

Coach Phil's



# Marathon

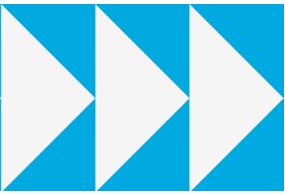
## Survival Guide





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# Meet Phil



## Welcome to Team Whizz-Kidz!

Hi, I'm Coach Phil and I look after Team Whizz-Kidz. I have worked with the Virgin Money London Marathon and Whizz-Kidz for many years, and helped thousands of runners with their training. It's a privilege to work with such a great team!

Every year I speak with a huge number of runners that pick up both minor niggles and major injuries that cause them to drop out from their marathon goals.

A large number of these problems, from shin splints to runner's knee, can be prevented with the right preparations. It's vital to consider this from the very start when you sign up for the marathon so you can avoid these pitfalls and problems.

## PREVENTION IS 9/10ths OF THE CURE

I have recently set up a concept called 'Pre-formance.' This is focused on getting you to prepare your body to perform. Achieved through the education of stretching, foam rolling, biomechanics, nutrition, strengthening, conditioning and psychology.

I will be on hand to advise on many preventative measures to make sure your body is completely ready for race day: [coach@whizz-kidz.org.uk](mailto:coach@whizz-kidz.org.uk)





# Cornerstones of Marathon Training

5

## Training Diary

You can do this on paper, online or even write a blog! Blogging is a great way to interact with other runners and is a powerful motivational too. It is also a great way of letting sponsors know how hard you're working!

4

## Foam Rolling

Invest in a foam roller and make sure you regularly use it to massage your muscles (email and ask me to explain if you need to). This will minimise tightness and ensure your muscles are working as efficiently as possible.

1

## Less is More

By increasing mileage and intensity very gradually, alongside the correct maintenance work, you will reduce your chance of getting injured and your performance will improve.

2

## Enjoy It!

It is really important to enjoy what you are doing. You need to keep your motivation high, especially during the cold, dark months in the winter.

3

## It all starts with a good pair of trainers

Get down to your local running shop and they will analyse the way you run and advise on a suitable pair of trainers. Trainers are the most important investment in your marathon journey.



# Getting Started

## Safety first

It is vitally important that it is safe for you to begin an exercise program. If you answer **yes** to one or more questions or you are at all concerned about starting a training program, please contact your doctor before starting.

Do you suffer from any medical conditions?

Are you unsure about beginning an exercise program?

Are you currently on any prescribed medication?

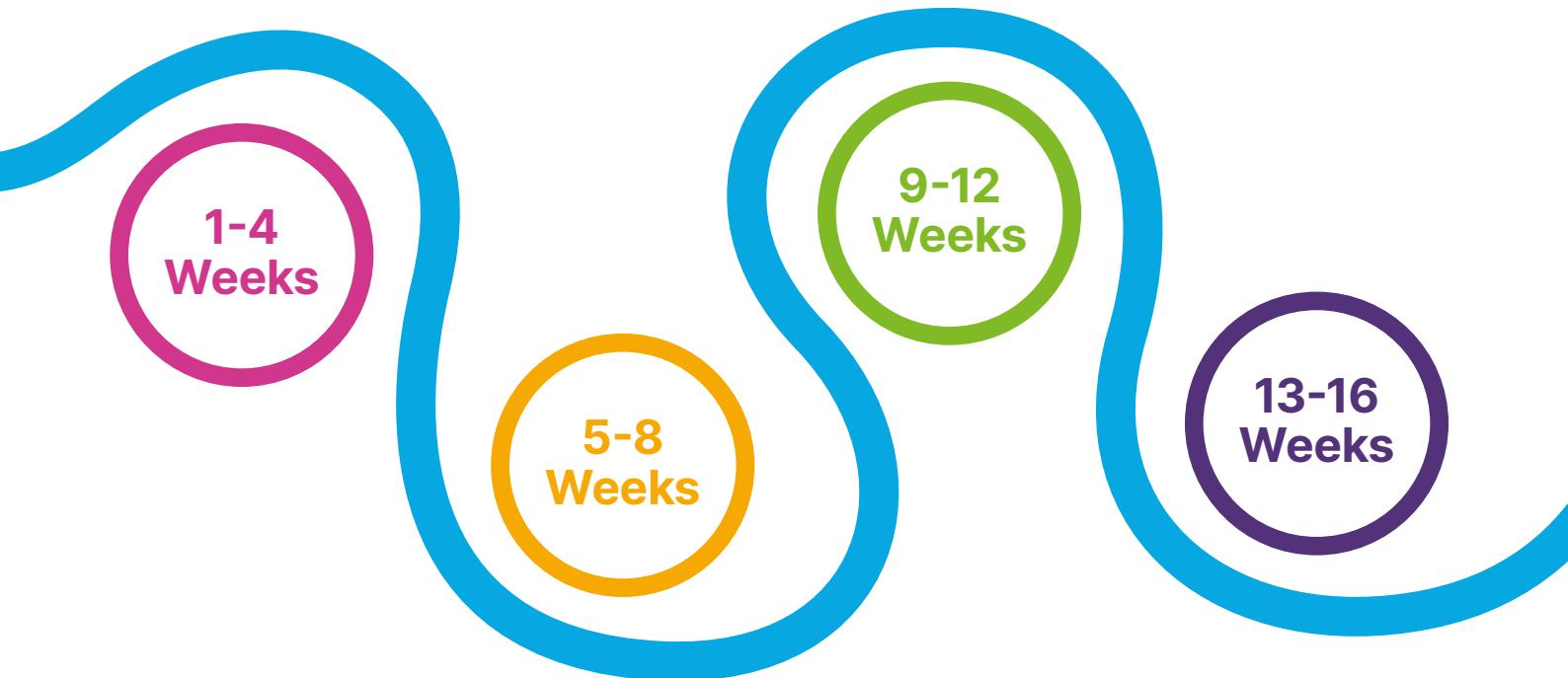
Have you undergone any surgery in the past two years?

Are you suffering from any injuries?

Are you a smoker or have recently given up smoking?

Are you aged over 30 and/ or have not exercised for some time?

# An Overview



## Weeks 1-4

The goal of the first 4 weeks is to get used to running and used to having a training structure in place. Your long run is going to gradually increase as you start your journey with your training and get up to 20-22 miles. Don't worry too much with your speed at the moment, just get your trainers on and get moving.

## Weeks 5-8

As you get used to running regularly, you will start to get some positive adaptations to your physiology. Your body's efficiency to pump blood and oxygen around will be improving. Introduce interval work within your training to help increase your running speed, as well as adding some variety.

## Weeks 9-12

These four weeks see quite a jump up in mileage and intensity. Your mid-week sessions are designed to complement the long weekend run. The week prior to the longest runs will see a drop in intensity and duration of the midweek runs.

## Weeks 13-16

This is the last chapter of your training and will include your longest run to date before you begin 'tapering' for race day. Tapering refers to the reduction of duration and intensities of your runs, to ensure you are in the best shape when you step onto the start line. Your last week is all about getting ready for the race, so take it easy. You should be just keeping your body 'ticking over' while storing up energy so that you feel great on race day.



# Nutrition

Fuelling your training correctly and keeping well hydrated is extremely important and good nutrition will enhance your experience and ensure you stay healthy. Nutrition and hydration are enormous subjects, however, to kick-start your healthy nutrition plan, try and follow the five golden rules below:

## Five golden nutrition and hydration rules

### 1. Always have breakfast

Your body needs good quality fuel for training and by waking up your metabolism after sleep, you actually burn more calories through the day.

### 2. Leave a gap

Allow 1½ to 2½ hours between your last meal and your training session to allow for digestion. Exercising on a full stomach will not only feel uncomfortable but will also inhibit your performance.

### 3. Hydrate

Drinking water regularly throughout the day is important, but because you are exercising your fluid requirements will be greater due to sweat loss. You need to focus more on hydration and drinking straight after your workout. Aim for 30ml of fluid per Kg body weight, plus an extra 500-1000ml per hour of exercise.

### 4. Refuel

Your energy requirements will increase as your training increases and the optimum time to begin your refuelling is immediately after your workout. Always try and eat something (a banana is great!) as soon as possible after your cool-down.

### 5. Don't neglect protein

Include good quality protein in your diet to support rebuilding. Your body will need more protein to match the increased demands that you are placing on it.

# Other useful tips

## Glucose drinks

Consumed in the first 15 minutes after finishing your run will be best absorbed for muscles seeking fuel sources. The 15-minute time frame is important, as this is when your muscles can utilise it best.

## Snacks

Once you start running on a regular basis you will notice that your base metabolism starts to run a bit faster, which means that you will be burning up more calories. This is great news for those who want to shed a few pounds.

Those who don't need to lose any weight will need to eat a little extra. Nutritional snacks such as fresh fruits, vegetables, whole grain sandwiches, smoothies, nuts, eggs, yoghurts, and protein or health food bars can all help to alleviate the dreaded energy slump. Healthy snacks will also ensure that your muscles and liver are always ready for further exercise.

## Drink your meal

Commercial protein drinks, carb drinks and sports drinks can all be useful ways to stock up on fuel before a run. These are especially useful for the early morning runner who doesn't have time to eat breakfast and then wait to run. Drinking meals is also easier as you shouldn't have a big meal right before a run.

## Balanced meals

For runners this should comprise roughly 20 percent fats, 60 percent complex carbohydrates and 20 percent proteins. Ensure that you consume plenty of fresh fruits and vegetables. Fruit smoothies are also an excellent and quick source of nutrition. A good variety of colourful foods should almost make a vitamin tablet unnecessary.



# Dress for success...

## Footwear

This is one area where you should not compromise! Good running shoes are an investment in comfort, protection and injury prevention. Visit a specialist sports footwear retailer and discuss your requirements with them.

**Tip: Get your trainers fitted in the afternoon as your feet will have expanded a little as they will when you run.**

## Socks

Once you start clocking up the miles, you will want to invest in some running specific socks. These are designed to wick away moisture and sweat from the foot so it doesn't slip and this consequently reduces the chance of developing blisters.

**Tip: If you buy socks that are specific to the right and left foot this will reduce the chance of blisters further as it limits the amounts of 'excess sock' in the shoe which can increase friction.**



## Sports Bras

Whatever your size, you should invest in a well fitting sports bra. The points below should help guide you when buying one – expect to pay around £25.

- The bra should fit comfortably without being too tight – you want to be supported not suffocated.
- There should be no bulges around the sides
- When you run there should be significantly less bounce than with a regular bra.

# Training plans

I have never been a fan of rigid training plans, unless they allow flexibility.

A lot of runners that enter a marathon will download a training plan from a website, read a book/magazine or worse still, take advice from a number of different people. This leads to confusion and often runners will get frustrated & de-motivated.

## Simply put...

Training plans are very generic and don't take into consideration factors such as current levels of fitness, lifestyle, work, family commitments etc. They also often don't cater for illness, holidays, and other factors that can present inability to follow a plan to the letter.

## Make a training plan fit for you, don't try and fit the training plan!

The key to successful training is to build gradually. Everyone progresses at a different rate and your body will take time to adapt to the new demands that you make on it. If you are tired and feel like a couple of days off then your body is probably telling you to step back a little and take some rest.

Of course if you feel like missing your session because the weather looks a little suspect or you are lacking a bit of motivation, then that is a different scenario altogether.

**The goal is to gradually build up your mileage to around 20-22 miles about 3 weeks before race day.**

So, how do you start? Simple, just start moving. If you are a runner then run, but if you have been pretty sedentary for a while and feel running is too much, then start with fast walking. If you're not a regular runner, it will take at least 3 weeks for your body to get used to running; the demands, impact forces, and for your body to adapt to pumping oxygen around your body.

As soon as you get to this point (varies with the individual), running will actually start to become easier and – dare I say it – enjoyable. Imagine how much easier your training would be if you enjoyed it.

**Marathon training should be a challenge, but not a chore!**

# Beginner training plan

Here is a guide to a beginner runner training plan. The three essential runs are there, and I've also included a Wednesday run as an example of how to apply. Don't forget you can move runs around or replace with a cross-training, or a strength and conditioning session.

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	✓
1	Rest day	20 mins Easy run	Rest	20 mins Easy run	Rest day	Rest day	40 mins Long run	<input type="checkbox"/>
2		25 mins Easy run	Rest	25 mins Easy run			50 mins Long run	<input type="checkbox"/>
3		25 mins Steady run	20 mins Steady run	30 mins Easy run			60 mins Long run	<input type="checkbox"/>
4		30 mins Steady run	25 mins Steady run	40 mins Easy run			70 mins Long run	<input type="checkbox"/>
		<b>Off to a great start</b>						
5		40 mins Speed session	30 mins Steady run	30 mins Intervals			80 mins Long run	<input type="checkbox"/>
6		40 mins Speed session	35 mins Steady run	40 mins Intervals			90 mins Long run	<input type="checkbox"/>
7		50 mins Speed session	40 mins Steady run	50 mins Intervals			10 miles Long run	<input type="checkbox"/>
8		60 mins Speed session	45 mins Steady run	35 mins Intervals			12 miles Long run	<input type="checkbox"/>
	<b>Halfway there!</b>							
9		30 mins Speed session	35 mins Steady run	45 mins Intervals			14 miles Long run	<input type="checkbox"/>
10		50 mins Speed session	50 mins Steady run	60 mins Intervals			10 miles Long run	<input type="checkbox"/>
11		30 mins Speed session	35 mins Steady run	30 mins Steady run			16-18 miles Long run	<input type="checkbox"/>
12		40 mins Speed session	60 mins Steady run	45 mins Intervals			12-14 miles Long run	<input type="checkbox"/>
	<b>Nearly ready to race</b>							
13		30 mins Speed session	30 mins Steady run	30 mins Steady run			20-22 miles Long run	<input type="checkbox"/>
14		40 mins Speed session	45 mins Steady run	50 mins Intervals			12-14 miles Long run	<input type="checkbox"/>
15		40 mins Speed session	30 mins Steady run	40 mins Intervals			6-8 miles Long run	<input type="checkbox"/>
16		40 mins Easy run	Rest	20 mins Light jog			26.2 miles <b>Race Day!</b>	<input type="checkbox"/>

# Intermediate training plan

The three essential runs are there, and I've also included a Wednesday run as an example of how to apply, as well as a recovery run on a Saturday. Don't forget you can move runs around to different days of the week, or replace with a cross-training or a strength & conditioning session.

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	✓
1	Rest day	30 mins Easy run	Rest	40 mins Easy run	Rest day	30 mins Easy run	6 miles Long run	<input type="checkbox"/>
2		30 mins Easy run	40 mins Easy run	40 mins Easy run		30 mins Easy run	8 miles Long run	<input type="checkbox"/>
3		40 mins Steady run	40 mins Easy run	40 mins Steady run		30 mins Easy run	9 miles Long run	<input type="checkbox"/>
4		40 mins Steady run	50 mins Easy run	40 mins Steady run		40 mins Easy run	10 miles Long run	<input type="checkbox"/>
<b>Remember to hydrate, eat &amp; sleep well</b>								
5		40 mins Speed session	60 mins Easy run	40 mins Intervals		45 mins Easy run	12 miles Long run	<input type="checkbox"/>
6		50 mins Speed session	40 mins Easy run	40 mins Intervals		50 mins Easy run	14 miles Long run	<input type="checkbox"/>
7		60 mins Speed session	60 mins Easy run	50 mins Intervals		55 mins Easy run	10 miles Long run	<input type="checkbox"/>
8		40 mins Speed session	30 mins Easy run	30 mins Intervals		20 mins Easy run	16 miles Long run	<input type="checkbox"/>
<b>Halfway point</b>								
9		40 mins Speed session	30 mins Easy run	30 mins Intervals		30 mins Easy run	16-18 miles Long run	<input type="checkbox"/>
10		60 mins Speed session	40 mins Steady run	60 mins Intervals		60 mins Easy run	8-10 miles Long run	<input type="checkbox"/>
11		40 mins Speed session	40 mins Easy run	30 mins Steady run		30 mins Easy run	18 miles Long run	<input type="checkbox"/>
12		50 mins Speed session	50 mins Steady run	60 mins Intervals		50 mins Easy run	12-14 miles Long run	<input type="checkbox"/>
<b>Getting prepared</b>								
13		30 mins Speed session	30 mins Easy run	40 mins Steady run		30 mins Easy run	20-22 miles Long run	<input type="checkbox"/>
14		40 mins Speed session	40 mins Steady run	60 mins Intervals		60 mins Easy run	12-14 miles Long run	<input type="checkbox"/>
15		40 mins Speed session	30 mins Steady run	40 mins Intervals		40 mins Easy run	6-8 miles Long run	<input type="checkbox"/>
16		45 mins Easy run	Rest	30 mins Light jog		Rest	26.2 miles <b>Race Day!</b>	<input type="checkbox"/>

# My training plan

Take control of your own marathon journey

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Feedback
1								<input type="checkbox"/>
2								<input type="checkbox"/>
3								<input type="checkbox"/>
4								<input type="checkbox"/>
5								<input type="checkbox"/>
6								<input type="checkbox"/>
7								<input type="checkbox"/>
8								<input type="checkbox"/>
9								<input type="checkbox"/>
10								<input type="checkbox"/>
11								<input type="checkbox"/>
12								<input type="checkbox"/>
13								<input type="checkbox"/>
14								<input type="checkbox"/>
15								<input type="checkbox"/>
16							26.2 miles Race Day!	

# Essential sessions

## The Long One Sundays

Ideally, this should be done on a **Sunday** as most marathons take place on this day. It gives you the endurance that underpins your entire marathon performance – boosting oxygen uptake, strengthening muscles and making your body more effective at producing energy. **Time on your feet, not speed, is key** – nothing can replace the long run!

## The Speedy One (with a hill or two for fun!) Tuesdays

This would ideally be done on a **Tuesday** if you are doing your long run on a Sunday. It should be run at a marathon or half-marathon pace. The marathon pace will get you used to the pace you will be doing on race day and the half-marathon pace will improve your anaerobic threshold, enabling you to run further and more efficiently.

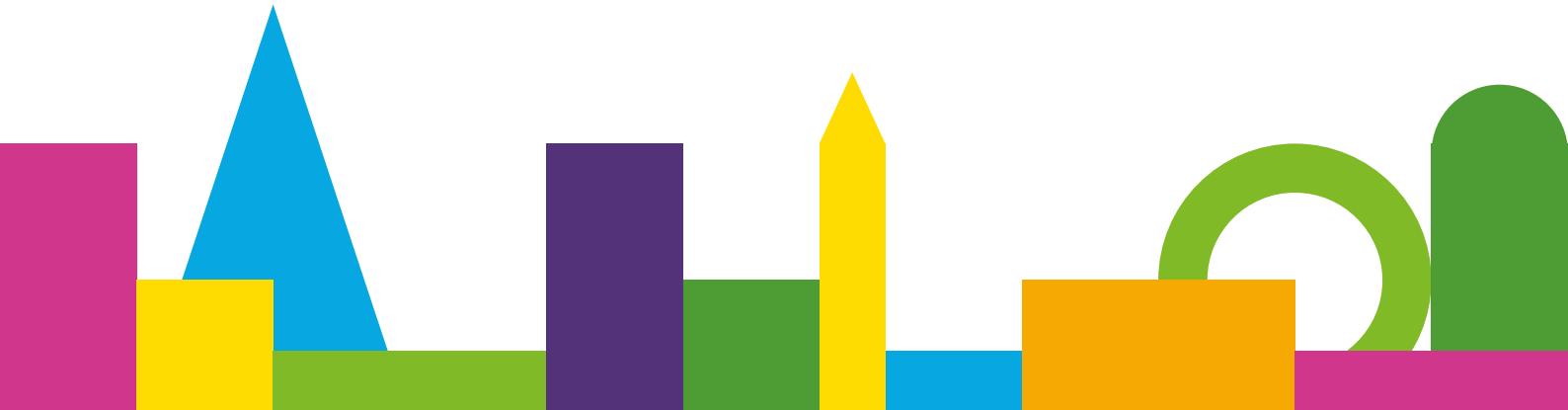
Incorporate a bit of hill training to help condition muscles and consequently increase speed.

## The Interval Training One Thursdays

These shorter, faster pace sessions (done on a **Thursday**) may seem irrelevant to your 26-miler, but the fact is that the more speed you have at your disposal the easier you will find it to cruise the early miles while leaving plenty in reserve for later.

Steady speed runs (at a quicker pace to your long runs) and interval work will condition you to run for longer, and your endurance will improve significantly. Not many people enjoy speed work but, in my opinion, it is a very important training method.

If you struggle motivating yourself, then join a running club. The running club will be able to motivate you and it will be varied, so you will get the adaptations to your energy systems and physiology. Increase the amount you do gradually. If you can't make a running club, then you can do your own interval/Fartlek training session.





# Additional / recovery sessions

## Monday

I believe the best way to recover after a long run is to rest the following day. If I could afford it, I would have a massage every week following my long run. A deep tissue massage (sport massage) will help with lymphatic drainage and help lengthen muscles into their strongest state.

## Wednesday & Friday

If you wanted to include another session, or two, then it should be on Wednesday and/or Friday. I would recommend either a steady paced run or some strength and conditioning work.

## Saturday

Very easy run, or a great opportunity to do some cross-training - swimming and cycling are two great options if you want to top up your training.

## Tips

- Don't play catch up to a Training Plan if you have taken a couple of weeks off from running (illness/injury/holiday). Marathon Training is like a game of Snakes & Ladders. Start up again gradually and listen to your body!
- Don't run if you feel 'niggles.' This is your body's way of warning you.
- If you feel you are running too much, or think it is overwhelming, then you can replace any of your midweek runs with some cross-training. In fact, cross-training is a great way to work your cardio-respiratory systems while taking away the impact force demands of running.
- Lose some timber. Sounds harsh, but I mean it with good intent. The forces on your joints when running are significant and can lead to injury with continuous loads. This does not stop your cross training, nor fast walking. Consult your doctor before following a weight loss regime.

# Coach Phil

## Sessions

### Getting Started with your Training 11 April 2021

I'll be hosting this introduction to your training session which is a great chance to meet other members of Team Whizz-Kidz, join us for our first team run and also meet a Whizz-Kidz beneficiary to hear more about our cause.

### Pre-performance Seminar 11 July 2021

Nutrition and Stretching special: A chance to learn about how to prepare your body for the marathon journey ahead. Foam rolling techniques, killer stretches, nutrition and fitness support.

### Getting Ready for Raceday 12 September 2021

Final team training run – I'll take you through your paces on round the streets of London. This will give you an opportunity to ask any final questions and seek advice a couple of months before the big day.

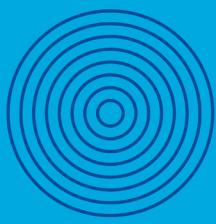
**Please note depending on the COVID-19 guidelines some or all of these sessions may be held virtually.**



### Disclaimer

Neither Whizz-Kidz, or Fitness Aspirations, can accept any responsibility for death or injuries caused by any information contained within. All information is provided in good faith. You should consult your doctor before embarking on any programme of physical activity.

By using this information you agree to indemnify, defend, and hold us harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us is based on or arises in connection with your use of the pack, any breach by you of these terms and conditions or a claim that your use of the pack infringes any intellectual property rights of any third party or is libelous or defamatory, or otherwise results in injury or damage to any third party.



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# Get in Touch

If you have any questions about an injury, your training or nutrition then please get in touch:

**[coach@whizz-kidz.org.uk](mailto:coach@whizz-kidz.org.uk)**

If you have any questions about your fundraising or Whizz-Kidz then please get in touch with the Events Team.

## **Whizz-Kidz**

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