

## Training Advice for your 10in10

Runners come to the event in May with varying degrees of fitness. There is a fine line in doing enough training to actually doing too much and ending up over trained and therefore really susceptible to injury. Experience tells us that too many runners turn up not fit enough – not doing their homework as Joss Naylor will say! And too many runners come being over-trained!!! Unfortunately there is not a generic one plan fits all just advice.

You may have someone close who is able to give you advice and we are not saying to disregard this. Just bear in mind some of our advice below.

Many average marathon runners turn to elite level 3.30 and below athletes for routines in the mistaken belief this will turn them into the same runner, capable of the same times!! Genetic individuality brings limitations. Runners need to know what they are capable of (or what improvements are possible) and design training routines to suit.

A 4 hour runner who is giving advice would struggle to help a 3 hour runner increase their pace because it's a different sport, a different feeling. They can be trained generally for increased fitness and strength and improve their mental approach, but at the top end they cannot help them manage themselves and run faster because they don't know how it feels. If you are a 4 hour runner and are taking advice from someone who is experienced in running 4 – 5 hours then they will know what it feels like. They know how to get faster within the limits they and you have.

If you are a 4 hour runner and are taking advice off someone who runs 3:30 and below on a regular basis then they have no idea what it feels like. They often have a different way of looking and may often be more confident in their abilities and not worried by other runners around them. Faster runners have little clue what it feels like being a regular 4 hour runner and what you have to do in training to first get round comfortably, and then improve a bit. That's why most magazine marathon programmes are not always useful. They've been written by faster runners who think it's just the same but slower and longer. And then say that an 18 mile long run is enough – simply because they cannot conceive of a near 4 hour or over 4 hour training run. Which in fact is quite possible.

General fitness and cross training is great – but you need to get your body used to running **now** and to **doing a lot of running**, and **on road**. The more time you have to gradually build this the better, **including multiple days** on the road.

We have gathered together some advice based on 10 years of experience at seeing 94 people come through the event with varying degrees of ease, discomfort and pain. Also, a few others who have not even been able to complete the challenge. Please take the time to at least read the tips and build this advice into your training plans.

### Chris Heaton's Top 5 Tips – from now to the training weekend

I always say don't over-complicate it when I'm advising first time marathon runners. You're going to be running a long way – practise running a long way.

Same for the 10in10:

1. Practise running every day for 10 days and get a couple of long runs in those days. Short runs can be very short – at first it's just getting used to going out every day

2. If you're not a regular marathon runner – have a go at one! After all you'll be doing 10 in May so better to be used to it! Seriously you should be able to run a marathon by the time of the Training Weekend. It is expected that you will run the whole route unless you of course have an injury. After that and before May you've got to be able to run one without finding the last few miles difficult.
3. Always go for a run the day after your long training run or marathon. You have to know what it feels like to get through the first 4 miles or so – believe it or not it gets easier after that! If you don't do this you are wasting your long run and missing a huge opportunity to get ready for the 10in10
4. Improve your flexibility – stretch and do movement! Not before a run or a bit of a toe touch afterwards – serious stretching and flexibility. Do 20 minutes or so in front of the TV or whenever suits. Or try a bit of yoga or pilates. I do my own – front and back and general mobility of hips and legs in particular. This will improve recovery which is as important as your ability to run in the 10in10
5. Work on your core and leg strength. When you see people moving a bit side to side, wandering and wobbling, rocking and rolling towards the end of marathons it's actually their core that has let them down. Can't hold them upright and straight any more. And running will only get your legs as strong as they need to be for the running they do. You need them super-strengthened for the 10in10 – more than capable of tackling the hilly course. Literally more than capable – otherwise they will let you down sooner or later. Some of the finest legs ever seen on the 10in10 have failed! Squats and free squats and general leg strengthening will protect your legs and enable them to beat the course every day for 10 days.

### **Adam Smith's Tips**

1. Find your individual time (give or take 15/20 mins either side) is priority number 1.
2. design a training routine around that time
3. be sport specific and get out on the road and run as much as possible
4. proper training loads, tapering and peaking all with the goal of a successful and as pain free as possible/injury free 10in10

The past 10in10 "average" runner runs too many marathons from January onwards and then turn up for the event in May over trained. This is usually with a minor injury. The majority "peak" too early. It is preferable to turn up undertrained but not injured!!!

Sometimes runners panic due to minor injuries in late February and due to enforced layoffs for "niggle" recovery they feel the necessity to play catch up and then over train again!! Don't do it!!

Cross training is an integral part of your routine, but it is crucial that you build your mileage sensibly, and eventually becoming used to high mileage over consecutive days.

I believe basic and simple strength/mobility training is important and I have not met a marathon runner yet who has not become more efficient, quicker and less likely to pick up an injury if he/she converts to weekly weighted squats and deadlifts coupled with stretching and self-release massage!!!!

My opinion is that unless carrying an injury all runners should run the full course in January.

To summarise, I feel quality over mindless quantity. Sport specificity with a little cross training. Strength and mobility work. Tapering to a peak at day 5 of 10 in 10 and not coming in over trained.

In January we will be able to give more advice and will have a specific session set aside to do so. This will be 'after' you have run the route in the morning!!