

HOW CAN I BEST TRAIN FOR MY AUTUMN MARATHON?

Life is bigger than running. The recent postponement of key spring marathons including VLM is disappointing for all of you who have been training so consistently and working so hard. The Covid-19 virus and disease are a serious worry for all and we must focus on good hygiene, minimising risk and self-isolation where applicable to keep the vulnerable safe and ourselves. It's important we continue to follow closely government and WHO guidelines, and these will continue to change. However, running outside in the fresh air is healthy and a great way to boost your immune system.

Be sensible with your training, eating well before and after your runs and making sure you are never over tired. If you begin to feel unwell or start to display any of the Covid-19 symptoms, please seek the advice of a medical professional and then begin the process of self-isolating and full rest. Only resume training when healthy and you have given your body enough time to fully recover...but please seek appropriate medical advice first.

England Athletics (the governing body for running in England) have made the following statement "Where possible, athletes and runners at all levels are encouraged to maintain their own personal fitness and keep active during this time, while following government guidelines about safe distance and safe exercise environments.'

Our advice is simply that you carry on enjoying your running but train alone in open spaces and the fresh air. We have put together some ideas to guide you through the months ahead below:

Our top tips for Spring and Summer running as we look to retain our fitness and motivation!

- The training you complete now will make a difference to your autumn fitness and the result in your planned half or full marathon.
- Running releases endorphins, reduces stress and is a proven way to stay happy, healthy and positive at this time.
- Try to carry on with your regular training, you may want to reduce your long runs slightly and move them to 90 mins - 2 hours rather than battling through tough long runs when the race date is now much further away.
- The day you were scheduled to run your original half or full marathon why not complete your own 10k or a half marathon GPS timed distance effort. A great target and motivation but also closure to this period of training.
- We would then advise you to take a week or so off or at least complete a very easy week of training. You deserve this mini break before we start our summer training and keep busy in May & June.

5k and 10k speed in the Summer!

- Switching your focus in May and June to shorter faster training might be fun and a clever change of stimulus. Your training could follow our 5k & 10k plans for 8 weeks (please have a look at our 5k and 10k plans) your charity has from us to give you some ideas.
- Following these plans keeps a routine and you could even set yourself a

- personal time trial using your GPS over 5k or 10k every few weeks. See your fitness, speed and confidence continue to build!
- Use the lighter morning and evenings to enjoy the parks and countryside when nature is at its best!
 - This 8-week period has boosted your speed and maintained that spring fitness from earlier in the year. You are now ready to train for your autumn half or full marathon in style...well done!

July 2020 - Marathon training starts again!

- It is now time to start your half/full marathon training again.
- You don't need to think about a 16-week training block for this period though as you maintained your spring prep and boosted speed in the summer. A simple step back to the last 10-12 weeks of your spring plan is all that's needed up to race day.
- Your long runs will increase again and so will some of the threshold or race specific workouts.
- If you are looking to complete a half marathon before your autumn marathon, this would ideally be 4-8 weeks from race day so get booking and plan this in.
- If it is hot in July and August, try to run early in the morning or later in the evenings to avoid the worst of the heat.
- Remember to make sure you have had a good breakfast before your longest key training runs and practice good hydration and taking those gels every 30-45 minutes!
- So, stay positive and let's begin our training now towards a successful Autumn half or full marathon campaign. You are in great shape now and we want to keep and build on this.
- One other positive is that it's warmer in the summer! Race day in the autumn shouldn't suddenly feel too hot when you've acclimatized to running in warmer conditions all summer. This will make your autumn event potentially feel a little easier.

Keep in touch with RunningWithUs and the coaching team:

If you have any worries or concerns regarding your training please get in touch via your charity Facebook running group or email info@runningwithus.com and we will get back to you within 24 – 48 hours.

We will be posting regular articles, videos and advice for you to follow in the months ahead and let's all support each other on this extended half & full marathon journey.

Good luck team stay healthy and safe.

Find us on instagram and facebook @runningwithus