

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



## Training Tips from Drew Jensen

1. Don't try to make up missed training – It is inevitable that some training days will be missed. Do not try to make up for missed mileage by running more miles on subsequent days. Your body will appreciate the day off. You might want to readjust your training schedule if you miss a key workout like a tempo run or speed session; however, this does not mean you should try to make up missed mileage.
2. Relieve the element of surprise – In order to relieve some of the surprises that may pop up on marathon day, treat the logistics of your long runs like the actual marathon. That is, eat the same pre-run breakfast, if the weather permits wear your marathon clothes, try to use the same aid that will be on the course, and run at approximately the same time of day that the marathon will be held. Don't wait until race day to try new running shorts, a different breakfast, different socks, a new drink, etc.
3. Recycle old socks – To stay warm while waiting for the marathon to start and during the first few miles, cut the toes off a pair of socks that were destined for the trash and use them for arm warmers. Since they were going to the trash anyway, you won't feel bad throwing them out at an aid station once you have warmed up. Old socks also make great gloves that can also go in the trash once you are warm.
4. Sleep well two nights before – Probably the most important night's sleep is two nights before the marathon. Most people don't sleep well the night before the marathon because they are excited; so, definitely try to get a good night's sleep two nights before the race.
5. Adjust your pace for the weather – It is good to have a goal pace for the marathon; however, be smart on race day and adjust for the weather if necessary. If race day is unusually hot or windy, readjust your goal. A slight readjustment will go a long way in keeping you from bonking too early and not finishing strong. The goal is to run the best race you can given the conditions.

6. Finish Strong – If you're in the first half of the marathon and you don't think you can run the second half of the marathon at the same pace, you are running too fast. You can't put time in the bank.
7. Do not compare yourself to others – There are two types of people, those who have completed a marathon and those who haven't. By completing a marathon, you put yourself in a select group of people. Reaching your time goal is icing on the cake.
8. Have Fun – Training and racing a marathon should be fun. If it adds additional stress to your life, readjust your perspective. A marathon is an event to be savored.

*Drew Jensen recently retired from the Marine Corps after 23 years on active duty. Although he has run several marathons and ultra-marathons, he doesn't race that often but has enjoyed consistently running since 1975. As a sprinter and jumper in high school, his only claim to fame is taking second place to Carl Lewis in the triple jump at the Woodbury Relays (NJ) in 1979.*