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Training for Napa Valley Marathon

1 message

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Eyes on Training

Running is a way of life. What you see is what you get! The key to training is to visualize your goal. My current goal is to train for the 35th annual Napa Valley Marathon. Fortunately, I have two more weeks to taper!

There are numerous books written on training. **RUNNING AND RACING AFTER 35** by Lawrence and Scheid is listed for "mature runners" LOL. The authors begin with "training to fight aging and beating the aging process. I have used some of their training schedules for countless years HaHa.

Hal Higdon's **MARATHON: THE ULTIMATE TRAINING AND RACING GUIDE** stresses the importance of building up "time on feet" or miles in the logbook. It seems prudent to increase weekly mileage by maximum ten percent. Gradually, train your legs to run farther and farther up to 60 miles each week before your first marathon. Elite racers often run more than 100 miles training for a fast marathon.

For students of the sport, **BETTER TRAINING FOR DISTANCE RUNNERS** by David Martin and Peter Coe is a must textbook. Add to your library **ROAD RACING FOR SERIOUS RUNNERS** by Pete Pfitzinger and Scott Douglas. **RUNNING TOUGH** by Michael Sandrock comes from a coaches perspective as does **DANIEL'S RUNNING FORMULA** by Jack Daniels, PhD and **ROAD TO THE TOP** by Coach Joe Vigil, PhD.

One of my favorite authors, Joe Henderson has written more than 25 books. **JOG,RUN,RACE 1977** has some interesting pictures of evolving "old school". It inspires me to start my training by going out the front door and running one step after another until my lungs have enjoyed a deep breathing that only requires 23 hours recovery. roflol.

GALLOWAY'S BOOK ON RUNNING, (I have 2 editions) describe training fewer miles towards a healthy marathon finish. Jeff, author and olympian, shares the secrets of taking walk breaks in training and on long runs. His techniques and schedules encourage a positive endurance for training and racing. It helps to talk with him in person at his blog: http://jeffgalloway.typepad.com/jeff_galloways_blog/

In Periodical, **MARATHON & BEYOND**, runners are given practical advice. Training for the crazy challenges is favored by editor, Rich Benyo. There is, in my warped opinion, no training schedule or reason to run the Death Valley 300 mile double out and back.

Historically, Bowerman promoted the "hard-easy" rule to successful training. Run a track workout one day and easy run the next. Never put two hard days in a row or suffer more setbacks than victories.

More recently, Tabata studied active recovery and found that athletes gained equal training benefit by alternating 30 seconds fast running with 10 seconds active recovery running and repeating for a quick 20 minute workout. Cardiovascular benefits equaled the gain of a 10 mile run in 70-90 minutes. No longer can we use the excuse that we do not have time for "training".

The Kenyans have been quite successful with their philosophy of **TRAIN HARD, WIN EASY** by Toby

Tanser.

Reading is a great way to begin training! Keep your eyes on training and focus on your running goals.

Respectfully submitted for publication in Visalia Runner's Newsletter by Michael Baumann, OD