

Black Combe Runners  
**Newsie**



Spring 2012: the 'it's all downhill from here' issue

This edition of the Newsie has a focus on training - from an individuals perspective to a marathon plan. One thing you mustn't miss is Graham Huddleston's training schedule from 1982, when compared to the Olympiads of old. One of them had it wrong I think.

The cover shot was taken by a runner on the Black Combe race this year, and here is Lizzie on the way to victory at Causey Pike...

Anyway, Will is trying to regain control of the Newsie reins, and so this is the last one from me. Will promises another to be out in August - you heard it here first.

Sue



# Captain Pete's Plaudits



It's been a pretty good start to the year for us already with some prizes in the early races.

We're lucky to have Lizzie running for us - she's won three races and set two records - at Causey Pike after running a hill session earlier that morning and then at Loughrigg in her work training shoes! Most recently she comfortably won at Coniston. Then we got in at Middlefell, winning the team prize (Carl E, Mike McI, Pete T and Mike J), making up for second place last year. We had four people complete London too - Andy, Darren, Helen and Penny. Who knows what will come next, I think there'll be more prizes before too long...

It's been great to see Val, Jo and Hazel racing on the fell too after what seems like far too long and up to 20 people at each winter league race and some Tuesday nights - welcome to all the newcomers. Here's to another year of racing.

# The Idiots Guide to Black Combe\*

by Paul Kingsnorth

Experienced runners often say to me: 'Paul, your mastery of the Black Combe race is acknowledged nationwide, and your love for the mountain itself shines through every pore. Do you have any tips for us?'

At this point, I will usually offer them a selection of the following tips.

1. Do not do any training at all before the race. This will only distract you. Good racing is not about training, it is about bloody-mindedness.
2. It's a good idea to forget to bring your shoes to the race and only realise this five minutes before the start, necessitating a rapid dash to Pete Bland's mobile shop and the disbursement of £80 you don't actually have. This is good for the economy, and will put you in a great frame of mind for racing.
3. Start the race by running as fast as possible up the hill. There is no way this can go wrong.
4. Make sure your showerproof top is not turned inside-out and tied in a funny kind of knot at the bottom of your bum bag, underneath your compass and some chocolate bars. In the event of a freak hailstorm in which the stones are an inch in diameter, made of razors, and travelling at 100 miles an hour, this will force you to stop and be overtaken by James, who you have just floated gloatingly past on the only easy bit.
5. Eat a lot of sweets just before the second climb starts.

6. Do not on any account mention to anyone that you once thought of having a quick lie-down on the second climb. The principle of Chinese Whispers will soon translate this into you having had an actual lie-down, in a sleeping bag, for an hour or two, with a flask of hot cocoa that you

had in your bum bag.

7. Do not let Sue overtake you unless you have a rude riposte prepared in advance.

8. It's important to impress your friends at the finish line with really good barrage of cuss words. Ordinary, workaday swearing will not cut it. Revise your angry stream of profanities beforehand.

9. Do not eat the pies.

10. Prizes are for the weak.

11. Do not do it again next year. If you've done it properly the first time, you won't need to.

\*Guess who the idiot is



Paul seconds before the deluge of profanity



in a fit of unexpected kindness, I did not print this picture - Ed

Our very own Level 2 Fell Coach, Val Gill, gives us some hints, tips and amusing photos

Is a training run a run/jog out with your mates having a craic and enjoying the scenery?

or, is it flogging up a hill trying to out run your mates doing a rep session?

My answer would be that both are training runs.

The run/jog is building up endurance and miles and the hill rep is training your body to accept the training load of hard hill climbs

After a long lay off with dodgy knees I am really pleased to be out running again. The only reason I started on the coaching ladder was that I couldn't run and wanted to be still involved in fell running.

I have learnt so much from coaching, including that there are ways of improving your own running even in at my age! One early coaching point I should have learnt is not to over train, hence the dodgy knees.

I took up cycling when I couldn't run. Cycling gets you out to places you

**Val's training**      **Monday 6.30pm, Ulverston**  
**Wednesday 6.30pm, Broughton**

wouldn't otherwise go, it is less weight bearing, low impact (unless you fall off) and better than sitting at home eating chocolate washed down with Bacardi and full fat coke!

I enjoy coaching and love to see runners enjoy sessions and improve their running.

Below are some of the things we do on a Thursday training session:

Drill sessions are something that a lot of runners overlook or think that they are for track athletes and children. Drills are only a small part of a session, are very beneficial and help with running techniques.

Uphill and downhill running techniques sessions are good ones to take part in. As the saying goes "good technique less effort" and yes it does work.

Reps sessions, a lot of runners do uphill reps but rarely if ever do downhill reps. Downhill reps are just as important as uphill reps. How



many of us get overtaken on the downhill sections of a fell race? Quite a few probably.

Pete Bland sells books by Keven Shevels on downhill techniques for off-road runners and uphill techniques for off-road runners, well worth the buy.

When the clocks are altered bringing lighter evenings a time trial is ran and times given. It is then revisited at regular intervals during the summer to assess improvements.

The training group's favourite training area is from Kiln Bank Cross, Broughton Mills. There is a large variety of terrain, hills and tracks to use in a small area.

Sand dune training at Haverigg is hard work lots of uphill and downhill. Sand is so unforgiving but good fun.

In winter there are indoor sessions at the Victory Hall in Broughton. Circuit training, core work on the exercise ball, drills and coordination sessions.

Yoga, Pilates, Cycling, Swimming all are good for adding into your training schedule both winter and summer. Keeping enjoyment, variety and fun in your training sessions are the key to success. Enjoy your summer training!

Val Gill, April 2012



# Spartan Training Camp 2012 - a Scottish adventure

by Mike Vogler

**The plan: travel light and sleep cheap, either camping or in the back of the car or camp by the roadside and eat rehydrated gruel, drink nothing but water and run hard.**

The reality: pack everything except the kitchen sink, sleep in the 'luxury' of dormitory accommodation (it's a loose term, there's always a snorer, isn't there?) and eat and drink like kings...oh and do a spot of running, but nothing too strenuous - anyway the weather wasn't nice...

...in the week running up to the Easter holidays, North West Scotland, and indeed most of the United Kingdom was enjoying something of a heat wave. As soon as the schools broke up, the heavens opened and low pressure swept in from the north east. Typical.

Jamie Baron, Ben Proctor and I had planned to go to Scotland to put in a bit of running that was somewhere different to the Lakes and put in some hill miles. We kept our plans flexible as the weather was looking sketchy to say the least. So on Saturday morning of the 2nd April we set off for the Cairngorm National Park. Heading north the skies were blue and on arrival we decided it'd be rather nice to make the most of the weather. We skipped up the track to the ptarmigan restaurant and on up the boulders to the top of Cairngorm (blue hill) where a vista of splendid mountain scenery stretched before us. We kept things short having been in the car for a good few hours, so ran along the edge of the northern corries – Sneachda and Lochan, before running back to the Corrie Cas car park.

The next day we planned to run in to the Corroul bothy in the southern region of the range and take in a few tops. The day began grey, but unperturbed we ran up through the Chalamain gap – a rocky canyon something akin to the set of a western, and across the Lairig Ghru and on up the slopes of Braeriach (brindled Upland). From here, in thick mist and Arctic icy winds that are only too common on the Cairngorm plateau, we hand railed the corrie edges over another four Munros, Sgor Lochain Uaine (Angel's Peak), Cairn Toul (hill of the barn) and Bod an Deam hain (penis of the devil or more politely: devil's point) before descending on snow slopes to the 'Devil's point' and on to the bothy.

That evening we enjoyed a roaring fire in the bothy stove. There was dry firewood in the form of a log and with nothing to chop it with but a

shovel blade and grunting determination – it's amazing how resourceful one can become! Oh and here's a tip on lighting a fire: rub a piece of toilet tissue in Vaseline. The petroleum jelly will get your kindling going every time!

Sleep didn't come easily in the bothy – Dave, one of the other bothy guests, snored like a hippo and of course, a hard wooden bench isn't all that comfy with a mountain marathon sleeping bag and sleeping mat!

The plan the next morning was to head up on to Ben Macdui (hill of the black pig) and across another stretch of the Cairngorm plateau and back to Aviemore. The bothy was at 650m above sea level, the cloud, it seemed was not much higher and with winds reaching something near hurricane force, we decided to stay low and run back through the Lairig Ghru.

The Lairig Ghru is a deep glacial cleft that cuts the Cairngorm plateau in half, running north to south. It's meaning is rather telling. Lairig is Gaelic for hill pass, Ghru comes from 'Ghrumach' meaning 'forbidding' or 'surlly'. It is a haunting and eerie place at the best of times, and the cold mist of that morning made it even more uninviting. We didn't fancy taking our chances up on Macdui given the potential weather that was forecast. It turns out that we made the right decision. On reaching the halfway cairn (835 metres) in the 'Ghru', we all had ice in our hair and beards and looked like extras from an Earnest Shackleton documentary. It was either later that day, or early on the following one that a group of outdoor education students got air lifted from the Macdui plateau due to white out conditions and deep snow. As I kept saying to the boys – mountain sense: it's all about making the right decisions. After all, it was Reinhold Messner who said "Mountains are not fair or unfair, they are just dangerous."

Monday afternoon saw us heading west with a plan to run some of the hills in the Kintail/Glen Shiel area. The weather was coming in from the north east and the Cairngorms were not the place to be. We made a stop over in Invergarry at the independently run 'Invergarry Lodge'. We'd highly recommend it as a place to stay.

That night there was heavy snowfall all over the Highlands and the drive through to Glen Shiel was touch and go. By way of a rest afternoon, we trotted up a 'Corbett' behind the Ratagan youth hostel. It was a small top for the area at 779m, but it's climbed from sea level so it's like going up Harrison Stickle, I'd guess. The air was clear and the skies blue. From

the top of Sgurr Mhic Bharraich (son of Maurice's peak) the views to Torridon and out to Skye were incredible. All around us were snow capped tops with green glens and sparkly lochs. The decision to head west had been right...it's all about the decisions.

Our final day saw us make a traverse of the South Glen Shiel ridge – with no fewer than seven Munros in its length. Jamie dropped the car off at the Cluanie Inn and hitched a ride back to Malagan bridge where Ben and I waited for him. It made sense to finish the run at a pub – one always needs an incentive...

The initial climb up the Allt Mhalagain was long, boggy and steep. Very soon we were above the snow line with no path to follow. A steep gully guided us onto the main ridge from where we headed in an easterly direction to our first munro, Creag nan Damh (rock of the stags). The ridge was pretty tough going. There were patches of ice and old neve mixed with frozen rock and fresh snow that had drifted into hollows and reached thigh depth. It was rather unpleasant to say the least.

We kept our eye on the cloud that hung menacingly to the north. Although the ridge is escapable, the logistics of the linear journey and transport combined with rough Scottish hill terrain to negotiate in the event of bailing made this an unsavoury option, and helped us focus on getting the ridge completed. I think it was Gaston Rebuffat, a famous French Alpinist, who once said that the mountaineer was like a hunted animal. He is hunted by time, by the weather, by the mountain environment and terrain and by his own fatigue. On a long day out in the hills, wherever you are, this idea seems to hold true. It certainly felt like it that day.

The climbs for the first half of the ridge are steep and were unremittingly tough given the conditions. Sgurr an Lochain (peak of the little loch) was a beast, and Sgurr an Doire Leathain (peak of the broad thicket) was a powdery horror show. Maol Chin Dearg (bald red hill) came and went and the scrambly ridge up onto Aonach Air Crith (trembling hill) was delightful. From here the ridge flowed over more runnable ground, something akin to the Fairfield Horseshoe. The final munros of Druim Shionnach (ridge of the fox) and Creag a Mhaim (rock of the large round hill) were superb as the grey shield of cloud had broken to reveal arctic blue skies and bright sunshine. This was what we'd come to Scotland for, the west coast in all its glory.

Five runs in five days, all two hours or more in duration. We'd met our aim...and enjoyed ourselves. So the next day, when it was wet and miserable we felt that that we'd made the right decision to head home. After all, it's all about making decisions, isn't it?

Mike Vogler, April 2012



the Spartans

Jamie had only popped out for a loaf



a different day out, not in Sparta



# Before & After (The 2012 London Marathon) by Helen Gee

"I am going to go for it. Yikes"

## April 21st, 9.15pm

It's 9.15pm on Saturday 21st of April, the eve of the London Marathon 2012. I have very mixed thoughts and feelings about tomorrow.

I am anxious and apprehensive of course, as I always am when I'm about to put my body and mind through something that will take me to my limits, where I will be out of my comfort zone and will do doubt feel pain.

I am excited about doing the Marathon and I want to do my best. I am really looking forward to having it behind me and ticked off my list so I can sit back and feel pleased with myself and my achievement. (And get on with my life... It's so consuming!) It's one of them things that I have always wanted to do, even before I started running. I was always amazed and full of admiration for people who could run that kind of distance and promised myself that one day I would conquer running and run the marathon. I can't wait for the morning to come.

Another part of me is horrified and wants to sleep in and not run at all, mostly because of the fears that have stemmed from the last 6 weeks of training.

My marathon training was consistent and I felt that I was improving my fitness and stamina until about 6 weeks ago, just at the time when I was supposed to be doing my longest runs. I set of out on my 20 miler and after about 9 miles; I got stomach cramps and severe diarrhoea, so I had to cut my run short after 15 miles. This had happened before but not as severely. The following 2 weeks, every time I ran, even a short run the same thing happened and I was feeling nauseous all the time so didn't get to complete my longest runs. I went to the doctors after 2 weeks and she arranged some blood tests and for me to have an ECG. (I have a family history of heart disease.) I began to feel a bit better and could run again so started to build my running and my confidence up again, then 2 weeks ago my back went into spasm. So the last 2 weeks up to date I have done nothing. My back is still playing up a bit but I think it will



be ok. Last week I got my blood test results back which are clear but I have been told that I have a resting heart rate of 38, which the doctor said could be just because I am fit and healthy, but as it is unusually low I have to go to see the heart specialist. I'm not too worried about this, but wish I had found this out sooner and already seen the specialist.

I have a problem with my right foot when after about 10 miles it gets very painful and feels like there is a red hot poker sticking up through the ball of my foot. I have tried various different insoles and metatarsal raises over the last few months but nothing seems to help, so I have resigned myself to running on painkillers on Marathon day and pouring water over my feet when I can.

My mind is mostly all over the place and I have to keep reining it in.

I feel unprepared and yet I know I am prepared as I could be, but still keep going over and over everything in my head. Training done, kit prepared, Garmin charged, what to eat, when to eat, travel time, what to take, a meeting up place afterwards, all worked out. My biggest fears are that my back gives way, which I'm thinking, if it does it will happen quite soon into the run and there won't be much I can do about that, or that I get the stomach cramps and diarrhoea, but if I do I do and I'll just have to deal with it.

Anyway, putting all of that lot out of my mind I have decided that I am going to go for it and I am trying for 4 hours and 30 minutes. Yikes!

## April 22nd 7.50pm

I ran the Marathon in 5 hours and 16 minutes.

Firstly I'll tell you in a few words how I felt when I crossed the finish line.

I felt exhausted, in pain and relieved that the torture had come to an end. I remember not feeling any of the euphoric feelings that I was promised, but I did have one comforting thought - that I would never have to do this again!!!



My fears were realised. The first 6 miles were a dream. I knew my back was ok and I felt really strong and then the stomach cramps and diarrhoea started and stayed with me until mile twenty four. I had to stop 6 times at the toilets with a queue at each one.

Now, sat in the hotel room, I feel the most tired I have ever been and I have a feeling that I don't know what to do with myself. I'm kind of hungry but don't feel like I can eat and there is champagne chilling in the fridge that I would like to drink but don't think I can yet. My tummy feels bruised and raw.

The balls of my feet, particularly, the right one feels so sore, swollen and pressured that it feels like if I stand on them they will pop!

My hips, knees, thighs and calves feel like they are all one solid piece, with no joins or bends in them. I have tried to stretch but I am so stiff that I can't get into any of the positions.

It's been quite an emotional day. The strongest feeling I have now is still one of relief. I am trying to fight the feeling of disappointment that is with me because of the time it took. I understand the reasons why I took so long and I know that there was nothing I could do about it but still I feel disappointed. I also have a feeling of guilt for being disappointed and I recognise that it is just my ego and I could just be satisfied that I completed it.

I also know that I will not indulge these feelings for too long because in the grand scheme it doesn't matter one little bit. What mattered today and what will stay with me is the spirit shown from the people in London. Thousands of runners pushed themselves for personal achievement or to raise money for charity and the enthusiasm, support and generosity shown by the spectators was very humbling.



# 1993 & 2012 Coledale Horseshoe

by Val Gill

I entered the Coledale Horseshoe earlier in the year, and then all of a sudden it was time to run the race. Panic had I done enough training!!! I had done it before a long time ago - 1993 to be precise. I remember Dave Parmy asking me if I was going to do the Coledale Horseshoe in Braithwaite, he mentioned the words "you will enjoy it and there's a few of us going. So trusting his patter of "you will enjoy it" off I went with Parmy, Ken Lindley, Andy Wood, and Paddy Gannon.

The race was an evening mid week race then. I didn't navigate much in the early days of my fell running jaunts. When we arrived I saw the very big hills all around me and thought I hope I will be alright. Parmy reassured with the usual BCR patter that I would be OK and that I wouldn't get left behind and wouldn't get lost

Off we went up a massive climb that went on and on with mist swirling up and around me. As we reached checkpoint one there were not many runners around. I was cursing Parmy as I fumbled my way up rocky crags to checkpoint two. I had to follow stud marks where I could because I couldn't see any runners ahead of me only intermittent rolling mist and occasional clear sky. By the second checkpoint I thought I must have been the last runner but I wasn't according to the results I saw later.

Then it seemed to be a continuous slog of up and down, swirling mist coming and going, and keeping my eyes peeled for stud marks to follow. At last I reached the finish. A quick change and into the Coledale pub where everyone seemed to be having a good time. I was well knackered.

Memories of Coledale faded over the years. When it was a BCR Championship race this year I entered forgetting about the lonely run of years ago. I had a slow recce the week before the race and thought yes it is a tough race but it will be OK.

The long hard climb up to check point one took me 58 minutes, I had no legs left to run down hill to the coll, the scramble up the crags was fine, the rocky descent off was knacking on the knees, Sail OK, legs back to normal now to go over and up to Barrow the last checkpoint, had a great descent to the finish. Crossed the line feeling tired and thought now I remember why it took me 19 years to do this race again.

I've had a constant stream of calls and text messages from family and friends asking how I've done and saying how well I've done which is really uplifting and I do have some sense of achievement but I would have liked to have done better.

As the night goes on I do feel better about everything, the realization that I have done the Marathon keeps coming over me in waves and brings with it feelings of pleasure and contentment. It's behind me and in the bag!



"Exhausted, in pain and relieved"

After the craic and a bacon butty all was well with the world. When I got home I looked in my 1993 training diary. The entry said Coledale Horseshoe AWFUL! No other comments, not even my time. I'm glad I didn't look at the diary comment before the race. Obviously time is a great healer.

Simon Booth won in a time of 1.10.36, 2nd Sean Willis 1.13.37, Jon Bland 1.13.51, Billy Bland 1.14.10. Tracey Bryden was first lady in 1.34.03, only 11 lady runners out of a field of 141.

Footnote on the 1993 results: "The future of the Coledale is in doubt because of its popularity, too much pressure in the village environs may require restricting numbers or a revised start/ finish."

Mmm! Over 500 runners this year, out of that number there were 126 ladies. Well it was an English Championship race after all.

| 1993                  | 2012                   |
|-----------------------|------------------------|
| Simon Booth 1:10:36   | Joe Symonds 1:07:45    |
| Tracey Bryden 1:34:03 | Lauren Jeska 1:22:40   |
| Ken Lindley 1:31:02   | Pete Tayler 1:32:56    |
|                       | Jamie Baron 1:34:03    |
|                       | Phil Clayton 1:35:20   |
| Andy Wood 1:41:46     |                        |
| Dave Parmy 1:46:36    |                        |
| Paddy Gannon 1:48:21  |                        |
|                       | Richard Watson 1:54:28 |
| Val Gill 1:59:05      |                        |
|                       | Val Gill 2:05:34       |
|                       | Richard Beard 2:07:57  |
|                       | Hazel Tayler 2:16:34   |

# Don't you have any other hobbies?

From the archive: 1982 - Graham Huddleston shares his training regime with the Newsie

Having read John Roberts article in the last Newsie I was interested to note that there were similarities to the training methods that Bill Pugh has me doing. So here I would like to outline the training schedule I am on, and in particular the week from 13 to the 19 November (1982), and the following days race.

The main intention of my training up to the end of December/early January is to STEADILY increase the weekly mileage to a plateau of 120 miles per week (MPW); this is a mixture of fartleks, intervals, long easy and long steady running. From this plateau the main aim is to increase intensity and quality of running with a gradual decrease in mileage ready for April/May (London Marathon).

From September I have been gradually increasing my weekly mileage, usually in groups of 4 weeks, i.e. three weeks of increased mileage, with the fourth week being less, this helps the body to recover. Last week I recorded the start of the 120 mpw plateau (on the third week of increased mileage) so what follows is a detailed breakdown of that week.



|                       |          |            |                  |   |
|-----------------------|----------|------------|------------------|---|
| Saturday 13 November  | am<br>pm | 9.5<br>7.5 | 58:44            | fairly easy pace- ran slightly too fast<br>X-Country race at Barrow - hilly but enjoyable. 1.5m warm-up             |
| Sunday 14 November    | am<br>pm | 18<br>7    | 2:31:00<br>41:23 | Easy pace with Stuart, stops for drinks and a talk to Bill Pugh<br>Brisk pace - pleasant, dry conditions            |
| Monday 15 November    | am<br>pm | 4.5<br>12  | 25:40<br>1:28:30 | Brisk pace - at work<br>Easy pace - a fairly easy day   |
| Tuesday 16 November   | am<br>pm | 4.5<br>22  | 25:38<br>2:23:34 | Brisk pace - at work<br>Quite hard work after 18m. one of the most important runs of the week at a good steady pace |
| Wednesday 17 November | am<br>pm | 10         | 1:07:36          | Easy pace - a relative day off, legs feel tired from yesterday  |
| Thursday 18 November  | am<br>pm | 4.5<br>13  | 25:37<br>1:20:59 | Brisk pace - at work<br>Hard hill fartlek - another hard day  |
| Friday 19 November    | am<br>pm | 8.5        | 1:01:19          | Easy pace, easy day   |
| TOTAL                 |          | 121        |                  |   |

## Postscript from the Ed:

The next day, Saturday 20th November 1982, Graham completed the 10m Brampton to Carlisle road race in 47m26s.

He had begun the day with a 5m warmup.

We are doing something wrong.



"If you were short of a bit of food, why worry?" Tommy Godwin, 1948 Olympic Cycling Bronze medalist on food rationing



"I used to go down to my local club and do a bit of running and a bit of jumping, but nothing else as I had two children, so I didn't really bother much with training." Dorothy Tyler, High Jump Silver medalist, 1948



At the time of the 1948 Olympics, women were not allowed to compete at long distances (which meant anything over 400m) as was feared that it would result in a derangement of their internal organs.



"We followed the plan adopted at previous marathon races, eating a good breakfast of steak, following this with two raw eggs, some tea and toast,"  
"On the way we took nothing but water, except four miles from the finish, having a stitch in the side, I took a drop of brandy. Ordinarily I don't believe in drinking spirits, but I had to do something as the side was giving me trouble." Joseph Forshaw, Bronze medalist, 1908 Olympic Marathon.



# A Tried and Tested Marathon Training Schedule

by Penny Moreton

There will be many times when you don't know if you can run a marathon or even think if you could run a marathon; I know because I was one of those people way back in the 1980's, watching Ingrid Kristensen and Grete Waitz win the London Marathon from the safety of my settee.

In the year 1998, I bought a running book having just joined a running club and I experimented with ideas, and having secured a London Marathon place in the year 2000 - this was the schedule I used. The biggest step was not actually finishing the marathon that year but having the courage to start!! I achieved a 4 hour 22 minute debut in London

Marathons are tough runs, but we all have a marathon in us, and with some dedication and consistency ANYTHING IS POSSIBLE - the biggest hurdle with a spring marathon is conquering the weather as we have to train over the winter months - and that is where fellow club member support is really useful.

This is an 18 week suggested programme, rearrange days to suit your lifestyles but keep the two rest days. Your first ever marathon is to be enjoyed and savoured - do not put time limits on your ultimate race!

## BEGINNERS MARATHON TRAINING SCHEDULE FOR WINDERMERE

A = Aerobic (Chatty) E = Easy (90 secs/2 mins slower than 10k pace) LT = Lactate Threshold (Above 10k)

| Week of  | Mon       | Tues      | Wed  | Thur       | Fri  | Sat        | Sun       | Comments   |
|----------|-----------|-----------|------|------------|------|------------|-----------|--|
| 16th Jan | 5 miles A | 3 miles E | Rest | 5 miles LT | Rest | 8 miles A  | 3 miles E |  |
| 23rd Jan | 5 miles A | 3 miles E | Rest | 5 miles A  | Rest | 9 miles A  | 3 miles E |  |
| 30th Jan | 5 miles A | 3 miles E | Rest | 5 miles LT | Rest | 6 miles A  | 3 miles E | Recovery Week                                    |
| 6th Feb  | 6 miles A | 3 miles E | Rest | 6 miles LT | Rest | 11 miles A | 3 miles E | Add small hills, practice drinks every 30 mins   |
| 13th Feb | 6 miles A | 3 miles E | Rest | 6 miles A  | Rest | 12 miles A | 3 miles E | Include hills on Sat, practice drinks and gels   |
| 20th Feb | 5 miles A | 3 miles E | Rest | 6 miles LT | Rest | 9 miles A  | 3 miles E |  |
| 27th Feb | 7 miles A | 4 miles E | Rest | 7 miles LT | Rest | 14 miles A | 4 miles E | Consider running Coniston, practice drinks/gels  |
| 5th Mar  | 7 miles A | 4 miles E | Rest | 7 miles E  | Rest | 15 miles A | 4 miles E | Consider entering Dent 14                        |
| 12th Mar | 5 miles A | 4 miles E | Rest | 7 miles LT | Rest | 11 miles A | 4 miles E | Recovery Week                                    |
| 19th Mar | 8 miles A | 4 miles E | Rest | 8 miles A  | Rest | 17 miles A | 4 miles E | Include hills on Sat, practice drinks and gels   |
| 26th Mar | 8 miles A | 5 miles E | Rest | 8 miles E  | Rest | 18 miles A | 5 miles E | 2m warm up and cool down at Coniston<br>CONISTON |
| 2nd Apr  | 5 miles A | 5 miles E | Rest | 8 miles LT | Rest | 13 miles A | 5 miles E | Recovery week                                    |
| 9th Apr  | 8 miles A | 5 miles E | Rest | 5 miles A  | Rest | 20 miles A | 5 miles E | Eat more Carbs We/Thu/Fri                        |
| 16th Apr | 5 miles A | 5 miles E | Rest | 8 miles A  | Rest | 12 miles A | 5 miles E |  |
| 23rd Apr | 8 miles A | 5 miles E | Rest | 5 miles LT | Rest | 20 miles A | 5 miles E | More Carbs Wed/Thu/Fri. Do Sat in 'race kit'.    |
| 30th Apr | 6 miles A | 5 miles E | Rest | 4 miles LT | Rest | 12 miles A | 5 miles E | Include a few strides on Sat                     |
| 7th May  | 5 miles A | 4 miles E | Rest | 4 miles LT | Rest | 8 miles A  | 3 miles E | Include a few strides on Sat                     |
| 14th May | 4 miles A | 3 miles E | Rest | 2 miles E  | Rest | Rest       | RACE      | Enjoy the race!                                  |

After your race try to eat/drink some snacks within 20 - 30 mins of finishing - and CELEBRATE!!!!!!

Of course once a marathon has been run - sometimes it is common for a strange effect to take over the soul - the urge to relive the endorphin rush of 'runners high' and see if the body's natural opiate will go further and faster than before.

After my first marathon in 2000 and several attempts to go faster the body got stronger and sometimes broke down because I overstretched its boundaries whilst still running at least 3 marathons a year. I did find though that if I built up a sound base of miles before Xmas (about 40/45 miles per week), when I started in earnest in January, training was easier despite getting harder and tougher as it adapted to increased quality training. Speed sessions include 1 - 2 mile warm up and 1-2 mile cool down

Although this schedule does not include my 10 in 10 programme ( as that is for another day) it proved to me that mileage over 50 a week enabled the body to push its 'break point' from 23 miles to 28 miles, thus great confidence for beating the infamous 'wall' that is common in ruining many a marathon between 16 - 20 miles in the less trained.

The year I used this schedule I found it hard but doable and was rewarded with a marathon where I felt the most comfortable and I was rewarded with my second fastest ever marathon - 4 hours 6 minutes. As with all the training it is sensible to eat high quality carbohydrate and low fat proteins with plenty of vegetables and fruit. If possible take a massage within 48 hours of runs over 18 miles. Definitely aim to eat within 20 - 30 minutes of training as body is craving to replenish its energy stores - I adore cheese and marmalade sandwiches grapes and a chocolate milkshake - these items give me a mix of 3 parts carbohydrate for my low energy levels and one part protein to aid my muscle recovery.

After that within two hours excellent post marathon choices would be - pizza/a mild vegetable curry/spaghetti bolognese/ shepherds pie/ jacket potato with cheese and beans -and don't forget after hydrating the obligatory champagne - afterall you have well and truly deserved it!!!!!!!!!!!!!!!!!!!!



## ADVANCED MARATHON TRAINING SCHEDULE FOR WINDERMERE

A = 80% effort/ lt = 85-90% effort / e = 70-75% effort s = 100m strides / mlr = medium long run, hm = half marathon pace / 5k = 5k pace lr = long run (over 15 miles-practise pacing)

| Week of  | Mon                  | Tues                 | Wed       | Thur                                | Fri        | Sat                   | Sun                 | Comments                           |
|----------|----------------------|----------------------|-----------|-------------------------------------|------------|-----------------------|---------------------|------------------------------------|
| 16th Jan | 6-8 M A              | 8 miles A            | Rest+Core | 7M + 10 S                           | Rest       | 11 MLR                | 4 E                 |                                    |
| 23rd Jan | 7-9 M A              | 9 miles A            | Rest+Core | 8M + 10 S                           | Rest       | 12 MLR                | 4 E                 |                                    |
| 30th Jan | 6-8 M A              | 8M (4@HM)            | 4M E+Core | 8M + 10 S                           | Rest       | 13 MLR                | 4 E                 |                                    |
| 6th Feb  | 7-9 M A              | 9 miles A            | Rest+Core | 8M + 10 S                           | Rest       | 14 MLR                | 4 E                 | Coniuston 14 Route?                |
| 13th Feb | 7-9 M A              | 7M + 10S             | Rest+Core | 3 miles E                           | Rest       | 11 LR                 | 5 E                 | Buttermere Round                   |
| 20th Feb | 7-9 M A              | 5-8M A               | Rest+Core | 3 x 2k<br>3 min rec                 | 5-8<br>M A | 15-17 LR<br>3M@MP     | 4-6 E               |                                    |
| 27th Feb | 5-8 M A              | 10-11 MLR            | Rest+Core | 3 x 800/600<br>90 sec rec           | 4-6 E      | 6-8 LT<br>30 min mp   | 12-14 MLR           |                                    |
| 5th Mar  | 6-9 M HM             | 5-8 A                | Rest+Core | 2x(4X800LT)<br>90rec/5min           | 3-5 E      | 16-18 LR<br>m9-12 mp  | 4 E                 | Use Dent 14.2 on Sat               |
| 12th Mar | 5-7M A               | 10-12 MLR            | Rest+Core | 3X1M LT                             | 4-6 E      | 14-16 E               | Rest                | Practice drinks/gels               |
| 19th Mar | 8-10 HM              | 4-6 A                | Rest+Core | 2x(800/600<br>400) 60 sec rec       | 4-6 E      | 10-13 a               | Rest                | Recovery week                      |
| 26th Mar | 5-8 A                | 10 MLR               | Rest+Core | 5 x 1K LT<br>2 min rec              | 5E         | 18-20<br>14.2 MP      | 4-6E                | Use Coniston to practice race pace |
| 2nd Apr  | 4-6 E                | 8-10 A               | Rest+Core | 3 x 1m LT<br>3min rec               | 6-8 A      | 14-16 LR              |                     | Practice drinks/gels<br>hilly run  |
| 9th Apr  | 4-6 LT               | 10 MLR               | Rest+Core | 3 x 2k LT<br>150 sec rec            | 4-6 E      | 15-17 LR<br>m9-12 MP  |                     | Practice drinks/gels<br>hilly run  |
| 16th Apr | 6-8 A                | 8-10 HM<br>15mins MP | Rest+Core | 2x(4x 800)<br>90sec/5 min           | 4-6 E      | 18-20 LR<br>15-18M MP | Rest                | Practice drinks/gels<br>hilly run  |
| 23rd Apr | 4-6 E                | 8 - 10 A             | Rest+Core | 2x(800/600<br>400@5k)<br>90sec/5min | 4-6 E      | 10-12 MLR             | 6-8 HM<br>40 min MP |                                    |
| 30th Apr | 6-8 HM               | 4M A                 | Rest      | 4 x 400<br>60 sec rec               | 4-6 E      | Rest                  | 10K Race            |                                    |
| 7th May  | 1M E, 3M<br>HM, 1M E | 3 miles E            | Rest      | 4 miles A                           | Rest       | 8M A                  | Rest                |                                    |
| 14th May | 1M E, 2M<br>HM, 1M E | 3 miles E<br>5S      | Rest      | 3 miles E<br>5 S                    | Rest       | Rest                  | RACE                |                                    |



# My Way...

Andy Gittins bares all in this no holds barred exclusive on his secret training methods

I'm an old hand at this now and this is my experience - take it or leave it - it won't suit you all if anyone !

I ran the London Marathon in 1985 - I don't remember the "training" - there weren't multiple permutations of fartleks / intervals / pyramids / tapering then - we just went out and ran a lot and had fun and when the time came we ran the marathon. I don't remember drinking or eating on runs either. The race was like a hotel service being served drinks at intervals !

I ran Manchester the same year quite fast and two Birmingham Marathons before that (I walked in one of those but don't remember training for that part)

After that I "gave up" marathons for a while - never do that again, it's horrible, painful etc....

## "My longest training run was Clapham to Campden and back via 258 road crossings and 2300 sidesteps of people"

I had a bad experience in the late 90's when I attempted the North Wales Marathon (involves 3000' of ascent). I trained by running circuits round Clapham Common ( 6 inches of ascent) and kidded myself a circuit was 2 miles. My longest training run was Clapham to Campden and back via 258 road crossings and 2300 sidesteps of people. It wasn't conducive to the North Wales event. Tiredness and pain quickly set in, serious people disappeared ahead and I was left with the N Wales landscape moving past slowly for a long time. Never again....

In more recent years I have rekindled the marathon urge and tried to train properly - or rather "my way". Starting in January for an April marathon I usually try to consolidate leg strength by running up to 10

miles but no more by end of Jan - that's the important bit of the training - "no more". Then gradually increase the miles in Feb to half marathon. The important bit of the training now is to rest a lot - never run two days in a row and a three day break can be great !

Train in the dark and cold - it dulls the pain and makes the light evenings later on seem bliss. This is an important part of the training - the light evening - when this arrives muscles ease up and relax - this is what you have been training in the dark for to get to this point.

I run on the Morecambe Prom a lot - a really lot - its flat, by the sea, no road crossings and its a 5 mile stretch one way - 10 return - its my "rave" run and perfect marathon training. The wind can be on your back and you fly. You know the return will be tough though and it really can be. You see all the Lakeland Fells across the bay and try to name them - the training goes quicker.

It's March and suddenly you need to run 19/20 at least - this is really what all the training has been for - this run - get that in the bag in a reasonable state and its done - the other 6 in a few weeks time will be a horror we know - but nothing a bag of jelly babies and gritted teeth can't cope with.

Tapering feels odd like "not training" but less is more now and then its marathon day !

In 1985 I ran 3 hours 15 min - "without training". Last year I ran 4 hours 30 ish - "with my training". Ok, an intervening 27 years can account for most of that variance but I also hope my more "modern" training approach has also prevented the variance being much larger !

Warning: this training program is not certified and the runner accepts no responsibility for times achieved or missed.

Andy Gittins, April 2012



Can you spot Andy "Hulk Hair" Gittins from this 1985 snapshot? In those days ailing runners were hoovered up by an ambulance.

