

33RD MARINE CORPS MARATHON



Training Tips from Carl Rundell

1. Motivation- Share your goal of running the Marine Corps Marathon with family and friends. Better yet, invite them to come and watch you achieve this great goal, whether it is complete the 26.2-mile distance or set a new personal best time. They will be there to support and motivate you when the training and weather becomes tough, and congratulate you when you cross the finish line.
2. Attention- Stay in tune with your body. If your body is telling you it is sore and tired, give it a rest and let it absorb your training. The key to successful training is staying healthy. Your main goal during your preparation for the Marine Corps Marathon is to get to the starting line healthy.
3. Race- Plan on running a race as part of your training plan leading up to the Marine Corps Marathon. This will allow you the opportunity to do some faster running and give you some key milestones during your marathon lead up.
4. Attention- No this is not a duplicate, this time it is staying focused with your mind. Nobody's training will be perfect and we will all have other obligations that will alter our training plans. Do not let this get you down or frustrate you, and definitely do not try and make up the distance. Stay positive and move on in your training plan.
5. Team- Find a group or team to run with. Group training offers support, motivation, and company on the long runs leading up to Marine Corps Marathon. Also, if your team has a cause, such as cancer, diabetes, etc., this will add extra motivation in accomplishing your goal.
6. Hydration- Always carry a water bottle with you and drink frequently during the day. Not only will this keep you hydrated for your next workout, but will help in the recovery of your last one.

7. Opportunity- No matter what your goal is at the Marine Corps Marathon, it is an opportunity to learn more about yourself. Embrace the challenges that will come up during your preparation and participation in the marathon. What you learn can be translated into all areas of your life.
8. Nutrition- It is important to eat properly and regularly during your training. Try and "graze" throughout the day to keep your energy levels even. Eating smaller meals more frequently is better than eating a few larger meals only twice a day.
9. Sleep- Training for a marathon is very taxing on the body. In order to train well you need to recover well. Get a consistent 8 hours of sleep a night. It is also important to sleep during the same timeframe; for example 11pm-7am every night. Even Marines sleep at some point.

SEMPER FIDELIS . . . this is Latin for "always faithful" and is the motto of the U.S. Marine Corps. Train and run well!

Carl Rundell is a 17-year competitive runner. He led the MCM in 2004 for more than 20 miles, falling behind the last 10K to finish in 5th place. He returned in 2005, determined to do better and with a time of 2:22:26 finished just eight seconds behind Ruben Garcia to take second place in the closest finish in MCM history. In 2006, he once again finished second place with a time of 2:24:22 and in the 2007 MCM, he finished fifth with a time of 2:26:28.