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July 2011 Training Newsletter

By Bruce Deacon

Summertime Fun

It's vacation time and the most common question that comes my way is how to adjust the training to fit the family road trip, camping trip or visit with the relatives in another province. It usually comes down to prioritizing the workouts after a recognition that training 5-6 days a week will be nigh on impossible. Here are some tips:

1. Priority number one is the long runs

If you can do no other workouts in a week, make sure you get in your long run. Feel free to move it to another day of the week, but try not to end up doing two long runs within 5 days of each other.

2. Priority number two is the quality session

The net priority is the prescribed quality session. If doing a hard session in an unfamiliar setting is a bit intimidating, then modify the workout to something that is less structured. My favourite is an out-and-back tempo run. Warm up with some easy jogging, and then run hard for 20 minutes. Turn around and try to cover more distance on the way back. Obviously, starting too fast on this workout is a recipe for pain.

3. Run in the morning

The best way to ensure that you get in your runs is to do them in the morning. It will be cooler and you will be able to relax for the rest of the day knowing that your training is complete.

4. Explore

Some of my best holiday memories come from runs in new cities and places where I have gone and explored. Checking out the sites on the run is a great way to get a feel for an area.

5. Plan a race or local group run

Drop in to a local running store running group or club workout, or better still, plan to do a local race that you might not otherwise have done.

It is always easier to train at home when you have set routines and familiar routes, but vacation running can provide the change you need to give your motivation a boost.

"No" actually means NO

Usually marathon runners have no struggles with motivation once they are into a training program. In fact, often the reverse is true. They can become obsessed with following the program come hell or high water.

This is a mistake. In order for any training program to work, you need to have to be healthy. This means that you have to avoid getting injured and stay away from being sick or worn down.



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The programs try to factor that in by progressing slowly and including easy days and weeks. The idea is that if you are disciplined enough to follow the schedule, you will have adequate rest to recover from the hard days and stay healthy.

However, few of us live in perfect worlds. The kids catch a cold. We run into a faster friend and end up running harder than planned on an easy day. We take longer to recover from a long run than anticipated.

As you head out the door for your next long run or hard run, your body starts to say "NO". It might be the subtle feeling of tiredness or lack of your usual enthusiasm. It might be soreness or re-occurring injuries. It could be a cold or flu.

These are all messages to take a day off or schedule a few more easy days. You need to have the confidence in knowing that your success on marathon day will not be due to any one workout. There is no single run that will help you reach your goal. But there are single runs that can ensure that you don't reach your goal. Pushing too hard when your body is saying "no" can lead to overtraining and injury that can knock you out for weeks.

When your body whispers "no," have the confidence to listen. Play it safe and rearrange your schedule to give yourself more rest.

If you need advice on how to move things around to fit your holidays or aches and pains, email coachbruce@runvictoriamarathon.com

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