



20 WEEKS TO YOUR FIRST MARATHON

**TICK IT OFF YOUR BUCKET
LIST WITH OUR EXPERT
TRAINING GUIDE**

Always wondered what it would be like to run a marathon, but find it difficult to unglue your arse from the couch? Here's your chance. Aussie running great Pat Carroll, who has a 2:09.39 PB and is a four-time winner of Queensland's Gold Coast Marathon, has put together a 20-week training guide for rookie marathoners that will get you to the starting line of your first marathon in good shape to tackle the iconic 42.195km distance.

Turn the page to get started.

YOUR 20-WEEK TRAINING GUIDE

This program contains stamina-building runs, speed sessions to boost your fitness, and regular time trials and race options so you can gauge your improvement. It's a good idea to keep a training diary to chart your progress. The type in blue indicates the days you'll be working on your speed, while the type in green denotes "recovery weeks" where you reduce the volume of your training. The long run each Sunday improves your endurance – run at a comfortable pace and pick a route that offers a variety of terrain.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest or cross-train	40min run, comfortable	40min run, comfortable	Rest or cross-train	50min run, comfortable	Rest or cross-train	60min run, comfortable
2	Rest or cross-train	40min run, comfortable	40min run, comfortable	Rest or cross-train	50min run, comfortable	Rest or cross-train	60min run, comfortable
3	Rest or cross-train	40min run, comfortable	40min run, comfortable	Rest or cross-train	50min run, comfortable	1hr 10min run OR 5km race	Rest
4	Rest	40min run, comfortable	40min run, comfortable	Rest or cross-train	50min run, comfortable	Rest or cross-train	1hr 20min run, comfortable
5	Rest or cross-train	3km time trial	40min run, comfortable	Rest or cross-train	50min run, comfortable	Rest	1hr 30min run, comfortable
6	Rest or cross-train	40min run, comfortable	Rest or cross-train	Rest or cross-train	40min run, comfortable	Rest or cross-train	60min run, comfortable
7	Rest or cross-train	6 x 1 min, 1 min SR	40min run, comfortable	Rest or cross-train	6 x 1 min, 1 min SR	Rest	1hr 45min comfortable run OR 8km race
8	Rest	6 x 500m, 1 min SR	40min run, comfortable	Rest or cross-train	3 x 1km, 1 min SR	Rest or cross-train	1hr 45min run, comfortable
9	Rest	3km time trial	50min run, comfortable	Rest or cross-train	30min run, comfortable	Rest	2hr run, comfortable
10	Rest	40min run, comfortable	Rest or cross-train	Rest or cross-train	40min run, comfortable	Rest or cross-train	2hr run, comfortable
11	Rest or cross-train	10 x 300m hills JR	50min run, comfortable	Rest or cross-train	6 x 2min, 30sec JR	Rest	2hr 20min comfortable run OR 10km race
12	Rest or cross-train	6 x 500m, 1 min SR	40min run, comfortable	Rest or cross-train	3 x 1km, 2 x 500m 1 min SR	Rest or cross-train	2hr run, comfortable
13	Rest	3km time trial	50min run, comfortable	Rest or cross-train	30min run, comfortable	Rest	2hr 30min run, comfortable
14	Rest	40min run, comfortable	Rest or cross-train	Rest or cross-train	40min run, comfortable	Rest or cross-train	2hr 30min run, comfortable
15	Rest or cross-train	10 x 30sec, 30sec JR	50min run, comfortable	Rest or cross-train	10min effort	Rest	2hr 45min run OR 15km OR 21.1km race
16	Rest	10min effort	50min run, comfortable	Rest	3km time trial	Rest or cross-train	3hr run
17	Rest or cross-train	40min run, comfortable	Rest or cross-train	Rest or cross-train	40min run, comfortable	Rest or cross-train	2hr 30min run, comfortable
18	Rest or cross-train	6 x 500m, 1min SR	40min run, comfortable	Rest or cross-train	3 x 1km, 2 x 500m SR	Rest	2hr comfortable run OR 10km race
19	Rest	10 x 30sec, 30sec JR	50min run, comfortable	Rest or cross-train	6 x 2min, 30sec JR	Rest or cross-train	1hr 30min run
20	Rest or cross-train	10 x 30sec, 30sec JR	50min run, comfortable	40min run, comfortable	Rest	Rest	RACE DAY!

KEY ● **COMFORTABLE PACE:** A pace at which you can still carry out a conversation. ● **SPEED SESSION:** These will assist you to get faster. Do a light warm-up (10-15 mins), then the outlined session at an even but challenging pace. Complete the session with a cool down that includes stretching. ● **RACE:** Lead-up races are excellent ways to gauge your fitness and to practise your race routines (pre-race meals, hydration etc). ● **REST OR CROSS-TRAIN:** Have a rest day or cycle, swim or go to the gym ● **REST:** Rest only – don't do any other training ● **SR:** Standing Recovery ● **JR:** Jog Recovery ● **WR:** Walking Recovery



PAT'S RACE TIPS

- Prepare your race gear the night before, including your shoes, socks, running clothing & accessories, race number, safety pins, timing chip, warm clothing or wet-weather gear.
- On race day, get up 2-3 hours prior to the start, to give yourself plenty of time to get organised and to the start line.
- Enjoy a light breakfast (you should have practised this during your training) e.g. toast with tea, juice or a sports drink.
- Take a moment to go through your pre-race checklist. It can save you lots of stress.
- Keep sipping water, but don't overdo it, as you should already be adequately hydrated (when your urine is clear).
- Once you get to the venue, warm up and place yourself appropriately within the start pack. You're ready to go!
- Stick to your target pace and don't get drawn into running too fast at the start.
- Plan to take on fluids regularly during the race. Don't wait until you feel thirsty.
- After the race, have a good drink straight away. Continue to drink fluids (avoiding alcohol) until your urine is clear.
- Grab a high-carbohydrate snack or two.
- Now start to rest. A short walk may be beneficial, but be sure to relax and put your feet up. Take a well-earned rest.
- In the evening, you should continue with a good fluid intake and your evening meal should contain carbohydrates and protein for best recovery.

Pat Carroll, a four-time winner of the race, is an ambassador for the 35th Gold Coast Airport Marathon, to be held on July 6-7 this year. The event program will feature several races, including the ASICS 21.1km half marathon. Entries open Monday, March 18. For more information or to enter, go to goldcoastmarathon.com.au. Pat provides additional information for marathon training and racing for private clients. He can be contacted at pat@patcarrollonline.com or visit patcarrollonline.com



JESSICA TRENGOVE

In just her second marathon, the South Australian finished 39th at the London Olympics in 2:31:17. That's faster than us, so we asked for some tips.

- ATHLETE BIO**
- AGE:** 25
BASED: Adelaide, SA
HEIGHT: 166cm
WEIGHT: 52kg
PERSONAL BESTS:
Marathon: 2:31.02 (Nagoya, Japan, 2012)
Half marathon: 1:12.28, Gold Coast, Qld (2011)
- **What did you learn from running at the London Olympics?** That the difficulty of a marathon varies a lot according to the course and conditions. My first race in Nagoya (Japan) was super-flat, straight and dry – quite a contrast to the wet, cobbled and curly course in London.
 - **What's a training session you know gets results?** The Mona fartlek, pioneered by Aussie marathon legend Steve Moneghetti. It involves (usually) 20 minutes of running above and below threshold pace for intervals between 90 and 15 seconds. [For details of the Mona, go to 'Training' at mensfitnessmagazine.com.au].
 - **Which gym moves most assist your strength or ability?** I'm a physiotherapist at Flex Clinic in Adelaide, which has its own Pilates gym. I do my Pilates program, which also includes a few specific strengthening drills, three times a week.
 - **What do you make sure you always eat and drink the day before a marathon?** My dad has made a "special porridge mix" – his unique blend of oats, seeds, nuts, spices and dried fruit that he soaks with yogurt overnight and cooks on the stove in the morning. I've created my own version, which I look forward to every day. I mainly just drink water the day before a marathon.
 - **A tip for a rookie marathoner?** If you plan to take on fluids and fuel during the race, practise it (at race pace) in training beforehand so you're confident on the day.

TRAIN FOR THESE MARATHONS

- **GOLD COAST:** July 6-7. The Gold Coast Airport Marathon offers a fast, flat course perfect for setting PBs. goldcoastmarathon.com.au
- **ADELAIDE:** Sunday, August 25. The Athlete's Foot Adelaide Marathon Running Festival is a highlight of the SA running calendar. adelaidemarathon.com.au
- **BRISBANE:** Sunday, August 4. Take to the Queensland capital's sunny streets for the Brisbane Running Festival. brisbanemarathon.com
- **PERTH:** Sunday, August 25. The Chevron City to Surf Marathon has been dubbed the "most beautiful marathon in the world". sportsnewsfirst.com.au
- **SYDNEY:** Sunday, 22 September. Entries for the Blackmores Sydney Running Festival will be available online from mid-March. sydneyrunningfestival.com.au
- **MELBOURNE:** Sunday, October 13. The Melbourne Marathon Festival is a major fundraising event for various charities. melbournemarathon.com.au