

4 Months to a 4-Hour Marathon is a great book for beginning runners, as well as a good reminder for experienced runners. It is a great motivator. For beginners, the author offers clarification of some runners' lingo but you won't find yourself feeling babied if you are more experienced.

How to run a sub 4 hr marathon A sub 4 hr marathon is all about two things: Here, there are no shortcuts. So how do you train to run a marathon in under 4hrs? Your pacing strategy can be broken into two elements: This is typical It is to be expected that after three or four hours, your energy starts to sag. So how do we combat this? We train for it. If you want to run a sub 4-hr marathon, the most comfortable pacing strategy is to run a consistent pace throughout the entire race. This strategy also assumes that your marathon route is pretty uniform if you have big hill sections or other challenges, you need to factor these into your training and pacing strategy. The 4 hr marathon pace In order to get around your marathon in exactly 4 hours, you would need to run a 9: If you were to allow for 10 minutes of padding thus finishing in 3hrs 50mins if all goes well, then your new pace would be 8: And the last thing you want to do is use up energy early on that you later really need. The intention with my training plan is to not only increase your maximum mileage but to develop your running base to be super strong. This is a key ingredient in being able to run a consistent pace for four hours. That is why the initial mileage is higher than some of my other marathon training plans, which are not so pace-focussed. So why do you need a training plan? Your training plan is going to be your guide by mapping everything out at the start of your training, you are giving your schedule some structure, allowing gradual increases in mileage and pace. Typical Run These should be km in length, and run at the 4hr marathon pace 9: These runs are what will really build up your core running base. Long Slow Run this is a weekly long run where you gradually increase your maximum mileage. This should be done at a slow, easy pace one in which you could hold a conversation with someone. These runs allow you to very gradually build up your maximum mileage. This means that during your marathon, the final stretch will be uncharted territory. Speed work for speed work, you can choose to do either tempo runs or interval training. Tempo runs involve starting at a slow, very easy pace and gradually increasing the speed over around 35 minutes until you are running at faster than race pace it should feel unsustainable. You should peak, then spend the last minutes slowing down. These are good to do with a friend. Interval training means a mixture of running fast and slow. Cross training this means any other type of workout that contributes towards your training. I recommend low-impact activities such as swimming, cycling or yoga. Cross-training should compliment your running workouts, and not risk injury. How Many Months To Prepare? In order to build up the running stamina and the consistency of pace to run a sub-4hr marathon, most people with a reasonable level of base fitness would require a complete minimum of four months. If you have more time, gradually build yourself up to the mileage detailed in week 1. If you have less than 5 months, I recommend you count backward from the end of the training plan and jump in there. Good luck and run far!

4 MONTHS TO A 4-HOUR MARATHON,UPDATED pdf

2: Books similar to Four Months to a Four-hour Marathon,Updated

Description. Let 4 Months to a 4-Hour Marathon be your personal trainer. Whether you're a competitive veteran or a recreational beginner, this essential guide will tell you exactly what to eat, what to wear, what to expect, and how to train.

It may not mean much to an elite level marathoner but should , but to someone else it is just as impressive as any world beating time. I have been involved in competitive sport since I was a teenager and have had, through an enormous amount of non-stop work, been able to compete and hold my own against some of the best runners in the world. Our media and culture respect and admire people who do anything at the elite level. What runners who are looking to run at a specific pace for an extended period of time are not paying attention to is sustained pace training. I see guys who are running 5. My best marathon is 5. A 4 hour marathon means 9. You have to be able to train at 9. Running at a faster pace is demanding. These are all vital, important physiological adaptations that will occur from running easy. Wonder why at first your struggling just to run a mile and a few weeks down the road a mile is a joke to you? Your heart has adapted. Endurance must be built over time. It takes pacing Runners who want to hold 9. It is not just how many miles a week you are running needed to run a 4 hour marathon. Yes, of course, we discussed a few things above that prove this, but to run a marathon in a specific time we have to train in a specific way. The key for you to run at your lactate threshold or slightly above it. Your lactate threshold is the point at which lactic acid begins to build up in the blood stream. A few examples of workouts you can do after you have build a large base of mileage to accomplish this are as follows 20 mile run running the first 5 miles easy, next 5 miles at 20 seconds per mile slower than goal race pace 9. You are basically warming up with the first 5 miles and fatiguing , than asking yourself to gradually increase pace the further out you get into the run. You will have no rest in a marathon and to run 9. You are increasing your aerobic capacity by doing a workout like this. Aerobic capacity is the maximum amount of oxygen you can bring to your body during an exercise activity. You increase this ability and you will nail the 4 hour marathon. Have you ever wondered why runners who seem to run effortlessly run in that manner? They do so because they have trained their system in such a way where they have a greater percentage of muscle fibers recruited. They have also maximized their ability to transport more oxygen to their muscles. You will not be able to do this affectively unless you can make a plan to do more than just run easy miles. Easy miles will help you to finish a marathon. A systematic plan will provide you a way to attack a specific time such as 4 hours Pace training and recovery We clearly now know this. What you must also keep in mind is the importance of recovery in all of this. Specific marathon pace training is demanding. Your golden moment A rested body is ready for a golden performance. Furthermore, a tired body will give you the complete opposite. You have to gradually build into doing runs at a 9. It would not be wise to be running for two weeks into your training plan and begin doing runs at 9. Results will come from this, they will not come overnight. Stay motivated and grow in patience. Patience is difficult in this sport. It is, sometimes, the most difficult part of training for marathons. If you can see this as a long-term process and on a weekly basis train at this intensity you will have conquered the distance before you even toe the line.

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