

## BAXTERS LOCH NESS MARATHON TIP

### FEBRUARY 2012

With seven months to go until race day, whether it is your first or your 11<sup>th</sup> **Baxters Loch Ness Marathon** the time will still go quickly. Similarly it doesn't matter whether you are a novice or an experienced marathon runner, the basic ideas of marathon training are the same. At this time of year you have to take stock of where you are, fitness wise, have a realistic idea of what you would like to achieve by October, and plan accordingly. There are a few interrelated ideas to mull over:

- How much time do I have to train and how many training sessions a week can my body cope with?
- Is my first goal, as this is my first marathon, just to finish or am I experienced enough to set myself a target time as training progresses.
- If my last marathon went well, what were the key elements of my training that helped me to achieve this?
- If your last marathon did not go quite according to plan and you struggled in the later stages, what may have contributed to that and of the things you identify, which of these things can you control and improve on and which are outside my control.
- Some of the things you can control are: learning pace judgement in training and making sure you can replicate this on race day; regularity of training; frequency and length of your long runs; your general nutrition in training; learning to listen to your body and not overtraining to prevent injury or illness.
- Two things that you can't totally control are weather conditions on the day and despite good planning, having to miss training days or even weeks due to unforeseen circumstances like illness/flu or changes in work/family situations and other lifestyle changes.

Whatever your standards or goals, taking the time to analyse these simple things now can really help you. As you build up your training over the coming weeks you should try to concentrate not just on building up your strengths, but trying to improve your weaker points too.