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November 2016 Training Newsletter

By Bruce Deacon

Looking Backwards

By now the glow of finishing your race has worn off, but hopefully you feel a deep sense of satisfaction as you think back to a great performance. Congrats!

You've invested so much of your time in training for your race that it's worth your while to debrief the race and figure out what you might do differently next time. The aim is to learn how to race better next time. So get out some paper or a writing journal, grab your favorite beverage, and spend some time thinking through your race. Here are some guiding questions:

1. Did you get to the race healthy and ready for your best run?
Sometimes we get a cold or pick up an injury at the worst possible time just by chance. However, sometimes we can think back to something that we did wrong. Were you getting enough sleep and managing stress well? Did you ignore vital signals from your body to cut back on training or take another rest day? Did you get that ache or pain looked at in a timely way or did you ignore it until it hobbled your running.
2. Did you do the right amount of the right training?
In retrospect, was there something you might have done differently with your training? Did you feel that you arrived fit enough to race to your goal?
3. Was your race strategy right?
Look up your race splits to determine whether you might have gone out too quickly. Ideally you want to go out a bit faster for the first half of the race, but if the last parts of your race were much slower, you might have gone out too quick for the day. Remember that next year.
4. Were you positive throughout the race?
Great races are the ones where you can keep coming back to positive thinking even when the levels of discomfort rise. If that was a struggle, you might want to work on your mental game before the next big race.

It could be that in answering these questions that you find some key things you'll want to change for your next big race. Alternatively, you might decide to get a coach, join a running club, or check out a



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clinic at a local running store. You are welcome to continue to use the training programs posted on the GoodLife Fitness Victoria Marathon website.

Looking Forwards

By now you might have already started to think about your next goal. Perhaps you want to try one of the challenging fall trail races or set your sights on winter road races. It's time to day dream of the possibilities. My recommendation is that you set an epic goal for 2017. Run a race or distance that you've only dreamed of doing. Set an ambitions time or fitness goal. Do something that pushes you beyond your comfort zone.

Spend some time looking for a great race to run in the winter or spring. Look for an event that will inspire you, fit into your personal and family plans, is well organized and rate, and offers you the best chance to reach your goals. If the goal is to run a personal best, avoid races that offer Sherpa services due to the extreme elevation changes. If your aim is to run farther, avoid races where the race conditions will likely be too hot or cold. Find an event that is most likely to help you reach your goals.

For those runners on Vancouver Island, it's only a couple of months before the [Fronrunners Island Race Series](#) starts. This is a classic series of races from 5k to half marathon.

Regardless of your goal, train wisely. Remember that the easy jogging days are just as important as the hard or long running days. We improve progressively and with consistent training. Be patient, and follow a training program.

Most of all, plan to return to Victoria next October for the 2017 GoodLife Fitness Victoria Marathon.

Questions? Need some help adapting one of the programs to your work or family commitments? Dash me a note at CoachBruce@runvictoriamarathon.com.