Coached

THE ULTIMATE GUIDE TO STANDARD CHARTERED SINGAPORE MARATHON

By the team at Coached

Coached is a heart rate training programme that helps you optimise, track and enjoy your training.

www.coached.fitness
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This handbook was created by the Official Coach of Standard Chartered Singapore Marathon - Coached - to provide runners with a comprehensive understanding of how to prepare and enjoy the event.

Meet Coached

Coached is a heart rate training programme that helps you to optimise track and enjoy your training.

Monitoring heart rate is the best way we know to ensure that you are working to a level that is suitable to you and maximising the time you spend training. The Coached training platform allows you to log your training after each session, to track your progress and receive feedback on how you are progressing.

Not having to push yourself hard in every session and the support of our community makes training enjoyable as you strive towards your goals.

USE CODE COACHED4SCSM FOR 6 WEEKS FREE COACHING*

www.coached.fitness

* APPLICABLE TO COACHED RUNNING ONLINE PROGRAMMES.
INTRODUCTION

As Singapore’s premier running event, Standard Chartered Singapore Marathon is holding this year’s edition on 3 December. If you’re reading this, it’s likely you have signed up and are considering how best to prepare for this challenge.

This handbook is a distillation of practical lessons learned from years of testing and coaching thousands of amateur runners in Singapore and around the world. It’s been written to provide you with a well-rounded strategy to confidently complete your race, regardless of your ability and the distance you have entered.

Based on Coached’s unique approach to training and racing, the advice in this handbook is not your conventional recipe to marathon running. It’s a holistic strategy designed to balance the stress of life with the demands of training. It is a process focused approach to achieving great outcomes and enjoying the journey.

To keep things simple, we’ve broken this book into two main parts covering preparation and the race. Here’s what we are going to cover.

PART 1: Preparation

MINDSET. Your mind plays a major role in how you approach your training and the enjoyment you experience during preparation and on race day. To kick things off, we propose a mental framework that moves away from common goals associated with running to something much more useful.

TRAINING. Without getting into too much detail on the complex process of training, we’ll teach you the key things you need to understand about training and then provide a training plan that you can follow to complete your race in good condition.

NUTRITION. The foods you choose to eat play an important role in your ability to fuel your training and racing, recover from each session and have the resilient health needed to perform at your best. To set you on the right nutritional path, we’ll share the goals of nutrition and a simple strategy for achieving each of them.

RECOVERY. Training without adequate recovery is one of the main reasons runners get injured. In this section, we discuss recovery in more detail and recommend best practices that ensure the ideal balance between stress and recovery.
PART 2: The Race

RACE EXECUTION. Maximising fitness on race day to achieve your best result, comes down to the quality of your execution. In these pages, we provide a strategy for getting the most out of the fitness you have earned during your preparation.

RACE ETIQUETTE. With ten’s of thousands of runners participating, it’s important that you all show respect for each other and abide by a simple set of behaviours. We’ll share some important race etiquette that you can use to enhance both your own race, and your fellow runners race experience.

POST RACE RECOVERY. When the race is run, you’ll want to recover quickly and fully before jumping back into training. We share a post race recovery plan to ease you back into running, without compromising your recovery.
PART 1: Preparation

“NO RACE BEGINS AT THE START LINE.”

HAILE GEBRSELASSIE
2X OLYMPIC GAMES GOLD MEDALIST
Just like a business uses a variety of financial, operational, marketing and other plans to achieve their objectives, runners must also follow a structured plan to get the best from themselves.

A carefully developed training plan not only improves the likelihood of a good result on race day, it lowers your chances of over-stressing your body and ending up perpetually tired, sick or injured, a fate common among many of today’s runners.

Besides improving your physical abilities, following a training plan also helps to take some of the mental energy out of your preparation by taking the thinking out of what you need to be doing at any given time.

We’re bombarded all day with big and small decisions that need our attention and energy.

As the day passes, our decision making tally rises and our ability to make smart decisions, like going for a run, deteriorates. This is a concept known as decision fatigue and from our experience, it plays a crucial role in the likelihood of a runner achieving consistency in training.

A runner who knows exactly how long and at what intensity to run, is far more likely to schedule their time, lace up their shoes and head out to train than a runner who just knows they have a race coming up and should do some training.

Given the crucial role training plays in preparation, anything that you can do to improve your chances of training consistency and success, should be taken seriously.

But... preparation is more than training. Preparation includes a number of peripheral areas such as mindset, nutrition and recovery that have an undeniable impact on your ability to perform to your potential.

At Coached, we are proponents for a holistic approach to preparation that considers each of the areas that affect your ability to perform to the best of which your capacity.

In the pages that follow, we’ll introduce you to each of these areas and provide simple advice that you can use to enhance your preparation and race experience.
MINDSET

NEVER, NEVER, NEVER, NEVER GIVE UP.
When you enter a race, it’s likely you come into it with an outcome you wish to achieve.

Some of the most common goals we see are to complete the race before the cut off time, to achieve a personal best timing or to qualify for the Boston Marathon.

Whatever the goal, we encourage you to place this at the back of your mind and focus your mindset on something much more important - the process.

THE PROCESS

When you focus your mindset on outcomes like those listed above, you lend yourself to taking shortcuts in pursuit of these goals.

A common example of this is working out the race pace for your desired goal time and pushing yourself in training to hit this pace - often long before your body is in a suitable condition to safely respond to this level of effort.

This commonly leads to injury or illness and can derail your entire preparation and race result, which completely defeats the purpose of your preparation.

On the flip side to this, worrying about your goal timing and whether you’re going to be able to achieve it produces stress and takes the fun out of training. Instead of enjoying the process of running, you end up in a constant mental struggle after each training run about whether or not you’re going to be able to achieve your goal.

“BUT I ALSO REALIZE THAT WINNING DOESN’T ALWAYS MEAN GETTING FIRST PLACE; IT MEANS GETTING THE BEST OUT OF YOURSELF.”

MEB KEFLEZIGHI
OLYMPIC MEDALIST, BOSTON MARATHON WINNER, NEW YORK MARATHON WINNER
AN ALTERNATIVE APPROACH

What if, instead of focussing on your goal outcome, you shifted your focus to the things that have the ability to influence your outcome for the better?

Following a progressive training plan, the foods you eat, how you are recovering from the stresses of training and life, and your race execution are all examples of things within your control that will improve your chances of success. When executed well, these things ensure you achieve the best possible outcome given your starting point and the time you had to prepare.

If you do these things well and you don’t achieve your goal, it’s simply feedback that it was unrealistic given your starting fitness and the time you had to prepare. Will you be disappointed if you don’t achieve that goal time or placing? Sure, but you’ll feel content and happy with your effort.

Goal outcomes are also influenced by a number of variables that you have little or no control over. The weather, other participants and the like.

What if there are incredibly strong winds or an unusually hot and humid day? If you’re measuring the success of your race purely by outcome then you could run to the best of which you’re capable and still not achieve your goal.

Enjoy the journey

We encourage you to reframe your mindset and how you approach your preparation for the race. Release attachment to the outcome and free yourself to enjoy the journey and the process of training and racing.

If you can do this, you’ll not only perform to your potential on race day, you will feel satisfied with your result - whether you’ve achieved your goal timing or not.

“DON’T COUNT THE DAYS, MAKE THE DAYS COUNT.”

MOHAMMAD ALI
PROFESSIONAL BOXER
TRAINING
Once you have your mindset in the right place and are clear on how you need to think about your preparation and the race, your attention must turn to training, the most important element of your preparation.

It’s through training that you build the necessary fitness and physical resiliency required to safely and effectively complete the race.

Unfortunately there is a lot of misinformation out there about the types of training needed to perform well. With our desire for instant gratification, a lot of this information is offering a “quick fix” or some magic formula that promises results.

Be wary of this type of advice as anything quick tends to be a high risk approach to gaining fitness and often sacrifices health. Building endurance takes some time so invest in the process and enjoy your running and the health benefits that come along with it.

YOU ARE NOT LIMITED BY YOUR SPEED

During the past 9 years, we have worked with literally thousands of runners and in this time, speed is rarely the limiting factor in how fast you can race, even for a distance as short as 5km.

You are not limited by how fast you can run, rather you are limited by how well you can maintain a desired pace for the distance of your race. While it’s tempting to think that this is a function of speed, it is usually not. It’s a function of aerobic capacity, the ability to generate energy from fat and your lactate clearance ability.

AEROBIC VERSUS ANAEROBIC

With this in mind, let’s get technical for a minute. The terms “aerobic” and “anaerobic” refer to the presence and absence of oxygen, respectively. These processes are not isolated but typically work in concurrence. When you describe certain exercises as aerobic or anaerobic, you’re simply referring to the type of metabolism that dominates.

Aerobic metabolism burns fat as it’s primary fuel and is trained at lower intensities where your muscles have enough oxygen to produce all the energy you need to perform.

Anaerobic metabolism burns sugar as it’s primary fuel and is trained at higher intensities where there is not sufficient oxygen present. Because sufficient oxygen is not available, your body will begin to produce waste products - lactate and acid. If you continue to run at this higher intensity, your body will not be able to effectively clear these waste products and as a result you’ll begin to slow and performance will decline.
WHERE IS YOUR ENERGY COMING FROM ON RACE DAY?

When you run 10km you are getting approximately 95% of your energy from your aerobic system. When you run a marathon, this increases to approximately 99%.

Because the aerobic system plays such a crucial role in performance for long distance runners, understanding whether you are running aerobically or anaerobically is vitally important for optimising your training and setting yourself up to run at your best.

“When aerobic running becomes a daily habit, strength and confidence follow.”

ARTHUR LYDIARD
COACH TO MULTIPLE OLYMPIC CHAMPIONS AND WORLD RECORD HOLDERS
A CONVERSATION WITH YOUR BODY

Heart rate monitors have become prevalent in today’s many running watches and fitness trackers, yet few runners are taking full advantage of this valuable tool.

Heart rate is a measure of intensity and your body’s way of communicating how hard it is working to you. Knowing what heart rate to run at ensures that you are running as hard as needed to elicit the desired physiological response, but not so hard that you are overstressing your body.

Some coaches don’t like heart rate because it responds to various stressors like weather, terrain, dehydration, illness and the like, we see this as an asset at Coached.

The body cannot differentiate between stress produced through lifestyle or from training. In periods of increased stress - training or otherwise - heart rate will elevate and you’ll need to slow down a little. Because heart rate corresponds to various markers of metabolic activity, slowing down has no negative impact on your ability to improve.

In fact, because it regulates your effort, it allows you to adequately recover in times of stress which leads to consistency in training and an improvement in fitness.

Most runners we speak to or evaluate in our lab run to a pace without factoring in effort (heart rate) and life stressors. This is a shortsighted approach and is a common cause of injury and illness among amateur runners.

Instead of running to a predetermined pace, wear your heart rate monitor and run to a predetermined heart rate.

As time passes, and we urge you to be patient about this, you’ll begin to see that your pace at a given heart rate improves. This increase of output (pace) at a specific effort (heart rate) is a sign of improved aerobic function and aerobic speed and is the training outcome you should be looking to achieve.
ESTABLISHING YOUR HEART RATE TRAINING ZONES

To use a heart rate monitor effectively you need to understand which heart rate to run at. At Coached, we use the following 5 training zones to prescribe intensity to our runners. Each of these zones is attached to a specific heart rate range and comes with a unique benefit.

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<thead>
<tr>
<th>ZONE 1</th>
<th>Easy</th>
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<td>ZONE 2</td>
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The majority of training for anything above 5km, should be done in the Easy and Steady zones. These zones are aerobic and improve your ability to use oxygen, burn fat and clear lactate. The other zones are used in the later stages of the programme, after a good aerobic base has been developed, to inject some higher intensity, more race specific fitness.

To calculate each of these zones, visit www.coached.fitness and sign up for a free trial of the Coached heart rate training programme. There you’ll be able to establish your heart rate training zones and build a personalised training plan for SCSM that will optimise your training for race day.

If you’d like to establish your heart rate training zones via testing, please visit www.coached.fitness/sg and book an appointment for a lactate test.
Know Your Body, Track Its Progress.

For athletes, fat loss and general health, our lab tests provide professional diagnosis with results that let you track your progress. We also offer one to one consultations, sports massage and corporate programmes.

$50 Off Lactate + Fuel Efficency Testing
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*Valid till 31th December 2017.

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VOLUME

Now that you understand the important role intensity plays in training and how to measure it, let’s discuss training volume (how far you run).

A lot of runners we speak with have an unhealthy obsession with training volume. They’re under the impression that running more will lead to greater results and while this is sometimes the case, often it is not.

If how far you run each week was so important, the person who runs the most in training would win the races. This is rarely the case as there are other important considerations such as intensity and frequency among others.

Like pace, distance is an output.

50km run over 2 runs per week versus 50km run over 5 days a week loads the body in a different way and will have a different training effect.

50km run at altitude is significantly harder than 50km at sea level and 50km run over mountains is significantly tougher than 50km run on the flat.

As you can see, while volume is the same, the training load / recovery balance is significantly different and the time involved to complete a given distance can vary greatly.

Instead of running by distance, we encourage you to run by time. Like heart rate, time allows for outside variables like weather and terrain. If you run for 60 minutes, it doesn’t matter whether you run up or down a hill, into a head wind or with a tailwind, on grass, sand or concrete. You’re on your feet running at a specific effort for a given time.

On days where conditions are easier or you’re under less stress, you’ll run further. On days when conditions are tougher or you’re under stress, you’ll cover less distance. It doesn’t matter.

VOLUME THROUGH FREQUENCY

Rather than chasing a desired weekly mileage, instead aim for a weekly minimum frequency. A higher frequency (so long as you can adequately recover) seems to offer more benefit than running less often and running longer each run.

For those of you running the 10km and half marathon, we recommend a minimum weekly frequency of 3 runs. For full marathon runners, we encourage you to run a minimum of 4 days a week.
SINGAPORE’S UNIQUE CONDITIONS

Despite its relatively flat course, Singapore’s tropical climate with extreme heat and humidity, makes this race one of the toughest marathons on the calendar. To help you prepare yourself for these tough conditions, here are a few things you can do.

**Improve your aerobic fitness.** The better conditioned you are the better you’ll be able to manage the conditions. Take the advice in this handbook and apply it from now until race day to ensure you’re in a strong physical condition for your race.

**Simulate race conditions in training.** While it is tempting to do all of your training early in the morning or in the evening when it is cooler, it is a good idea to do some of your longer sessions at a time of day that simulates the heat and conditions that you will face on race day.

If you’re not based in Singapore, you need to look for opportunities that will expose you to the hot and humid conditions you’re going to encounter on your arrival. Coached founder Ben Pulham was a professional triathlete and often came to Singapore from a New Zealand winter to race. When he couldn’t simulate the exact conditions in training, he would sit in the Sauna for an hour a day after his swim training to help him get used to the steamy feeling you get in Singapore. While this is obviously not as effective of training in a like environment, it was the best he had available and he found it useful.

**Arrive in Singapore early or late.** If you’re not based in Singapore and are flying in for the race, consider coming early (2 - 3 weeks prior) or late (2 - 3 days prior). The heat and humidity is often very draining for people new to Singapore. After a few days here, you tend to feel very tired and lethargic - the feeling you get when you sit in a spa pool or a sauna for a long time.

Using Ben’s experience as an athlete when he came to race in Singapore again, he noticed he performed much better when he arrived very early or very late. The occasions when he arrived 1 - 2 weeks before the race, he performed poorly. We believe this was because that timeframe was not long enough to fully acclimate but it was long enough for the heat to drain him.

**Fuel yourself properly.** A lot of runners will start the race in a dehydrated state. This is not ideal as it puts you on the back foot right from the start as your body will be under additional stress. It is very important in race week to focus on getting in enough fluids and making sure you are hydrated. Keep a water bottle on you at all times and sip from it regularly.

**Use a conservative race strategy.** Most runners who participate on 3 December will start the race too fast. This happens for a number of reasons which we’ll discuss in greater detail later in the racing section of this handbook. For now, all you need to know is that you need to start your race very conservatively and build your effort as the race goes by.
LEARN TO BURN FAT FOR FUEL

One of the fastest ways to run faster is to lose excess body fat. A great fat burning system will not only help you achieve that, it will provide you the fuel you need to maintain your desired pace for the distance of your race.

Conventional wisdom tells us that we must load up on carbohydrate (sugar) in order to run well. Carb loading is a staple amongst long distance runners but is it all that it is cracked up to be?

Yes, carbohydrate is the body’s quickest source of fuel but it has its downside. Stores of carbohydrate in the body are limited and we have only enough to fuel us for about 1.5 to 2 hours at marathon effort.

On top of that, carbohydrate, especially refined types like bread, pasta, cereal etc, spike blood sugar levels and increase our production of insulin. Insulin is a hormone produced by the pancreas to shuttle sugar out of the blood into the liver and muscles where it can be converted and used for energy. Unfortunately the liver and muscles are like a hard drive on a computer and only have a limited storage capacity. Once these stores are full, excess sugar is converted and stored as body fat.

Insulin also turns off our fat burning system and this not only compromises our ability to be lean, healthy and energetic, it limits our ability to conserve glycogen by burning more fat.

Unlike sugar which is extremely limited, even the leanest of runners has enough stored body fat to fuel them for hundreds of kilometers. To do this, you need to put yourself into a fat adapted state where your body can effectively generate energy from fat. Your fat burning ability is trained by running at aerobic intensities where the body has enough oxygen to fuel the muscles and by controlling insulin production by eating a lower carbohydrate diet which we’ll discuss later.
To purpose in your training, we have created a 10km, half marathon and marathon training plan for you.

These plans can be used by runners of any ability level. Each plan specifies five days of running. If you wish to run less, use the small priority numbers on the side to determine which sessions to miss. You definitely want to run the most important sessions labeled as priority 1, 2 and 3.

Because intensity is so important, we strongly urge you to determine your heart rate training zones and use a heart rate monitor to guide your runs.

To calculate each of these zones, visit www.coached.fitness and sign up for a free trial of the Coached heart rate training programme.

If you’d like to establish your heart rate training zones via testing, please visit www.coached.fitness/sg and book an appointment for a lactate test.

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*APPLICABLE TO COACHED RUNNING ONLINE PROGRAMMES.*
# 16-WEEK 10KM TRAINING PROGRAMME

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<td>25 SEP - 1 OCT</td>
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<td>2 OCT - 8 OCT</td>
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* light blue numbers indicate session priority. 1 = most important, 5 = least important.

## INTENSITIES

- **E** = Easy.
  - Run at an Easy effort or ideally to your Easy heart rate zone.

- **S** = Steady.
  - Run at a Steady effort or ideally to your Steady heart rate zone.

- **MH** = Mod Hard.
  - Run at a Mod Hard effort or ideally to your Mod Hard heart rate zone.

- **H** = Hard.
  - Run at a Hard effort or ideally to your Hard heart rate zone.

## SPECIFICS

- **A** = Accelerations
  - Gradually build your effort from Easy to Hard.
  - Complete 1 to 6 x 20 sec reps with 40 sec Easy jog between.

- **Hi** = Hills
  - Run Steady over a course of rolling hills.

- **Hr** = Hill Rep
  - Run Hard up a gradual incline.
  - Complete 3 to 6 x 200m. Jog Easy or walk down the hill to recover.

- **Sp** = Speed
  - Run 5 x 2 min Hard with 1 min Easy jog between each rep, in the middle of your run.

- **T** = Tempo
  - Run 20 mins Mod Hard in the middle of your run.

- **C** = Course
  - Run Easy or Steady over part of the racecourse or a terrain similar to the racecourse.
# 16-Week Half Marathon Training Programme

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<tr>
<th>INTENSITIES</th>
<th>SPECIFICS</th>
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<tr>
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<tr>
<td><strong>S</strong> = Steady. Run at a Steady effort or ideally to your Steady heart rate zone.</td>
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</tr>
<tr>
<td><strong>MH</strong> = Mod Hard. Run at a Mod Hard effort or ideally to your Mod Hard heart rate zone.</td>
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# 16-Week Marathon Training Programme

**INTENSITIES**

- **E = Easy.** Run at an Easy effort or ideally to your Easy heart rate zone.
- **S = Steady.** Run at a Steady effort or ideally to your Steady heart rate zone.
- **MH = Mod Hard.** Run at a Mod Hard effort or ideally to your Mod Hard heart rate zone.
- **H = Hard.** Run at a Hard effort or ideally to your Hard heart rate zone.

**SPECIFICS**

- **A = Accelerations.** Gradually build your effort from Easy to Hard. Complete 1 to 6 x 20 sec reps with 40 sec Easy jog between.
- **Hi = Hills.** Run Steady over a course of rolling hills.
- **Hr = Hill Rep.** Run Hard up a gradual incline. Complete 3 to 6 x 200m. Jog Easy or walk down the hill to recover.
- **Sp = Speed.** Run 5 x 2 min Hard with 1 min Easy jog between each rep, in the middle of your run.
- **T = Tempo.** Run 30 mins Mod Hard in the middle of your run.
- **C = Course.** Run Easy or Steady over part of the racecourse or a terrain similar to the racecourse.

## 16-Week Marathon Training Programme

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The foods you choose to eat play a major role in your health and performance.

Unfortunately many of us are not taking these choices seriously or are confused about what foods to eat. At Coached, we have spent years in the Coached Lab and have conducted thousands of metabolic tests on amateur athletes.

The results of these tests have guided us away from conventional wisdom and led us to approach nutrition from a different viewpoint.

Nutrition is an ever-changing science, and we believe that how people have been advised to eat over the last 40 years, especially in sport, is only one way of achieving results. We now believe that there is a better way of doing things - eating less carbohydrate overall, and by eating more, healthy fat.

Eating this way, you can get the same result for your sport, but also keep you healthy, lean and energetic along the way.

**THE GOALS OF NUTRITION**

To understand the importance of eating well, you should first understand the goals of nutrition.

- Provide vital nutrients to keep the body healthy, energetic and strong
- Fuel training and racing performance
- Initiate recovery from training and racing
- Facilitate the development and maintenance of a lean body composition
- Facilitate the body’s ability to burn fat at rest and during exercise
- Maintain stable insulin levels
- Keep inflammation levels low

**A SMARTER APPROACH TO NUTRITION**

With goals established, we asked Dr Caryn Zinn, our team dietician and author of What the Fat? to share how you can eat to achieve each of these goals and perform at your best.

Enter LCHF. It is known to some as low-carb, high-fat, but we feel a preferred name is: **Low-Carb, Healthy-Fat** (LCHF) as it better reflects what it’s all about.

So what is it all about?

It’s a way of eating that allows you to achieve optimal health and weight status by balancing blood sugar levels, reducing inflammation, and improving metabolic health.

The key concept is that you eat from a wide variety of nutrient-dense, unprocessed, whole food choices, (mostly package-free), which ends up being lower in carbohydrate, and higher in healthy fat than your current intake.
The science around LCHF has a lot to do with regulating insulin levels in your body, and allowing your body to burn fat as a fuel source regularly, rather than carbohydrate.

Insulin is a key hormone in the fat-storing process, and keeping it under control means that you are able to burn fat reserves during rest and exercise, which will likely have a positive impact on your weight, certain health conditions and your performance.

To keep it nice and simple, LCHF is essentially about eating whole, unprocessed food; food that does not come in packets (food products). The higher healthy fat content of this style of eating and the focus on good quality fats along with whole food carbohydrate choices increases nutrient density and fibre, keeping you fuller for longer.

But the devil is in the detail with the LCHF philosophy, and by this we mean there is a spectrum of carbohydrate-restriction, and the decision as to how low to go is multifactorial and very individual. People will vary in the amount of carbohydrate they can eat and reap all the benefits that these approaches have to offer.

**THE FOUNDATION FOODS**

Focus on eating whole, unprocessed foods that provide high quality nutrition and help to keep your body functioning at its best.

- **COOKING FATS**
  - Butter, lard, dripping, healthy oils (olive / avocado / macadamia / coconut).

- **MEAT, FISH AND SEAFOOD**
  - Fresh and canned, chicken, eggs (you don’t need to look for lean cuts of meat).

- **NUTS & SEEDS**
  - Both non-starchy and starchy; fresh and frozen.

- **COCONUT PRODUCTS**
  - Coconut milk / cream / fresh.

- **FRUITS**
  - Including avocado and olives.

- **VEGETABLES**
  - Both non-starchy and starchy; fresh and frozen.

- **FULL FAT DAIRY PRODUCTS**
  - Cheese, unsweetened plain yoghurt.
RACE DAY FUELLING

With day-to-day nutrition covered, we now turn your attention to race day fuelling.

Developing a good fuelling strategy - planning what to eat and drink during the race - is key factor in allowing you to race to your potential.

Each runner has different tastes, digestive abilities, fat burning capabilities and preferences so this makes this process very unique. As such, we won’t be prescribing any specific strategy here.

Training is where you determine, practice and refine your fuelling strategy.

The goal is to find a strategy that provides you with all the energy you need but without producing any of the common side effects like bloating, nausea or the frequent need to pee.

Gels are usually the best way to take in energy during running events and come from a variety of brands in all sorts of flavours and concentrations. These sugary wonders are specifically designed to offer a high amount of energy (calories) in only a small volume of liquid.

Combine gels (which provide energy) with water (for hydration) and practice using them in training to find out which brands and which amounts work best for you.

Even better than relying on sugar (gels and sports drinks) is turning on your ability to generate energy from fat as we discussed earlier. The better your fat burning ability, the lower your need will be for additional fuelling and the less stress you will place on your digestive system.

Keeping yourself hydrated is important during your race, especially in a climate like Singapore, but that doesn’t mean you should aim to drink as much water as you can. Drinking too much can lead to stomach issues and in extreme cases, hyponatremia, where you mess up your sodium (salt) balance.

Whichever strategy you decide on, you’ll need to practice frequently in training and be disciplined on race day to ensure you don’t suffer any unnecessary loss of energy or unwanted side effects.
“THE IDEA THAT THE HARDER YOU WORK, THE BETTER YOU’RE GOING TO BE IS JUST GARBAGE. THE GREATEST IMPROVEMENT IS MADE BY THE MAN OR WOMAN WHO WORKS MOST INTELLIGENTLY.”

BILL BOWERMAN
RUNNING COACH AND FOUNDER OF NIKE

Running performance is the result of finding balance between stress and recovery. Too much stress and you’ll become over-trained, injured, sick or burnt out. Too little stress and you won’t stimulate the body enough to positively adapt and improve.

When you run, microscopic tears in your muscle fibres occur, you burn glycogen, produce lactic acid, dehydrate and the list goes on. This training process breaks you down and without adequate recovery is detrimental to performance.

The benefits to a training run happen not while you are running but afterwards while you are having a nice healthy meal, getting a good night’s sleep and relaxing. Yet, many runners are caught up in a constant desire to do more - in training, and in life.

PERFORMANCE = STRESS + RECOVERY.

This is an important equation to understand because the key to running to your potential is finding the stress / recovery balance that works for you.

As discussed earlier, the body cannot differentiate between stress produced through training or stress produced through lifestyle. As such, care must be taken to balance your training and the other important areas of your life like work, family and social obligations so that you can complete and properly absorb your training and improve.

To help speed your recovery process, here are a few things you can do

Train by time and heart rate. As discussed earlier in this handbook, the key to endurance performance is training your aerobic system while carefully balancing stress and recovery. Training by time and heart rate provides the stress you need but in a way that positively responds to various variables that can affect your ability to recover properly.

Get more sleep. Sleep is the endurance athlete’s fundamental recovery practice however it’s often the most neglected; giving way in favour of training, work, family and social time. During sleep, the body goes to work repairing itself, calibrating and returning itself to its optimal state, preparing you for your next training session.
Sleep requirements vary based on a number of factors. Training volume and phase, overall life stress levels and genetic factors all play a part in determining the optimal amount of sleep you need at any given time.

Most studies show that to function optimally, you need 7 to 9 hours of sleep per night. As an athlete putting a great deal of stress on your body, we recommend aiming for the higher end of this range to maximise recovery and training effectiveness.

**Move.** Many runners subscribe to the old adage - why stand when you can sit, why sit when you can lie down. While this can be a good idea some of the time, movement outside of training is important in the recovery process.

Runners should refrain from prolonged periods of stillness (sitting at your desk all day) and should move about slowly throughout the day. Over time, efforts to move more can result in less muscle fatigue and that familiar morning stiffness that many athletes experience.

**Fuel yourself.** Replacing glycogen stores and rehydrating after training is crucial to increasing your recovery rate. Studies have shown that the optimal time to take in nutrients is within about 30 minutes of training completion and again within two-hours.

A combination of protein and carbohydrates is best. Lead with a heavier dose of good quality carbohydrate in the first round and a heavier dose of protein for the second. On the hydration front, aim to drink 500 milliliters of water or an electrolyte drink (our preferred method) within 15 to 20 minutes of finishing your session.

**Self myofascial release.** Foam rollers or balls apply deep pressure to trigger points that represent the origin of stiffness and mobility problems that often refer pain elsewhere in the body. By rolling regularly you’ll be able to consistently release these points and speed recovery from training.

Immediate benefits of self myofascial release include increased blood flow throughout the body, better movement and increased range of motion. Along with a heart rate monitor, we believe a foam roller is one of the best investments you can make in your performance.
Run Easy. Race Faster.

Racing at your potential and enjoying running is easy when you’re doing it right.

6 Weeks Free Coaching*
USE CODE “COACHED4SCSM”

*Applicable to Coached Running Online Programmes.
*Valid till 30th September 2017.
“TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT.”

STEVE PREFONTAINÉ
OLYMPIAN AND RUNNING LEGEND
While you have upwards of sixteen weeks to enjoy the journey in your preparation, you have just a few hours to make the most of your race experience and arrive at your destination - goal achieved!

It may not be possible to race at the pace of the fastest runners in the world but it is possible to approach your race and execute it with the same strategy and level of self control.

After all the time and effort you have put into training, race day is all about maximising your preparation with an optimal expression of your fitness. In the pages that follow, we’ll teach you how to execute your race so that you achieve the greatest result possible, discuss race etiquette and share a post race recovery plan to get you back on your feet in the days after the race.
RACE EXECUTION
Getting fit is one thing. Expressing that fitness as a great race performance is another.

Discovering the difference will have a fundamental impact on how you perform. In the early years of Coached, we noticed a strange occurrence among a number of our athletes.

These athletes, who we tested in our Coached Lab, had emerged with strong test results but for some reason, their performance on the racecourse simply didn’t reflect their true level of fitness.

These were fit individuals, and we had clear data to prove it. So why weren’t their results demonstrating a matching performance?

After attending countless races and dissecting these races with our athletes, we started to see that it wasn’t their level of fitness limiting their results on race day.

It was the way they were expressing their fitness - their race execution.

**RACE DAY IS ABOUT EXECUTION, NOT FITNESS.**

On race day, there is no changing your fitness level. Your fitness level was determined by the preparation (or lack of preparation) that you chose to do in the months leading up to race day.

At the starting line, you’re either fit to race or you’re not. What you’re aiming for, regardless of fitness, is to perform to the best of your ability, and achieve the best result you’re capable of.

To do so you’ll need to execute a smart and controlled race.

**THE CHALLENGE**

While executing a smart race sounds like a simple task, doing it in the real world is not so straightforward. Race day presents us with a unique set of circumstances that are hard to replicate in training, and thus provide a real challenge when we’re on the start line.

These circumstances include:

• Your body is in a fresh state
• High levels of adrenaline
• Everyone around you starting too fast

These circumstances combine to give you a false sense of how you’re feeling and can lead to poor execution. Smart and experienced runners recognise the role these circumstances play and use extreme control when executing their race.
Here’s why these circumstances make it hard for us.

**Your body is in a fresh state.** After many hard weeks of training, volume tapers down in the final weeks in preparation for race day. During this taper, you recover, rehydrate and top up the glycogen stores in your muscles leaving you feeling fresh and ready to race.

When you’re fresh, it’s easy to run too fast at the beginning because you feel much better than you have in recent training when you’ve been heavy and tired.

**High levels of adrenaline.** On top of feeling like a million bucks because you’re fresh, your body responds to the race atmosphere (crowds, pumping music etc), with an injection of adrenaline, a hormone your body naturally produces. Adrenaline raises your heart rate as part of our built-in fight-or-flight response.

In cases where you get over-excited, it warps your sense of how hard you’re working.

**Everyone else starts too fast.** Beside you on the start line are thousands of people who are just like you: fresh, pumped full of adrenaline, and excited to start their race. When the gun goes off, 95+ percent of these people are going to fly off the line at a pace significantly higher than they’re capable of maintaining.

If you’re not conscious of this heightened pace, it’s likely to give you a false sense of how fast you’re going, and suckering you into a pace that is too high for you.

**“IN THE FIRST HALF OF THE RACE, DON’T BE AN IDIOT. IN THE SECOND HALF, DON’T BE A WIMP.”**

*SCOTT DOUGLAS*
SO HOW CAN YOU EXECUTE A SMART RACE?

Firstly, you need to understand these circumstances. Secondly, you need to control the things within your power to control.

**Master your mind.** It’s your mind that enables you to experience, to think, and to feel. Managing your mental state is crucial to you getting the most out of yourself on race day and performing to your potential. Just like you train your body in preparation for your race, you should spend time training and strengthening your mind so that it is up to the challenge.

A strong mind will give you the self-discipline, control, and mental toughness needed to execute your pacing and nutrition strategies. A strong mind will also prepare you to deal with any unexpected setbacks like cramps, chafing or any other unpredicted situations that race day throws at you.

**Control your effort.** A well executed race is one that starts conservatively, building in effort and pace as the race goes by. If you start too fast, a number of things happen that lead to a significant slowing of pace.

Pushing too hard early in the race leads to high levels of lactate being accumulated, precious glycogen stores being burned and your muscles breaking down at a rate faster than you have prepared for.

Start cautiously to conserve energy and as the race passes and you’re feeling good gradually increase your effort until you’re sprinting down the finishing chute.

**Manage your fuel.** During long distance races, the body burns its fuel at a higher rate than it can replace it, so limiting your losses is an important part of your race day execution strategy.

Fuelling your body while it is under stress can cause bloating and nausea and as such, it is good practice to focus on getting in your nutrition while your effort level is lower (and the conditions cooler) in the earlier stages of the race.

Continue to take on fluid and calories as needed throughout the race according to the fuelling strategy that you have been practicing in training. A person in a fat adapted state will have a significantly lower requirement for external fuel sources. Consider investing the time to improve your fat burning as discussed in early section of this handbook.

At the end of the day, you’re in control of how you choose to execute your race. You can either choose to do so with little thought and patience, or you can choose to exercise self discipline and control, to maximise your fitness and achieve the best possible result of which you’re capable.
RACE ETIQUETTE
On race day you’ll be sharing the racecourse with ten’s of thousands of other eager runners just like you, doing their best to get to the finish line as quickly and efficiently as possible.

Fatigue leads to poor decisions so you need to be aware of this and consider your fellow runners as you move around the racecourse.

To make race day more enjoyable for everyone, here are a few simple things that you can do.

**Keep left.**  
Just like driving a car, it is best practice to keep left when running. This allows passing runners to easily do so on the right. Once you have passed a runner, move left until you’re ready to pass again.

**Keep moving through the aid stations.**  
To ease congestion at the aid stations, please don’t stop and drink. Keep walking as you move through the aid stations, taking what you need as you go.

**Keep moving through the finish chute.**  
By the time you reach the finish line, you’ll likely be very tired and the tendency in this situation is to come to a complete standstill. To ease congestion, the organisers need you to keep moving forward to collect your finisher’s t-shirt and medal before moving into the recovery area where you can celebrate your achievement, get some food and drinks and begin your post race recovery.
POST RACE RECOVERY
A marathon is tough, there’s no denying it.

Even walking 42.195km, places an enormous amount of stress on your body which is amplified the harder you run.

If you plan to run a marathon and you plan to execute to the best of your ability, then you’re going to need to allow an appropriate amount of time to recover - a post marathon recovery plan can help with this.

Many runners focus a large amount of their time and energy into their training and are often keen to get right back into things after a big race.

From our experience as coaches and as athletes, those who don’t follow a post marathon recovery plan and rush back to training often find their subsequent performances deteriorate or they suffer from symptoms of overtraining.

To help you maximise your recovery post race and to help ensure that your future training and racing is not compromised, we are going to outline a basic post marathon recovery plan that you can implement after your race.

But before that…

WHAT HAPPENS WHEN YOU RUN A MARATHON?

The Muscles
Besides superficial disturbances like blisters and chafing, muscle soreness and fatigue is the most obvious case of damage caused by running such a long distance. When you run, your body breaks down muscle fibers and creates small micro tears in your muscles. Inflammation is increased and it can take up to 2 weeks for your muscles to return to their pre-race condition.
**Immune Function**
During racing your immune system takes a beating and as a result, it is not uncommon to suffer colds or flu in the days following a marathon due to a suppressed immune system. Eating a high quality, whole food diet as outlined earlier in this handbook, can help to limit this suppression along with a higher focus on aerobic training during your preparation.

So...

**HOW TO RECOVER AFTER RUNNING A MARATHON**

Now that you understand some of the effects that running a marathon has on your body, let’s turn our attention to a plan for maximising your post race recovery.

**THE FIRST 24 HOURS**

*Eat and Drink.* Immediately upon finishing your race, you should seek to start refuelling. The body has a small window for optimal nutrient absorption so you want to make sure you capitalize on that by getting in a mix of carbohydrate and protein.

*Care for Damage.* Muscles strain, blisters, chafing, black toenails and grazed knees are common complaints at the finish line. Severe dehydration is also common (especially in climates like Singapore). Now’s the time to assess your condition and to seek help for anything you feel needs attention.

*Dry Clothes.* As soon as you can, we recommend getting out of your racing shoes and clothes and into something comfy and dry. This will help you to avoid any post race chills and will mentally help you to feel better.

*Sleep.* We shouldn’t need to tell you how important sleep is after a marathon. When you sleep, your body releases growth hormone which is what stimulates muscle growth and repair, as well as bone building and fat burning. Sleep also helps protein synthesis, cell growth and division, as well as tissue repair and growth - in short it’s crucial to kick starting your recovery.

*Movement.* After a good night’s sleep, you should be feeling a little recharged. It’s likely though that your legs will be sore so some light movement (walking) is an easy way to help promote blood flow and provide an active form of recovery. Note that we said walking - and we do mean, very easy walking - not running. There will be no running within 7 days of the marathon. Eating a high quality, whole food diet as outlined earlier in this handbook, can help to limit this suppression along with a higher focus on aerobic training during your preparation.

So...
DAY 2 - 7

**Cross Training.** Continue to move around regularly. Movement promotes blood flow and will help with recovery. From day 4 onwards, you can also introduce some light forms of cross training. Easy cycling or a light swim are good options and help to supply oxygen-rich blood to damaged muscle tissue.

**Massage.** Day 3 or 4 is the time to consider a massage. Make sure you communicate with your therapist and let them know you are in the early stages of recovery from a marathon.

**High Quality Fuel.** When your body is in a state of fatigue and your immune system is down, it’s important to focus on eating good quality, nutrient rich foods. Up your intake of vegetables (Mmmm salad) and fruit and make sure you’re drinking plenty of water.

MOVING FORWARD

**Training.** Light training can begin after 7 days. Start with 20 - 30 minutes easy and alternate running days with off days for the next 7 days. Gradually increase your duration as you begin to feel better throughout the week but do not rush and do not exceed 60 minutes before day 14.

From day 14 onwards you can slowly begin to build back into your usual training routine if you are feeling good.

Don’t worry about losing fitness during the recovery period. Any loss in fitness will be minimal and will do a lot less harm than rushing back into training and compromising your recovery.
CONCLUSION

“IF YOU FAIL TO PREPARE, YOU’RE PREPARED TO FAIL.”

MARK SPITZ
NINE-TIME OLYMPIC CHAMPION
Endurance running is tough, there’s no denying it.

While not the conventional approach to marathon running, the Coached methodology has been proven successful in the lab and on the racecourse thousands of times on runners just like you.

It is our hope that this handbook has given you a good platform to begin your preparation and ultimately race to your potential on 3 December.

If you’re looking for a smart way to train for this race (or any other race) that emphasises balance between training and life then we hope you’ll consider using a heart rate monitor and following the simple programmes outlined in this handbook.

If you’d like a more well-rounded, personal and supported programme, please consider becoming a Coached athlete.

From all of us at Coached, we hope that you found the pages of this handbook interesting and that you learned some things that will help you in your preparation and on race day.

If you have any questions or feedback, please connect with us.

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**WE LOOK FORWARD TO SEEING YOU AT THE FINISH LINE ON DECEMBER 3RD**