



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: I have a question on my endurance run days the longest run I make
>leading up to the marathon is 2:25 with 5 x 100m strides. will that be enough
>time to get me through it. all the marathons I've ran have been 4 hours
>or longer Its not that I'm doubting your program because its not ever
>let me down. Its that I just don't understand that's all.....R.G.

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A: THAT'S A VERY GOOD QUESTION. IT'S NOT SO MUCH THAT A 3-4HR RUN WOULDN'T BE THAT MUCH BETTER FOR YOU.....IT VERY WELL COULD BE GIVEN THE RIGHT INTENSITY. HOWEVER, AT WHAT COST?

KNOW THAT THE FARTHER PAST THAT 2:30 MARK YOU GET, THE LESS EACH MINUTE IS WORTH...BUT THE PROBABILITY OF INJURY [OR DIGGING A FATIGUE-HOLE THAT'S TOUGH TO RECOVER FROM] GOES UP DRAMATICALLY.

SO THERE'S THE DILEMA.....YOU NEED TO TRAIN FOR 'RUN-RACING' FOR 4 HOURS, BUT REALLY DON'T WANT TO CONSISTENTLY HAVE LONG RUNS THAT GO MUCH ABOVE THAT 2:30 MARK. WHAT TO DO?

SOMETHING THAT'S WORKED IN THE PAST.....IS TO GO BACK AND TAKE A HARD LOOK AT WHAT THE PURPOSE OF THE LONG RUN IS, EXACTLY. THE ANSWER TO THAT IS THAT IT'S 2 PARTS.....#1-MUSCULAR (ENDURANCE) AND #2-METABOLIC (DURATION THAT YOU NEED CALORIE-DELIVERY).

SO THE OBJECTIVE IS TO HAVE YOU RUNNNG AT THE END OF 4 HOURS.....BUT NOT HAVE TO ACTUALLY RUN THE ENTIRE 4 HOURS TO GET THERE. THIS IS WHERE WE CAN MAKE GOOD USE OF THE BIKE. IF YOUR LONGEST RUN IS 2:30.....SIMPLY INSERT A 1:30 TO 2HR RUN **PRIOR** TO THE RUN @ AN AEROBIC HEART-RATE.

THIS WAY, YOU'RE STILL TEACHING THE METABOLISM TO DELIVERY CALORIES @ THE 4HOUR MARK.....BUT ONLY HAVING TO RECOVER FROM THE SAME 2:30 OF ACTUAL RUN-TIME.

ON YOUR PROGRAM.....LET'S ADD THAT 2HR BIKE TO COME BEFORE THE LONG RUNS ON WEEKS #1,2,3 AND 6.

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