

# 33<sup>RD</sup> MARINE CORPS MARATHON



## Training Tips from Lt Sean Barrett

1. It's never too early to start. Marathon training cycles are typically very long, and it's always good to start with a good baseline level of fitness. Plus, running is fun!
2. Set a goal and let your family and friends know what it is. They'll be able to support and encourage you along the way. Making your goal public will also help you keep yourself honest and accountable through the long grind of training for a marathon. In addition, set intermediate goals to help you track your progress and make your bigger goal seem more attainable.
3. Find a buddy. This will make it more fun, and it will make it easier to get yourself out there for some of your longer runs if someone is counting on you to be there. A lot of communities have running clubs that meet a couple of times a week to train. Sign up for a local road race and ask around, and you should be able to find others that have similar goals and training schedules as yourself.
4. Be consistent. Set a time and develop a routine. You will not always be able to "find" time in your schedule to run. You need to "make" time in your schedule, and developing a routine will make training much easier.
5. Keep it simple. Buy a good pair of running shoes that fit well, and make sure you have a watch with a digital stopwatch so you can keep track of your runs. That's all you need.
6. Listen to your body. If you need a day off, take a day off. Don't treat your training schedule as if it's set in stone. You need to keep yourself fresh in order to maximize the return on your training and keep the mental grind to a minimum.
7. Do what feels right to you, not what you read on a message board or in a magazine. It's OK to experiment, but if it doesn't feel right or if it is not working for you, don't be afraid to change what you are doing. There are

countless theories and training programs out there, but that doesn't mean that all of them (or any of them) will work for you.

8. Keep a training log. Keep track of how much you run each day, the time of day, and how your body feels. Note anything that occurs that is not part of your daily routine (i.e., travel, lack of sleep, etc.). This will help you track your progress, and you will be able to refer back to it as your training develops to see what works and does not work for you. And it will be a good reference for when you are getting ready for your next marathon!
9. Don't be an "all-or-nothing type." If something comes up and you can't stick to your schedule, adjust and be flexible. Don't let training consume your life. Marathon training cycles are so long that having to miss a day or cut a run short here and there will not matter in the long run.
10. Remember to have fun. Training for a marathon can be a long mental and physical grind and can get awfully lonely at times. Find ways to keep things fun and interesting. Don't let training become a chore.

*Marine Corps Second Lieutenant Sean Barrett won the 2007 MCM10K, with a time of 00:33:06. A runner in high school, he continued to train through college as a four-year Varsity Letter winner in cross country and both indoor and outdoor track. Barrett was an All-New England and all-region runner in cross country, a first team All-Ivy League selection in track, and was the Ivy League 10,000m champion in 2007. He was also two-time Ivy League All-Academic Team selection in cross country and named to the NCAA Division I Men's All-Academic Cross Country Team in 2006. Barrett graduated from Harvard College in 2007 with a B.A. in economics, a minor in government and a language citation in Spanish. He was commissioned in June 2007.*