



April 2008 – RVM Training Newsletter

This Is The Year!

The count down is on for this year's Royal Victoria Marathon. In a little less than 200 days, the gun will sound and you will be on your way to making your goals come true. So now is the time to set some goals for this year's race.

Perhaps this is the year that you will complete your first half marathon. Maybe this is the year that you move it up, and tackle the full distance. Is this your year to qualify for the Boston Marathon or set your personal best? Take a few moments in April to think through your goals.

Great goals balance the need to be ambitious enough to push your limits and realistic enough to be attainable. They reflect your current fitness, past results and ability to find the time and energy to train.

When setting goals, most people err on the side of caution. Afraid of falling short and failing to reach their target, they set their goals too low. As a result, they don't push themselves as hard as they might, and never really test their limits.

Make 2008 the year that you set ambitious goals. Don't settle for a goal that you know you can attain. Reach for a goal that you think you might reach if you work harder than you have in the past. This is the year to see what you really have in you.

How Do I Pick The Right Schedule?

Take some time to read through the different schedules. It may be that the right one for you is obvious. If you are just starting out, then the Marathon 'First Timers' or the Half Marathon 'Go The Distance' programs might be perfect. Those wanting to push the limits might consider a more difficult schedule. If in doubt, email me at coachbruce@royalvictoriamarathon.com.

Off On The Right Foot!

Often runners will get injured during the first few weeks of a program. The reasons for this vary, but many of them are completely avoidable. Here are some injury prevention tips to see you through the first few weeks:

1. Start with a new pair of shoes. The protective cushioning of your running shoes is designed to last about 600-800 km. While this sounds like a long time, it is amazing how quickly your running adds up. Look for signs of wear on the outer sole. Check the heel of the shoe to see if it is losing its firmness and support. When in doubt, buy a new pair of shoes to start the new program. Go to a running store with a knowledgeable staff that can fit you in a shoe that is designed to meet your individual biomechanical needs.
2. Choose soft surfaces that absorb the impact of your foot strike. Run on grass, wood chip, dirt paths, or gravel. Avoid running on concrete or asphalt if possible.
3. Listen to your body. The schedule is a guide to help you to progressively increase your volume and intensity. It is written on paper and not etched in stone. If your body needs a couple of days off to adapt to the increased training load, be wise and take them. Are you feeling tired and worn out? Reduce the suggested training by 10- 20 minutes until your body gets a bit fitter. Time is on your side.
4. Tend to aches and pains early. As soon as you start to feel an injury pop up, get some treatment. A chiropractic adjustment, massage or bit of physiotherapy will usually sort things out quickly if you act quickly to nip the injury in the bud. The longer you wait to get treatment, the longer it will take to get well.
5. Be aware of the stress in your life. When life gets hectic, nutrition takes a back seat, or late nights are too common, your body will get worn down. This will affect your ability to recover and will eventually lead to injury or sickness. Reduce your training expectations during times of high stress.