

# TeamJet Hawaii Marathon Clinic 2009

## Newsletter

"I want to be alone now."

Some honest feedback from a runner reacting to some attempted encouragement by one of their van mates who made the mistake of running alongside and offering too much positive support during the Jasper to Banff Relay. (Runner's Tip: While perhaps not as polite, a simple hand gesture is not only more direct in terms of honest feedback, it is also more aerobically efficient).

"Whether they ever find life there or not, I think Jupiter should be considered an enemy planet."

Jack Handey

### **This Weeks Goals:**

Increasing mileage and intensity of workouts!

### **This Weeks Workouts:**

Tues: Hill repeats with stride

Thurs: Speed repeats (1km or 1mile)

Sunday: Long run in your neighbourhood (Town; Kapiolani park, Kailua; Windward ½ marathon, Mililani; TBD)

Check out the Calendar for exact locations

<http://www.teamjethawaii.com/calendar.php>

### **On My Mind: My mind**

The two adversaries of racing are; your competitors and the clock (aka you!). Your racing tactics depend on which of these is more important in a specific race - beating your competitor or setting a Personal Record (PR)/running a specific time. Once you have decided your objective then you can select your tactic.

**To run a PR/particular time** - the most effective way is to run an even pace, because it utilizes oxygen most economically and keeps lactic acid to a minimum. (Most distance records have been set by athletes using the even pace strategy or slightly negative split; run the second half faster than the first)

Even pacing/negative splitting, requires that you are familiar with the correct pace you need to run, and that you have good judgment and discipline to hold back

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Chad Walton, 2009 TeamJet Hawaii Marathon Coordinator, [cwalton@hawaii.edu](mailto:cwalton@hawaii.edu), 489-2543

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early in the race when the pace feels easy. Training at the required pace is very important so that that it feels natural and is easy to settled into.

Running even splits is also a good way to beat other runners, since you will gradually catch those who have started out to fast, and this will give you the added psychological lift.

Even splits/negative splits are also a good tactic for beating someone who starts out to slowly and tries to pick up the pace during the race - they will never be able to make up ground quickly.

**If beating someone is important** - then you may have to abandon the even pace rule and start somewhat faster so as not to let your competitor build up to much of a lead. This is especially true in the shorter distances.

Environmental conditions can also affect your racing strategy. On a windy day you would be best off running with other people especially when running into a headwind. This may require you running faster or slower than you otherwise would to stay with a group. So make sure you stay flexible with your plan if conditions require it.

If you are catching someone and want to pass them - do so gradually and run up behind them until you ready to make a decisive move. Then pass strongly and keep your momentum until you built up at least a 40-yard lead, which will break physical and mental contact.

Never look back to see where someone else is. This will give the athlete behind a boost, thinking that you are hurting. If someone is going to pass you or coming up on you - you will know soon enough when they pull up next to you or pass.

Like all plans, things can go awry, but remember that at least some preparation and forethought to strategy and possible scenarios will give you an added advantage of meeting your goals.

**Other motivation**-I know that for some of you beating someone and/or times are of little concern and that it is simply about finishing and feeling good doing it. Believe it or not this is my goal as well. I don't wear a watch (normally) and I don't have an ego that focuses on other people. Not that those are bad things, just not my bag. I am more like a hippie runner and just wanna run; but I do love to really haul butt. For me it comes down to pride and trust. I trust my training and know the feelings that will come when I am finished, the endorphin rush I will get when I know I finished something I have been training 6 months for. The pride component is many fold. Pride in my team, pride in myself, pride that I am suffering to achieve something and not simply pushing a button to get a movie ticket. As far as team pride, I encourage you all to get the TeamJet logo put on your racing uniform (or whatever you will wear). When you are tired look down, see that, and remember all

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the people supporting you, pushing you along. We aren't all cheering for you to win, but rather to meet your goals; be it finish, win or survive.

One thing that I do is to find something that gets my adrenaline going. This can be a song, a thought (memory, line from a movie or whatever) or anything you can get stuck in your head. Whatever this is, it should give you a boost of adrenaline when you think of it; i.e. make the little hairs on your neck stand up. Save this thought for the time that comes in every race when you feel like you are ready to give-up and/or go slower. It will give a little boost and help you over the hump. Some people I know write their significant others name on their wrist or write scriptures on their shoes!! Try it out in training sometimes as well to make sure it works. This is what I call my little "nitro switch" (works for the finishing sprint as well). Another little mental trick that I use is the steel cable idea. If I am tired, I just stare at the back of the head of the person in front of me and pretend there is a steel cable attached between us. Then I simply think that he is pulling me through the rough spot. Since the cable is steel, I can't fade further back. The last thing I will share (since you might think I am a bit nutty at this point) is my use of the brain etch-a-sketch. No matter what I just endured (a pick-up in pace, a hill, a missed aid station, whatever), I just shake my head and erase it all. Running a marathon is not about planning what you are going to do next, or compensating for what has happened, it's about the moment you are running. Be prepared, be smart, and stay in the moment, let the race unfold for you. I hear people say a lot "that one hill killed me and ruined my whole marathon". Probably the hill just stuck in their head and that's what they focused on, instead of just shaking it out and running smart again.

iPods. I don't find any problem in using iPods, except in the adrenaline control. I would encourage you all to try to not rely on them to control your mental state; chances are you will run according to the music and not your plan. That's what I find, a good song comes on, and I am off, hardly noticing. It's great if you mean to pick it up, but bad if you don't. Control is the issue. It's a personal thing and everyone is different. Just wanted to make you aware of that issue!

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