ▶ “Lying” down
- ▶ Sleep one additional hour per night (7-8 hours)
- ▶ Sleep or workout?
- ▶ Taper Strength work
- ▶ Massage (if regular)

Lying, Cheating, and Stealing

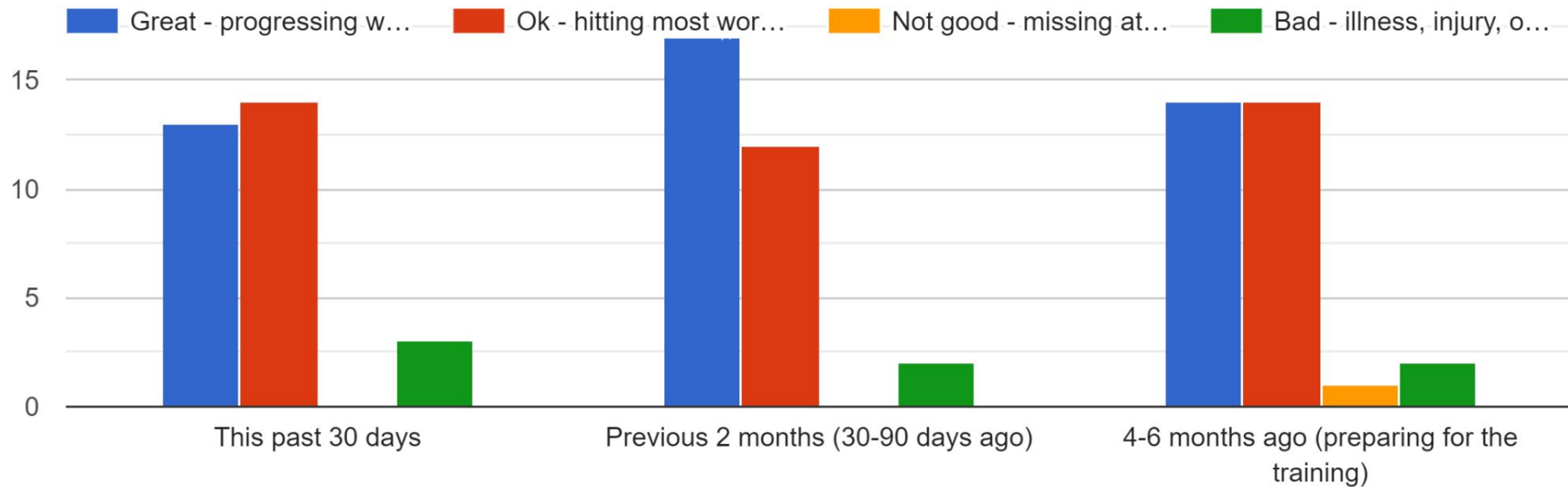
- ▶ “Cheating” (the new shoes)
- ▶ New Foam energy return
- ▶ Lighter:
 - ▶ 30g (1oz) x 42,000 steps = 1200kg
- ▶ Get to Runner’s Soul 😊

Lying, Cheating, and Stealing

- ▶ “Stealing” some time
 - ▶ Optimal Race Courses
- ▶ Flat or net downhill
- ▶ Weather - Dry, Calm, Cloudy, Cool
- ▶ Enough runners (~2000 runners)
- ▶ Close to sea level

Survey responses - Training

How has the training being going?



Training was going good, and then it wasn't.

- ▶ 2 weeks out: Test Race Pace for 2 hrs
- ▶ 1 week out: Test Race Pace for 90 min
 - ▶ It should feel easy
- ▶ Heart Rate ~75% of max
- ▶ Practice race pace during the week

Training had a bad start, but the last 2 months are great

- ▶ 2 weeks out:
 - ▶ Test Race Pace for 2 hrs
 - ▶ 20min @ 10k pace twice this week
- ▶ 1 week out: Test Race Pace for 90 min
 - ▶ It should feel easy
 - ▶ Heart Rate ~75% of max
 - ▶ Practice race pace during the week

I have missed a lot of training...

- ▶ 2 weeks out: Test Race Pace for 2 hrs
- ▶ 1 week out: Test Race Pace for 60 min
 - ▶ It should feel easy
- ▶ Heart Rate ~75% of max
- ▶ Practice race pace during the week

Race Plan Execution

- ▶ The starting line is a celebration of your training - this is “Your Day”.
- ▶ No doubt in your mind about your ability
- ▶ “If you think you can do it, or think you can’t do it, you are right” ~*Henry Ford*
- ▶ “Everybody has a plan until they get punched in the face” ~*Mike Tyson*
- ▶ “I should have started faster...”
~said by no marathoner, ever!

When it's 10 minutes to racetime



and you still havent taken a *crap*

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Pre-Race

- ▶ 2hr to start: Stop drinking
- ▶ 1hr to start: Potty and then get back in line so you can use it 30 minutes before the race.
- ▶ 5min to start: Sport drink ~300ml (it won't hit your bladder)

“Most mistakes in a race are made in the first two minutes, perhaps in the very first minute”

~Coach Jack Daniels

For every 1 minute too fast on the front half, it will cost 2 minutes on the back half

Race Plan Execution

- ▶ 1st half of the race should be comfortable: conversational
- ▶ 3rd quarter needs focus but conservative
- ▶ 4th quarter:
 - ▶ Who do you want to be today?

Late Race Tactics

- ▶ Lift heels higher, and count 100 steps
- ▶ 4.5 minute run +30 sec. walk
- ▶ Rinse mouth with sports drink and spit
- ▶ Mustard Packets - resolve cramping

It hurts!

I want to quit!

I have no business
being here!

Blaaahh
Fricken
Blaaaahhh...

Running is Stupid!

Quitting?

- ▶ Assess: is this a risky situation or just suffering?
- ▶ Yell, curse, share how you feel - a full tantrum
- ▶ Make a phone video:
 - ▶ explain to your family and friends, why you are quitting

Celebrate your Finish!

- ▶ Be proud of your accomplishment
- ▶ Don't be satisfied

rundeanrun.ca/a-tale-of-3-runners/

Mental Strategies for Running

Mental Strategies for ultrarunning

This book helped me to focus during my races and kept me from going off-course and staying on my race plan. The chapter "Why do I keep screwing up" really hit home for me:

Book: The Brave Athlete: Calm the F*** Down <https://a.co/d/aXC5VVJ>

Authors on podcasts:

<https://www.jasonkoop.com/podcast/the-neurophysiology-of-performance-with-dr-simon-marshall-phd>

Youtube version: <https://www.youtube.com/watch?v=JQgHDn46l8s>

<https://www.jasonkoop.com/podcast/creating-brave-athletes-with-lesley-paterson>

<https://www.trainingpeaks.com/coach-blog/the-athletes-brain-with-simon-marshall-and-lesley-paterson/>

Other related podcasts:

<https://www.jasonkoop.com/podcast/mental-skills-for-ultrarunning-with-dr-justin-ross-2020>

<https://www.jasonkoop.com/podcast/performance-anxiety-with-kritin-keim>

<https://www.jasonkoop.com/podcast/self-talk-for-enhanced-ultramarathon-performance-with-karim-ramadan>

Why do I keep screwing up?

External

FRUSTRATED/ANGRY

If that runner bumps me again, I will punch them.

DISTRACTED

Everyone looks fast. He's got a gel and I don't have one. Should I have one? Where's the start line?

ANXIOUS

Oh, God. I'm really sucking. This is not good. This is a disaster.

FLUSTERED

I really need to have a good race. My legs feel heavy. Maybe I didn't taper enough. I should have worn compression socks. I need to pee!

Internal

Narrow

Broad

From Simon Marshall's book