

Strider Smarts presented by Coach Bob

Marathon Training

Yes, an actual article on coaching!

Jeff Galloway, a highly respected published author and accomplished runner, wrote an article on minimum training to finish a marathon. Mr. Galloway has forgotten more training concepts than I ever had, but I need to disagree on some of his ideas.

As a coach, one of the first things I tell runners is that I always have a reason for anything I ask them to do. There is logic and experience behind my decisions, so I feel confident as a coach recommending them. We'll look at Galloway's schedule and why I disagree.



Bob Dozoretz

He says that for a first marathon, it is OK not to have a time goal, but you should have some idea what your pace is and some realistic time in mind, even if it's five-plus hours. Something.

He uses the popular 'Magic Mile' formula to determine what the training pace should be. Basically, you run 1 mile all out and use multipliers of that. Well, a mile is an aerobic event; a marathon the farthest thing from it. I have found it to be useful, but I always have first-timers run at least a 5K during training. It mimics race experience and provides me with a race time I can use to determine the next phase of training. The Magic Mile is OK, but a 5K is better.

He says that when the temperature is over 60, slow by 30 seconds/mile for every 5 degrees for long runs and the race. So, it's a cool 75 out, so instead of an 11 minute mile, run a 12:30. Worse, it's 80, so run a 13 minute pace. Yes, running slower is fine, but not by so much. The body will adapt to the heat, and if you feel OK, and can talk and run, just run, stay hydrated and look for shade. Late in the training run your body may tell you to slow - which is normal - but with proper training/conditioning, your marathon will be steady.

Jeff originated the run/walk principle, which really has helped many people complete marathons. I cannot argue with his ratios. However, walkers use a walk/shuffle ratio that avoids heavy breathing. You're in a race, even first time in a marathon, so what's wrong with a little exertion? Sorry, but even the walkers I know give a good effort.

On his schedule, he has every Monday and Wednesday off or cross train, and 30 minute runs each Tuesday and Thursday. This is a marathon, and you need specificity of training, which means running. Get out there and log some miles, and certainly increase your 30 minute runs over the weeks of training. Yes, even for beginners, as I do not believe running a half hour helps prepare you at all for a 4 hour-plus marathon.

Last, he takes runners up to 26 miles in training. Why? The thrill of the race is to finish 26 miles, and if you do this in training, it can be a letdown on race day. Also, you deplete your immune system, so chances of illness increase, along with injury. Just not worth it in my opinion.

I am simply suggesting anyone following a training plan feel free to ask why. There are numerous coaches, stores and runners to turn to, so take advantage of us.

I Am A Runner
Coach Bob
Yourcoachbob@aol.com

Thank you to volunteers!

Thanks to all the volunteers that helped out with Your Next Step Is the Cure 5K run/walk on 9/14/14 at Charnow Park, Hollywood Beach.

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| 1. Sandi Wagner | 7. Michael Davis |
| 2. Bill Wagner | 8. Marlen Davis |
| 3. Robert Leaf | 9. Michael Hollander |
| 4. Gladys Guijarro | 10. Bob Dozoretz |
| 5. Christina Weisberg | 11. Monica Patino |
| 6. Gerry Jackson | 12. Ralph Guijarro |

TRI NEWS

Walt Patten wrote:



Ironman 70.3 – Augusta, Georgia
September 28, 2014

Hugo Radelat & I drove to Augusta, Georgia to do the Half Ironman; they call it Ironman 70.3, but to me it's the Half Ironman. We did it last year and enjoyed it so much, had to go back. It's now the largest Half IM in the world. They do two world class events in Augusta – the Masters Golf tournament and the Half IM. There were over 3000 athletes attending. It was reported to have over 1200 volunteers, and it shows – there was a volunteer everywhere we went. Many times we were told "thanks for coming".

The race is always wet suit legal and we swam with the current in the Savannah River. There are rolling hills for the bike, but nothing too steep. The best part of the race is the run. We ran multiple loops through the historic section of Augusta. It's a real party for the spectators – restaurants are open with tables and chairs on the shaded sidewalk. I had a good race – 2 minutes faster this year, and Hugo had a PR by 11 minutes. We both finished Top 10, in a fairly competitive race.

If you are looking for a destination race, consider Augusta; the drive up is not bad – mostly interstate. However, register early and book your room. We registered in June.

Tim Nicholls wrote:

Last race of the season, Labor Day Triathlon at Tradewinds Park, Coconut Creek FL

Tim placed 4th overall and 1st masters.

Mary placed 1st masters.

Tim placed overall for 2014, All American in both triathlon and duathlon, only person in 55-59 age group to get both.

Roswitha Sidelko wrote:

September 20th was the Saturday for the second 8 mile Alligator Lighthouse Swim in Islamorada.

It is an out and back swim around the Alligator Lighthouse in the Atlantic off the coast of Islamorada. With a team of four untrained but experienced triathletes we entered.

The pre-race briefing was an eye opener. This will be a swim like no other. Not sanctioned, but you won't forget it. Count on wind, waves, sharks, jelly fish coming and going, currents coming and going. Oh, and by the way, at sea we measure distances in nautical miles. Yes, so you will be swimming 9.2 miles.

The 20th was a beautiful morning, the water warm and clear and the mood happy. I was doing this for fun. Placing did not matter.

All the warnings became reality. I will never forget swimming through what felt like a lentil soup of moon jelly fish. Pull myself together and just keep swimming.

And today, 3 weeks later, I still remember this as FUN. Try explaining this to someone who is not a runner.

Thanks for all the input, fun to read about everyone's experiences.

Christina Weisberg, Trimomcw@aol.com



HOLIDAY PARTY

Please join us for our annual holiday party, Wednesday, December 17, 2014 at 7:15PM. Our new location will be on the beach, adjacent to the Summit Condo in Hollywood Beach. The Summit is located at 1201 South Ocean Drive. From A1A (Ocean Drive) turn on Azalea Terrace (south of the Summit), then turn into the parking lot. Please bring a chair.

First we will have our weekly training run on the Broadwalk starting at 6:15 PM. All distances and paces, followed by a potluck Holiday Party starting at 7:15 PM. Please bring something to eat or drink. For information call Christina (954) 434-9482.

