

33RD MARINE CORPS MARATHON



Training Tips from Capt. Jason Hernandez

1. Miles - In order to prepare yourself for 26.2 miles, you need to ensure that you complete long runs (16 to 20 miles) throughout your training cycle. There are several marathon training plans out there, but you need to ensure that you hit the weekly goals of your long run. Time on your feet prior to the race, will make you all the more prepared for the big day.
2. Races - During your training cycle, pick a couple races that you can use as a training tool for speed, race pace and race jitters. Running a race before marathon day will allow you the opportunity to try out the shorts, shirt, socks and shoes you will wear on race day. Select goals for these races as confidence boosters to the training you have completed to date.
3. Stretch - There are many schools of thought in regards to stretching before, during or after running. I recommend doing a light stretch (2 to 3 minutes) before starting a run with a brisk (2 to 3 minute) walk period before you start running. Upon completion of your run, I recommend walking for 3 or 4 minutes to complete your cool down. Upon completion of walking, I recommend stretching for approximately 6 to 8 minutes. There are numerous stretching routines available for you to follow. Remember you want your legs to be a little loose and limber in order to carry you for 26 miles.
4. Weight/Strength Training - This does not mean max bench pressing every week. One or two days a week following a run or on the days you cross train, do a few strength training exercises. For example: push ups, dumbbell press, bicep curls, tricep extensions or pull ups. These exercises will develop good core muscle tone which will be of help when you begin to tire during the marathon.
5. Rest - You set the goal of completing a marathon, and one of the most important aspects in order to accomplish the goal is arriving at the starting line healthy. During your training cycle there will be days that your legs and body feel tired. When that happens cross train, do an easy

run or just take the day off. If you skip one or two workouts throughout the entire cycle you will be just fine and your body will thank you in the long run.

6. Diet and Water Intake - Running a marathon is a physically challenging feat, and your diet will go a long way towards offsetting the drain on your body. After your training runs, drink plenty of fluids and eat a protein rich meal within 30 to 45 minutes. Eating a healthy, balanced diet will prepare your body for the rigors you will experience on race day. Ensure that you are filling up on water and electrolyte drinks a few days before the marathon.
7. Have Fun - Remember during your training days leading up to the marathon that there will be good and bad days, but enjoy the days when you hit your target pace or number of repeats. Stay focused on your ultimate goal, because completing a marathon will make you feel like you are on cloud nine. On race day, stay within yourself and do not allow any one around you to change your mindset for the race. As the header stated HAVE FUN and enjoy the great feeling when you cross the finish line.

Capt Jason Hernandez has been a competitive runner for 10 years. He has completed two Marine Corps Marathons as well as five others. In 2006, he completed the JFK 50 mile Ultra Marathon. He is currently stationed at Headquarters Marine Corps.