

Dear Marathon Runner,

The second week is here, and hopefully the snow and ice is starting to get the message. If you ran well last week, that's fantastic, but if you didn't because of the weather, there's plenty of time to catch up, so once again, keep that enthusiasm simmering gently.

So how did you all do? Well, of 549 Fetchies who are listed for the race, 370 of you ran, with a median mileage of 21.65 miles (in case you hate maths, that means I put everyone's mileage in order, and chose the number in the middle). The median long run was 9.55 miles. 50% of us ran 3 times or fewer, 70% ran 4 times or fewer.

This week, I've been looking at long run pace. As the cornerstone of your marathon training, it's good to get it right. Just how fast should you be running your longest runs to give yourself the best chance of a good time on the day? I looked at the five longest runs of nearly 2000 runners (in their marathon build up), and found that the figures reveal an interesting story!

| | 3:00 | 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00 |
|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Race Pace | 6:52 | 7:27 | 8:01 | 8:35 | 9:10 | 9:44 | 10:18 | 10:53 | 11:27 |
| Long Run Pace | 7:35 | 7:58 | 8:26 | 8:49 | 9:05 | 9:31 | 9:55 | 10:09 | 10:31 |

So our 3:00 marathon runners will do their long runs around 9% slower than their marathon pace, whereas our 5:00 runners tend to do theirs around 9% faster. What does this tell us? Well... I think it says that if you're training for a marathon, and you want a superstar performance, take your time on your long runs. Dropping your pace by 30s per mile over a 20 miler only adds 10 mins to your running time, so relax, and you can put all that spare energy into making sure you get out there during the week.

And what of speed work? Is it time yet? Is it? Last week I said that if you're not used to doing it, let's just get through the week. Well, let's stick with that for one more week, although just have a thought, at the back of your mind, that you could maybe choose one of your weekly sessions to push just that little bit harder. If that thought starts creeping down to your legs, try whistling the theme from Changing Rooms until it passes. For now, just try to keep up your quantity of weekly sessions, and maybe increase your overall time on feet by 10-20 mins for the week.

I promised that I'd be getting the occasional bit of advice from seasoned Fetchies on various topics, and this week I spoke to eL Bee! about choosing the right shoes, and here's a summary of what he said, for those of you looking for guidelines. Firstly, get your running gait analysed by a COMPETENT person. This will usually produce a recommendation for a 'type' of shoe e.g. Motion Control, Neutral, etc, but bear in mind that although manufacturers produce shoes for each type, they each tackle gait issues in different ways, so some may be more suitable than others. There are also some things you can assess yourself when trying out shoes. Your feet are designed to flatten and splay when you run, to cope with the weight of landing, so a little spare width and length in your running shoes is recommended (most runners should wear a size or two bigger than their normal shoes). Shoes that are too small will traumatise toenails, cause blisters and can inflame the soft tissue between your metatarsals. Don't go for clown shoes though – sliding about in shoes that are too big can also result in blisters. The fit against the bottom of your foot is important too – the arch of your foot is designed to flatten on landing, so take care with shoes that feel rigid in that area. Remember that the best fitting shoes are the ones you don't notice you're wearing. If you'd like more in-depth advice, eL Bee! will be happy to chat to you, and can also flog you a nice pair of daps – drop him an email:

<http://www.fetcheveryone.com/userprofile.php?id=65>

If you're still enjoying the newsletter and the whole Fetch marathon experience, you could do some or all of the following:

1. Send this newsletter to friends and club mates, post it on your club forum (might give some of them a laugh if nothing else), and tell *EVERYONE* about it.
2. Add a prediction of your VLM time, even if it's just an estimate, and keep logging your training – I hope to squeeze plenty of motivational stats out for you.
3. Let me know if there's anything you'd like me to try to cover in future weeks.
4. Join our Fetchpoint groups as a runner (<http://www.fetcheveryone.com/groups-view.php?id=697>) or as a supporter (<http://www.fetcheveryone.com/groups-view.php?id=698>) – more information on Fetchpoint to follow in coming weeks.

Happy Running,

Ian Williams aka 'Fetch'
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