

Paul's Marathon Guide

This marathon guide is for people who have run one marathon and want to go from rookie to semi-experienced marathon runner. Note: this guide is a continual work in progress, if you have suggestions on how I can improve this guide please send an email to pauljoegleason@gmail.com.

How legit am I? I have run three marathons: the 2011 SF Marathon, the 2016 SF Marathon, and the 2017 California International Marathon

If you just want the basics and not my story in running go to Guide Starts Here. Otherwise start at Story Behind the Guide.

Story Behind the Guide Be financially prepared. I did something a little ridiculous, I worked at McDonalds so I could have enough money to support myself and run the CIM 2017. But I worked a LOT of hours to make sure I could support myself and run the race. It was ironic because I didn't have enough money to run the race and I also needed time, but I spent so much time trying to make money for the race that I didn't have time to run the miles that I needed to run. Road races do cost money and you will spend money on them. So make sure you are financially prepared to run the race you are about to run.

There is obviously more to the story. Stay tuned for more!!!

Guide Starts Here

- a. Make sure you are financially prepared and have enough time to run it. Request off work so you do not work 3 days prior. Request off work for the peak weeks, especially for long runs and especially if you want to do two-a-days during peak week.
- b. Run everyday for 2 weeks then go on a long run then ask yourself: "Do I really want this?" If yes, then proceed to follow this guide.
- c. **Equipment**
 - i. All you really need are a pair of in-good-condition running shoes that won't get you injured, socks, a pair of exercise shorts, and a running shirt ,and a long sleeve running shirt for cold weather. Everything else is additional and will make you feel comfortable and confident while running
 - ii. Training shoes
 - iii. Long distance racing flats
 - iv. Training plan
 - v. Foam roller
 - vi. It band
 - vii. Access to a gym with dumbbells (free weights if possible)
 - viii. Watch with stopwatch

- ix. Music player, headphones you are comfortable with
- x. 3 Shorts that are above knee
- xi. 3 Shirts that won't give you nipple chafing
- xii. 1-2 rain jackets
- xiii. 2-3 pair socks for exercise
- xiv. 2 running hats
- xv. 1-2 pairs of running sunglasses
- xvi. Underwear (duh)
- xvii. Sports Bra for girls (tbh I'm not a girl and I haven't looked too much into what a girl would wear while running)
- xviii. Armband for phone
- xix. Gu packs
- xx. Food (duh)- 2500 cal per day.
- xxi. Electrolyte drink/ powder
- xxii. Sports water bottle for electrolytes during run
- xxiii. Running buddy (someone to run with you!!!)

d. Training

- i. Mental training
 - 1. Do mental visualizations of the race. What will mile 10 be like? Mile 20? Visualize yourself doing well at these moments
 - 2. Remember why you are training, you are running long miles not just for overall pace. You are running to prove something to yourself or to make yourself happier.
 - 3. Remember the wall, think about the wall all of the time, this is why you train, to completely obliterate the wall.
 - 4. Join a running community. Do local 5ks or half marathons, meet people, go to running groups. Otherwise you are a grape away from the vine ready to wither away.
 - 5. Get Strava to track your runs
- ii. Training Plan
 - 1. Stick to a set plan. It's okay to deviate, just generally follow it to the best of your ability. Get a training plan!!!
 - 2. Make sure you are training every single day. At least 5 times a week
 - 3. Must do at least 3 runs of 20 miles, 1 of around 26.2 before the race.
 - 4. Do multiple 60 mile weeks
 - 5. Consider doing two a days during peak week
 - 6. Squats and calves two times a week.
 - 7. Copy the elites
 - 8. Long runs- heart rate no more than 165 bpm
 - a. Try 5 miles at race pace, then 8 miles at race pace, then 11 miles, then 14, then 17, then 20, etc
 - b. Try to run 20 miles at 7:30, then 20 miles at 7:20, then 20 miles at 7:10, then 20 miles at 7:00
 - 9. Recovery Runs- heart rate 165 bpm or lower

10. Tempo Runs- heart rate 165-185 bpm. Right around lactate threshold
11. V02 max runs- short bursts of above 185
12. Hill workouts
13. Intervals. You can do long distance intervals and V02 max intervals
14. Working out in high elevations
15. 80% of distance long, 20% of distance speed

iii. Form

1. Generally, all body parts must be aimed forward
2. The main thing to focus on while running is the foot strike and the push off
3. To increase pace or maintain pace, focus on the rate at which you are passing over the ground or the rate at which you are passing over the ground
4. Run upright like a rope is pulling you from your chest at a 45 degree angle.
5. Breath deep from the bottom of your stomach
6. 1 inhale about every 3- 4 steps and 1 exhale the next 3-4 steps. (but do what is comfortable)
7. 180 steps per minute at least (you can improve this by listening to music that is 90 or 180 beats per minute and sync feet to music. You can)
8. Feet must reach level of knee (do butt kickers warm up)
9. Make sure you run with quick feet (practice this with “quick steps” warm up)
10. limit gait (gait is how much you are bouncing up and down)
11. Arms at around 45 degree angle and arm around waist
12. Make sure arms are pumping forward and not across body
13. Pretend you are holding potato chips in your hand while running
14. Relax shoulders
15. Run on your midfoot strike (to do this practice running barefoot on a soft surface, also do the Mario Jump warm up)
16. Open up your stride length (especially if you are shorter (to do this do “Birdman” warm-ups))
17. Make sure arms are pumping opposite of legs and in sync with legs. If you want to speed up pump arms at a fast rate.

iv. Going on Runs

1. Warm-up
 - a. Check weather before you go on run
 - b. Make sure you are drinking plenty of electrolytes throughout the day
 - c. Eat GU pack or the like before run
 - d. If you are going to run 50 minutes or more, bring something to eat on run and possibly electrolyte fluid (like a GU pack or something similar)
 - e. Warm Up must be below 145 bpm
 - f. Do birdman's, quick steps, mario jumps, knee hugs, side steps, butt kickers, sprints, and barefoot sprints
2. During
 - a. Generally, all body parts must be aimed forward
 - b. The main thing to focus on while running is the foot strike and the push off

- c. To increase pace or maintain pace, focus on the rate at which you are passing over the ground or the rate at which you are passing over the ground
- 3. Cool Down and Stretch
 - a. Eat 200 cal snack within 20 minutes
 - b. Stretch
 - i. Basics
 - ii. Foam Roller
 - iii. IT Band
- 4. Rest and Recover
 - a. Eat super big meal
 - b. RICE
 - i. Rest legs, keep off of them
 - ii. Ice legs (or where it hurts)
 - iii. Compression legs with a compression band or the like
 - iv. Elevate legs
 - c. Electrolyte fluids (you need sodium and water!!!)

e. Technical Ideas

- i. Training is really just improving the mitochondrial density in your legs. Specifically the smaller mitochondria. Gener
- ii. Improve your running form and you improve your running economy (becoming a prius instead of becoming a power muscle car)
- iii. Improve your running form and limit injury

f. Marathon Prep

- i. Book hotel asap, otherwise find someone who you know who lives in the area.
 - 1. If you are staying with a guest get them a reasonable gift for letting you stay there.
- ii. Request off work 2 weeks before (might want to request off during peak week)
- iii. Get shirt with your name on it so people can yell your name for support
- iv. Playlist
 - 1. Something you have been listening to while training.
- v. Running clothes
 - 1. Wear shirt with name on it and bib wont cover it
- vi. Racing Flats
- vii. Warm up clothes
- viii. Watch
- ix. Armband for phone
- x. Headphones
- xi. 2 bottle of pedalyte
- xii. Salt packets
- xiii. Gu's safety pinned to inside liner of shorts
- xiv. Safety Pins for bib
- xv. 2 things of bread and bottle of Guayaki yerba mate

- xvi. Come up with a realistic plan and tell spectators looking out for you what you will be wearing and your expected pace.
- xvii. Also communicate spec

g. Expo

- i. Prep questions for speakers/notable runners
 - 1. Remember how to ask good quest
- ii. Get stickers for cars/ laptops
- iii. Talk to pacers!!! (come with specific questions and get to know them)

h. Morning of

- i. Sleep in same room as someone who is also running race
- ii. Safety pin top and bottom of bib
- iii. Get there at least an hour before
- iv. Turn in warmup stuff no sooner than 1 hour
- v. Do no more than 1 mile of warm up
- vi. Go to the restroom once or twice no later than 15-20 minutes before race time
- vii. After bathroom go to race line and get good positioning (or get as close to pacer as possible)

i. During race

- i. Stick with a pack (ie a pacer), if you fall back find another pack to run with (advice directly from Boston marathon winner Bill Rodgers)
- ii. Do not listen to music if you are with a pack (Listen to pacer's tips)
- iii. Make sure cord will not be bouncing around while you are running
- iv. Take GUs mile 8, 12, 16, 20, 22, 24, etc
- v. Grab water cups at the top like a crane machine, and squeeze the top middle to make the opening smaller . The drink away!
- vi. The first half of the race stay within yourself and hydrate well the first half
- vii. Use hand signals if you are passing in front of other runners
- viii. Draft! Always run behind someone
- ix. Run on the side where the water stations will be (to pick up waters and so fans can see you)
- x. Remember form
- xi. Do running meditation by focusing on the balls of your feet hitting the ground while running. 20% of focus there (this is the anchor of your meditation).
- xii. Positive self talk with a sense of humor helps me. For example repeat to yourself: "you can do it!" while running.
- xiii. Breath deeply to prevent cramps
- xiv. If you hit the wall do not stop to walk, keep running no matter how awkward
- xv. At the end do a perfect photo finish.
- xvi. Take a polite picture
- xvii. If you hit the wall, do not walk!!!! Get as much nutrients as possible.

j. Explanation of Unfamiliar Terms

- i. The Wall- you've probably heard of it. A point in the marathon when you significantly start to slow down. Usually around mile 20.
- ii. Birdman
- iii. Quick Steps
- iv. Foam Roller IT Band

k. Sources

- i. These the sources where I get a lot of the info in this guide from
- ii. Sage Canaday
- iii. Bill Rodgers
- iv. Don Wang
- v. Jason Yen
- vi. Peter Gleason