

33RD MARINE CORPS MARATHON



Training Tips from Dawna Stone and HerSports Magazine

When I was younger all outdoor activities felt like playtime. Running around outside, riding my bike, swimming in the pool or hiking the hill behind my house was the highlight of my day. Being active was fun. For some reason, when we hit a certain age, we stop having playtime. We start to think of running as a workout instead of a fun activity we just can't get enough of. We're all so busy that just finding time to fit work, exercise, family, friends, etc. into our hectic days is enough to cause even the calmest among us a fair amount of stress. Being active should be fun—even as an adult. It should be a time to get away from our hectic days, just as it was when you got away from school, homework and chores. Like many others, I have a tendency to get caught up in the details as I prepare for a big event like the Marine Corps Marathon. Have I done enough training? Should I try a new pair of shoes? What splits should I run to achieve my goal time? While focus is necessary, make sure it doesn't obscure the reason you run—to feel more energetic, to overcome challenges, to relax and to enjoy yourself. Whether this is your first marathon or your 20th, remember to have fun. This is your playtime. I challenge you to leave the stresses of everyday life behind at the office or at home and feel like a kid again. Think of how lucky you are just to be doing the race—take in the course and all the people around you. Race with a smile on your face and have a fun run!

*Dawna Stone is the President and Publisher of Her Sports + Fitness magazine and has a new book, *Winning Nice*, coming to major bookstores on August 29th. To find out more about Dawna or Her Sports + Fitness go to www.dawnastone.com or www.hersports.com*

Below is a compilation of training tips from past issues of Her Sports magazine, designed specifically to aid MCM runners in training:

Tips For Avoiding Injury

1. Build Gradually - Build up your training (both quality and quantity) slowly.

2. Vary your terrain - Concrete and pavement are tough on the body. When possible, mix running on trails, grass and treadmills with time on the road.
3. Get massaged - Regular massage helps keep your muscles long and supple; think of massage as a necessity, not a luxury.
4. Stretch - Take the time to stretch regularly and appropriately during both your warm-up and cool-down sessions. Supplementing your marathon training with yoga classes is also a great way to keep your muscles stretched and balanced.
5. Get the right shoes - Buy running shoes that suit your feet and running style from a running-specific store where experienced staff can analyze your gait or wear patterns on your shoes. If you find a pair you really like, invest in two pairs, as running shoes should be replaced after 300 to 500 miles.
6. Don't ignore pain - Attend to aches and pains as soon as they come on; don't try to keep training if something is sore. Ice, rest and treat.
7. Recover - Always use appropriate recovery strategies after workouts. In addition to stretching, make sure you're adequately refueling and rehydrating, and get plenty of rest to give your body time to absorb the training you put it through.

Tips for your first marathon

1. Don't go out too hard - Start easy—the first few miles should feel slow. You should not be breathing hard at all in the first 10 to 15 miles.
2. Enjoy the atmosphere - This is your moment; soak it up. Plus, the supporters and other runners will go a long way toward helping you finish strong.
3. Drink up - Practice your hydration in training, and make sure to hit the aid stations for water and sports drink as needed. Also, make sure you're well hydrated in the week leading up to the race. A good indicator is pale urine.
4. Walking helps - Walk through the aid stations to ingest fluid (without gulping which could overload your stomach).
5. Avoid all that's new - Practice all race-day strategies in training. This means drinking and eating, as well as trying out race-day clothing. Never wear a new pair of shoes on race day and make sure you've tested your shorts, top and running bra for comfort. Finally, never experiment with

new nutrition on race day.

6. Rest - Don't fall into the trap of thinking you need to do last-minute training. If you have followed the plan, your race-day fitness will already be established. Deviating from your taper will only lead to fatigue.
7. Smile - You'll enjoy your finish all the more if you remember to smile, and your finish photo will look pretty, too.

Tips for Mental Muscle

1. Visualization - Studies show that the human mind has difficulty separating reality from imagined reality. If you've ever had a dream that felt "so real" you understand. Visualization helps us imagine real situations and prepare ourselves to meet them head on. It's focused daydreaming that's goal-oriented.
2. Selective Recall - Confidence in sports requires selective memory. This means giving past successes more weight than failures. Any failures should be reframed as learning experiences on a path to ultimate success.
3. Resiliency - The ability to bounce back from adversity is key. This may mean coming back strong after a tough race, a nagging injury or a bad training day. Just remember, the obstacles make the victories sweeter.
4. Energy Management - Realize there's an optimum level of energy output for peak performance in any sport. This output is sport specific—running requires a different energy level than walking, which requires a different energy level than mountain biking. Managing and optimizing this energy is key to keeping your mind strong. Marathons require a sustained energy level. Plan your workout or race so that you maximize your energy reserves.
5. Competitive Drive - All successful athletes have a passion to compete, whether they're competing against others or themselves. Athletes who have a healthy competitive drive see each day as an opportunity to improve an aspect of their sport, be it mental or physical. Try seeing your fellow competitors as something to overcome (a personal barrier), not someone to beat.

Founded in 2003, Her Sports magazine is designed to encourage the fit and active lifestyle for women. Publisher and President of HerSports Magazine, Dawna Stone has compiled a list of training tips from past issues of Her Sports magazine, designed specifically to aid MCM runners. To find out more about Dawna or Her Sports + Fitness go to www.dawnastone.com or www.hersports.com