

# MARATHONING 101: THE TAPERING

By DON SIKORSKI  
*Special to the Bulletin*

"I think I'm over-trained," was the conclusion that veteran marathon runner Kevin Gallerani arrived at while winding down towards the home stretch of his 16 week Boston Marathon training program. "I think I'm exhausted. Last week, I worked late a few nights and I'm losing a lot of sleep. The miles were there, but I'm just physically dead".

In this week's "Marathon Training 101" column, we again track the status of our test subject, Uncasville's Kevin Gallerani, and he prepares to compete in this year's B.A.A. Boston Marathon on Monday, April 16th, aiming for a time near the 3 hour and 20 minute mark. Kevin's emotional roller-coaster ride continues to hit highs and lows, fueled by strong training efforts yet staggered by a general sense of fatigue and a zombie-like state chalked up to a steady diet of high mileage, sleep deprivation, and the ongoing battle with Father Time. Gallerani's training statistics clearly demonstrate the signs of physical abuse on the body, evident by a calculated decision to cut short his weekend long run. "I was scheduled to run 16 miles last weekend and did 10 instead," recalls Gallerani. "I knew I wasn't able to do what I had to do going in (to the run)."

A further review of Gallerani's physical state shows that the forecast is far from hopeless. Kevin did test the competitive waters by jumping into a 5K road race in Somerville, MA last weekend. And despite cold temperatures and windy conditions, Gallerani posted a time of 19:42 and finished 3<sup>rd</sup> in his age group. His mile splits of 6:30-6:12-6:24 showed a well-paced effort, aided by an admittedly short warm-up and chilly conditions which kept the pace in check over the opening minutes. "It was cold (24 degrees) and windy," recalls Gallerani of that race effort. "I wanted to run faster, but I guess I'll take it."

Gallerani's priority at this stage of the game is to recharge his batteries and catch up on some much needed rest in an effort to be 100% on race day. "I'll run slow this week and try to get my strength back," says Gallerani. "I just want the rest. I know I have time to correct it. I'm really going to pack sleep in over the next couple of weeks. I guess I'm ready to roll."

**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.

**CHRIS:** Hansen is quick to point out the importance rest plays in the recovery process and the negative effects demonstrated by a lack of sleep. "Right now, he (Kevin) has got several things working against him," explains Hansen. "He's doing double damage. He's running hard workouts and he's not recovering." Hansen refers to Bill Rodgers well-known quote; "No one who works a 40 hour work week will ever beat me". Rodgers reference was made during a time frame where he logged up to 140 miles or more in a week and was considered amongst the best marathon runners in the world. Rest was essential, and a busy work week would deprive the athlete of the same benefit Rodgers was entitled to as a professional runner. Hansen recommends that Gallerani reduce his training volume and get some much needed rest in order to avoid the effects of over-training.

**DON:** "Kevin's soap opera continues. He's showing some true signs of fatigue, not uncommon based on his training volume combined with a lack of quality rest. If it were January or February, I would not be concerned. However, at this stage of the game, Kevin is doing the right thing by making a conscious effort to get more rest and reduce his mileage."

In the next column, we'll hope to find Kevin Gallerani rested and ready during his final preparations for race day.

**"No one who works a 40 hour week will ever beat me" – 4 Time Boston Marathon champion Bill Rodgers, during his prime running years, on the importance of being able to train at high volume and get the much needed rest to compete at a world class level.**

## MARATHON SUMMARY POINTS:

- Reduce training volume as race day approaches
- Get plenty of rest
- Listen to your body

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