



# Race Report

## Tips on running a Marathon

I was so lucky-I had just won a place through the Tone Zone runners ballot for the Flora London Marathon. After Christmas I started a Hal Higdon 18 week novice training plan which I looked up off the internet. There are plenty of programs to suit all levels. I stuck to the plan religiously, didn't do anymore than it said because of the problem with over-training which is when injuries can happen.

I ate a healthy diet for the maturity of the time, sometimes I couldn't resist a Chicken tikka dhansak! but generally I ate plenty of carbs-pasta, rice, fruit etc especially for the last two weeks. When you decrease your training runs in the last three weeks you will feel lethargic and heavy legged but this is normal.

All in all 13th April 2008 was the best day-exciting, great atmosphere, crowds were fantastic, lots of encouragement, calling out your name. When I crossed that line an emotional moment I thought to myself WOW I have done it! Enjoyed it so much that I have already applied for next year.

By: Denise Roythorne



The key to a good marathon (not that I know), is preparation with diet and training. However, on race day, you should keep your head and control your pace (which I can not do). The first half is simple, just keep it nice and easy, the pain begins to set in at about 16 miles, then depending on how you ran at the earlier stages, depends on when you 'Hit the Wall'.

My race, I was way to quick at the earlier stages (sub 7 minute miles) for up to about 15 miles & then from 19 miles I was struggling. In total I was glad to get a Personal Best, but my tactics were not the best.....

By Dave Owen