

33RD MARINE CORPS MARATHON



Training Tips from Kristen Gordon Henehan

1. **Join a Group** - I cannot stress the importance and value of joining a running group. Not only does it help you with your training, but it allows you to meet new friends. Training for Marine Corps was so enjoyable for me because twice a week I got to meet with my new friends. You are all working towards together towards a common goal. Being a part of a group allows you to work hard, while having fun at the same time.
2. **Patience is a Virtue** - When most people sign up for a marathon, they immediately become anxious and think they have to go out and run 18 miles right away. **DO NOT DO this!** This will only cause injury and fatigue. Stick with your plan and know that you will be increasing your mileage soon enough. Just take each day at a time and remember the words of my coach, "George Buckheit, "Start slow, finish fast." This saying applies to both marathon training and racing.
3. **Stay Inspired** - Trust me; we all have days when we wake up and do not want to go for a run. Find a quote or two that you like and put them up on your bathroom mirror or refrigerator. When you see them, they will remind you of what you are working towards and hopefully inspire you to lace up those running shoes.
4. **Running Shoes** - Make sure you are running in the right shoe for your body type. A reputable running store will be able to recommend a good shoe for you. Also, don't run your shoes into the ground. Running shoes typically last 300-500 miles so don't try to get more miles out of them as this is surefire way to get injured.
5. **Practice with your Energy Replacements** - It does not matter what type of energy replacement you choose to take (GU, Shot Blocks, Sports Beans). They all serve a similar purpose and everyone has one that works best for them. What does matter is "practicing" taking your energy replacement on your long runs. This will help you determine which one you prefer and will get your body acclimated to consuming them prior to the marathon. You do not want to show up on race day having not practiced with your

energy replacements. In my mind, this is like showing up to the marathon without your running shoes.

During the marathon, you should be taking your energy replacement every 40-45 minutes. Many people make the mistake of waiting too long to take them and they end up "bonking" much sooner than expected. You are losing lots of carbohydrates and electrolytes during the marathon so make sure you are diligent about taking these energy replacements. It is smart to time them before a water stop so you can wash them down. Speaking of water, make sure to drink lots of fluids too! Even if you have to slow down at a water stop, it is better to stop and get your fluids!

6. A Need for Speed - While speed work is not an integral component to marathon training, it is still valuable. In order to maintain some speed, I do 6X100m strides at the end of my recovery runs. This is a quick and easy way to incorporate some speed into your training without tiring yourself out. As you are finishing up that Iwo Jima hill you will be glad you did some speed work!
7. Don't Panic- This applies to both marathon training and racing. If you miss a training day, don't panic and try to overcompensate the following day. You will just be tiring yourself out and causing more harm. If you feel aches and pains, don't panic. You are training for a marathon so this is bound to happen. Just take it easy and listen to your body.

During the marathon, remember that you are running 26.2 miles and not a 10K. If your first few miles are a bit slow, stay calm. It is better to error on the side of caution than to go out too fast. The last half of the race you want be passing people and gaining momentum. This will make you feel good both mentally and physically. So, if you feel like you are further back at the onset of the race, don't panic. 26.2 miles is a long way. Stay steady, remain calm and run confidently.

8. Get Massages - You are training for a marathon so your body deserves a little TLC. Treat yourself to a sports massage every now and then. You will be amazed at what a difference it makes!
9. Get "Race" Ready - Prior to Marine Corps, look at a local running calendar and sign up for a few road races. These races will add some excitement to your training and keep you motivated. Racing also serves as a good barometer for your training.
10. Have a Plan for Race Day - You have done all the work and race day has arrived. Don't let little outside factors add more stress to the day. Just thinking about running 26.2 miles is enough stress and anxiety for one person. Pack your race day bag the night before, know what you are

going to eat for breakfast and figure out how you are going to get to the race so that everything goes as seamless as possible. I had my husband drop me off so I didn't have to worry about driving, finding parking, etc.

Try to arrive at the starting line early as well. This will give you ample time to get focused and ready to go. There is nothing worse than feeling rushed when the gun goes off. Once that gun goes off, have fun! You are running a marathon in our nation's capitol. Enjoy it!

Kristen Gordon Henehan won the 2007 Marine Corps Marathon with a time of 2:51:14. As a high school student, Henehan won the 1996 national title at the Foot Locker Cross Country Championship. Henehan was a two-time NCAA Division I All-American at Georgetown University, first at the 1998 Indoor Championships where she placed third in the 3,000m, then again at the 1998 Cross Country Championships where she placed fourth. Less than three months after her MCM win, Henehan qualified for the 2008 Olympic Trials, when she ran a 2:45:15 at the Rock 'n' Roll Arizona Marathon.