

33RD MARINE CORPS MARATHON



Training Tips from Alisa Harvey

1. Even if you decide to go it alone with your marathon training program recruit at least one person to go on your once-a-week long-runs. Search for a partner or group to share the physical and emotional ordeal of running. Two to four hour runs can be motivationally challenging for even the seasoned marathoner. Safety is an added benefit to having a partner or two.
2. Practice using the various types of performance nutrition gels, bars, blocks, etc. as soon as you begin your training program. Give yourself time to become accustomed to the different textures and tastes of the nutrition products that you will eventually use on race day.
3. Get yourself a journal or a personal calendar that you can use to make daily notes of your training progress. Even if you do not normally keep a journal doing so will add to your enthusiasm and dedication to your endeavor.
4. Do your runs in the morning. Waiting for later in the day is almost never as pleasant and successful as a morning run. Your body is fresher, the air is better, and the temperature is cooler. You will also be less likely to make an excuse not to run if you do it first thing.
5. Splurge on a sports massage. The rigors of marathon training can wreak havoc on your muscles and tendons. Enjoy a professional massage at least once a month. Between times you can maintain your own treatment by using massage sticks, rollers, balls, etc. In addition, end each day with 20 minutes of slow stretching exercises.
6. Avoid late-nights, long shopping trips, and any other potentially exhausting activity the day before a long-run. The long-run is the most critical element of marathon training. If you go into the long-run tired you are most certainly going to negatively affect your training.

7. Treat your self to technical running gear as much as possible. Sometimes it is just better to look good; it helps to motivate you out the door. The latest high-tech running gear usually looks as good as it feels. Save the money. Make the purchase.
8. Keep your running shoes in tip-top shape. Don't skimp on the footwear. Put away the glue. Get a new shoe. Take a trip to a technical running store and address what other products you may need for your feet. Commercial orthotics can be an excellent tool for preventing injury; discuss the need for you to use support insoles with an experienced technical shoe staff member. Synthetic socks can prevent blisters that often occur after miles of running.
9. Wear a hat during most training sessions. You will stave off most of the ill effects of too much sun. In addition, you will get used to wearing a hat. You may need to wear a hat on race day if it is raining. Sunglasses are another good option for protecting your eyes from the sun; they also provide a barrier for foreign objects that may come in contact with your eyes.
10. Pay attention to your diet. Eating properly is extremely important while stressing the body with marathon training. Be good to yourself. Read and learn about good sports nutrition. Never train hungry. Cereal, sports bars, or gels are an excellent pick-me-up just before a training run.

Alisa Harvey is a two-time Marine Corps Marathon 10K Champion. In 2005, Harvey was the MCM First Place Senior Female award winner with a time of 3:10.29. In 1999, Harvey ran a personal best of 2:49.26 to qualify for the 2000 U.S. Olympic Marathon Trials. With 25 years as an elite track & field runner, Harvey is the Women 40-44 Masters Record Holder in the Mile run. She also currently holds the American Masters Records in the Indoor and Outdoor 800m, 1500m, and Mile events. Harvey is the "On the Track" feature writer for the Washington Running Report.