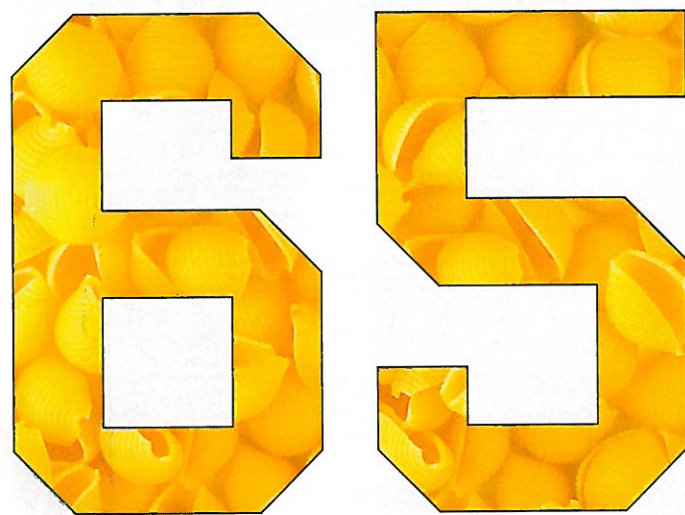


THE MIDWEEKER

Everyone knows the importance of a weekend long run, but a solid mid-weeker is just as vital, says top coach Joe Friel. Here are his training suggestions:

TIME BEFORE RACE	SESSION
16 WEEKS	At this time your mid-weeker should be about 70 per cent of the length of your long run, but still significantly longer than other sessions. Keep the pace easy.
10 WEEKS	The mid-weeker should have become a tempo run by now, having built up from 50 minutes to 90 minutes at close to race pace.
3 WEEKS	You should be entering taper mode by now. Gradually decrease the length and intensity of the mid-weeker to ensure you're ready to go on race day!



CAN YOU KENYAN? TIP 2

Marathon training requires plenty of carbs – in fact, carbohydrate should constitute a whopping 65 per cent of your diet. Professor Yannis Pitsiladis of the International Centre for East Africa Running Science found that the average Kenyan diet is about 65 to 70 per cent carbs, whereas the average Western diet is only about 48 per cent carbs.

5
TIMES
20

THE BIG FIVE

To be fully prepared for the 26.2-miler – and avoid crashing into the wall – you should do five training runs that add up to 100 miles. “One 20-mile run in training isn’t enough, unless you don’t mind suffering a lot in the latter stages. The Big Five is absolutely essential if you want to be able to run the whole distance without slowing,” says Serpentine Running Club coach Karen Hancock. “Do your Big Five back-to-back or on alternate weeks. But avoid this kind of long run within two weeks of race day.”

RW'S ALTERNATIVE SUNDAY LUNCH

Delicious it might be, but a roast dinner is not the ideal recovery meal for a Sunday morning long run. Instead, try our alternative Sunday lunch, as recommended by nutritionist Kim Pearson of Equilibria Health (www.equilibria-health.co.uk).

Grilled salmon fillet with lime zest and juice, with boiled new potatoes and spinach lightly cooked in olive oil and garlic.

Ingredient Salmon

Benefit Salmon is a class 1 protein; perfect after for repairing post-training muscle damage. It also provides omega-3 – a powerful anti-inflammatory.



Ingredient New potatoes

Benefit Provide carbs to replace muscle glycogen. Also a good source of vitamin C, which helps prevent the dip in immune function that may occur right after exercise.



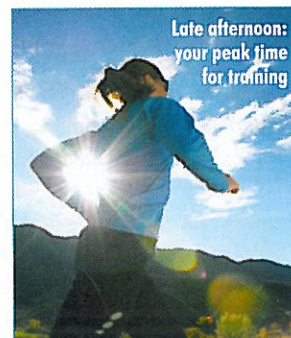
Ingredient Spinach

Benefit Spinach provides a range of trace minerals and B vitamins required for energy production. Add a pinch of sea salt to replace the sodium lost during training.



GET TIME ON YOUR SIDE

Bodily functions such as temperature and hormone levels obey circadian rhythms, so you're better doing certain things at certain times of the day, says James Waterhouse, professor of Biological Rhythms at John Moores University, Liverpool. **RW**



TIME	BODY SITUATION	SESSION
6:00am	Poor. Virtually all bodily functions – temperature, lung function and energy depletion – are at their worst at this hour. To top things off, exercising early will leave you more prone to injury.	Steady run to work, starting very slowly.
12:00pm	Average. Temperature and lung function are improved from the early morning but still not yet at their peak. However, for the male runners, testosterone does hit its maximum at around this point.	Strength and core stability work.
4:00pm	Excellent. Temperature peaks for running and lung function is about six per cent improved compared with early morning, according to a study at the Long Island Jewish Medical Center in New York.	Time-trial or speedwork.