



Tim Ives, Owner and Coach of The Body Project, Inc., a personal training and running coaching business operating in Des Moines, Iowa, provides Training Tips for you.

Tim is an ACE-certified personal trainer and a USA Track and Field certified coach. A former collegiate track and cross country runner, Tim qualified twice for the NAIA National Track and Field Championships in the marathon.

The Body Project coaches all levels of distance runners, triathletes and fitness enthusiasts. Find out more by phone at (515) 371-2583, email at timives@bodyprojectiowa.com, or on the web at www.BodyProjectIowa.com.

Training Tips:

- I. **Begin early** - Six months or more of preparation is ideal for satisfactory marathon running. This way you will be able to gradually build mileage without burdening your body and soul through quickened training.
- II. **Follow a program** - Contact your local running club for information on training groups and programs or solicit the counsel of a coach, whether online or in person.
- III. **Learn to hydrate and energize** - Fluid intake is essential to distance running. Practice consuming water and an energy gel or Gatorade during long training runs to duplicate later during actual competition.
- IV. **Perform speed work** - Tempo runs, intervals, and marathon pace training will help you develop the necessary leg strength and stamina to finish well in the marathon.
- V. **Run long** - Long runs of two-and-a-half to three hours should be done at least twice prior to race day. These workouts prepare you for the physical and mental rigors of completing the full 26.2 miles.



Race day tips:

- I. **Lubricate** - Lubrication of areas to prevent chaffing includes the inner thighs, armpits, nipples, waistline, and collar.
- II. **Arrive early** - Allow yourself plenty of time to park the car, visit the toilet a time or two, and relax. Without doing so you may feel rushed creating undo stress on your mind and body.
- III. **Warm-up** - Most folks shouldn't have to warm-up before a marathon. Use the first few miles to do that. Energy saved now is energy to be used later.
- IV. **Double check** - Shoes double knotted? Bib number pinned on? Timing chip fastened securely? Sweats off?
- V. **Go out slow** - Knowing that the second half of the marathon will likely be slower than the first, choose a conservative pace you know will allow you to minimize just how slow that second half will be. The goal should be to run even pace.
- VI. **Hydrate** - As you would on your long runs, hydrate regularly along the way. Stick to what you know. Don't try anything an aid station volunteer hands you unless you've used it in training (e.g. sports drink, energy gel, candy).
- VII. **Settle in** - Enjoy the scenery, your competition, and the fans. Don't let the hype of a crowd, a band, or a pretty view get you running faster than you can handle. If you feel chipper at mile 20, then allow yourself to let loose.
- VIII. **Hang on** - If your pace slows for one mile, fine. If it slows for two, get going. Unless your lungs are burning, do not allow your pace to slow without attempting for one mile to speed back up to your original pace.