

# MARATHONING 101: THE STRENGTH

By DON SIKORSKI  
*Special to the Bulletin*

Kevin Gallerani continues to see progress in his training for the 111<sup>th</sup> B.A.A. Boston Marathon on April 16<sup>th</sup>. He has also taken a big step in formalizing the process of racing in Boston. "I am officially entered now," Gallerani announced, committing himself financially to the \$95 entry fee required prior to the March 1<sup>st</sup> cutoff date. Now that Gallerani has that detail taken care of, he can concentrate on his training plan, and hoping for another snow-free month like we were blessed with in January.

In this week's installment of "Marathon Training 101", we'll look at how strength and the ability to run at a specific pace with little effort can improve marathon race performance. Our subject, Kevin Gallerani, is aiming to run somewhere near 3 hours and 20 minutes in this year's Boston Marathon. His long run on the weekend has now reached 16 miles with no trouble completing the distance. Gallerani now plans to add marathon-specific paced long runs to his regime once per month. This would consist of running 2 miles easy as a warm-up, then trying to go another 10-12 miles at marathon goal pace. He has slowed the pace of his other weekend long runs to around 8 minutes per mile. These long runs provide the foundation for any legitimate marathon training program.

Kevin has also continued to incorporate hill training and threshold-paced running into his training plan. Gallerani tackled the Thames Street hills in Groton on Tuesday, pushing the pace up 9-10 uphill grades ranging in distance from 200 to 400 meters. On Thursday, Gallerani ran a steady-state tempo run of 4 continuous miles at a pace of 7:05-7:10 per mile. His previous tempo work was 3 miles and a bit slower, so the workout showed progress. "I may have pushed it a little too hard," said Gallerani evaluating his Thursday effort. "I should have increased the length of the tempo run instead of the speed. I have to remember that I don't recover as fast as I used to (for the Saturday long run)."

As the temperature continues to drop and spring weather still a long way off, motivation often becomes a challenge. Gallerani credits Allison Dupont for maintaining his marathon training inspiration. "She (Allison) keeps me motivated," explains Gallerani. "She's my training partner. She's out there with me doing the hill workouts and the tempo runs".

Overall, Gallerani is pleased with his training to this point in his schedule. "I am very, very surprised how well my body is reacting to this (marathon training)," said Gallerani. Let's hope Kevin can continue to hold it together, stay healthy, and continue to follow his training plan as we approach race day.

**COACH'S CORNER FEEDBACK:** Don Sikorski and Chris Hansen have written "Coach's Corner", a running column that provides training recommendations to runners of all levels of ability. They will evaluate Kevin's training plan and progress and offer feedback of his marathon training progress over the 16 week period.

**DON:** "Kevin is now focusing on lowering his anaerobic threshold, which is a key factor in determining marathon racing success. By incorporating tempo running and marathon goal-paced runs into his schedule, he is teaching his body to run efficiently at a pace he will want to hold for 26.2 miles. He has also done a good job in slowing down the pace of his long runs in order to optimize the benefits of the workout."

**CHRIS:** "Kevin's schedule looks great on paper, but many Masters runners learn that although they can still do the same workouts as they used to do in their younger days, they now need two recovery days instead of one," says Hansen. "Kevin basically has three hard days in a five day stretch (including his long run). Instead of planning everything in a week, which is an artificial timeline, I would suggest he move to an 8 or 10 day cycle and ask if I need to take another easy day".

In the next column, we'll take a look at how Kevin is adapting to a steady diet of both mileage and race-pace specific training runs as he approaches the halfway mark of his training plan.

## MARATHON SUMMARY POINTS:

- Maintain a consist training plan
- Incorporate race pace training into the schedule
- Allow for adequate recovery

## Reebok Indoor Games

The 12<sup>th</sup> Annual Reebok Boston Indoor Games produced spectacular results, national and world records, and plenty of standout performances. Former Massachusetts resident Shalane Flanagan returned home to produce a new American record for 3,000 meters in her first indoor race since returning from foot surgery. Ethiopia's Meseret Defar led wire to wire for the win in 8:30.31, with Flanagan challenging until the final lap and holding on for 2<sup>nd</sup> in 8:33.25, well ahead of Regina Jacob's 8:39.14 former record mark. In the women's 5,000, Tirunesh Dibaba of Ethiopia shattered her own world best time by over 5 seconds, running 14:27.42. The men's races also posted some impressive performances. Australia's Craig Mottram obliterated the field in the final 1,000 meters and had enough energy to celebrate in the final lap (still running sub 55 seconds) to win in 7:39.24. And American hopeful Alan Webb hammered out an indoor personal best of 3:55.18 in a fearless, wire to wire victory.

**Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at [www.moheganstriders.org](http://www.moheganstriders.org). He can also be reached by e-mail at [kdcsikorski@sbcglobal.net](mailto:kdcsikorski@sbcglobal.net).**