

# **Regional Coaching Conference**

**Endurance: 5k-Marathon  
The Fundamentals of Training**



**2003: World Junior XC Champion**  
**2003: World 5,000m Champion**  
**2012: switch to roads**  
**2012: 59:25 debut half**  
**2014: Wins Chicago Marathon**  
**2018: Breaks Marathon WR**


**It takes years to become an overnight success!**

# Marathon makes you slow?



Event	Time	Date
1500m	4.05.37	01/07/01
5000m	14.29.11	20/06/04
10,000m	30.01.09	06/08/02
Half	1.05.40	21/09/03
Marathon	2.15.25	13/04/03



A large crowd of runners is captured in motion on a red running track. The runners are wearing various colored athletic gear, including blue, green, yellow, and white singlets and shorts. Many have race bibs pinned to their chests. The background is filled with a dense crowd of spectators, mostly men, watching the race. The scene is set outdoors under bright daylight.

*'408 runners under 70 minutes'*

### Ageo City Half Marathon

10th place: 1:03:53

25th place: 1:04:20

50th place: 1:04:45

100th place: 1:05:28

200th place: 1:06:43

300th place: 1:08:09

400th place: 1:09:48

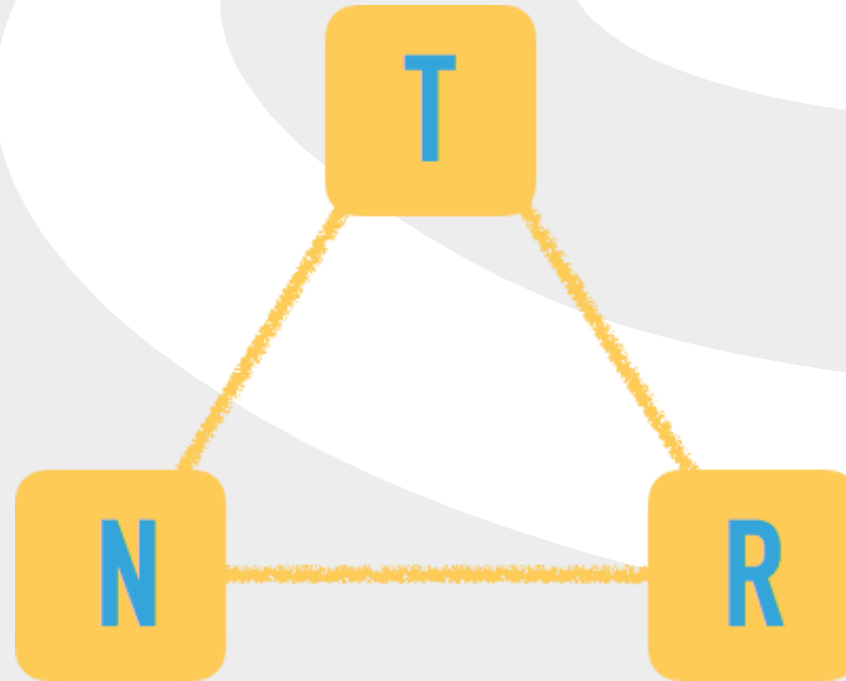
500th place: 1:12:59

**JAPANESE ATHLETES**

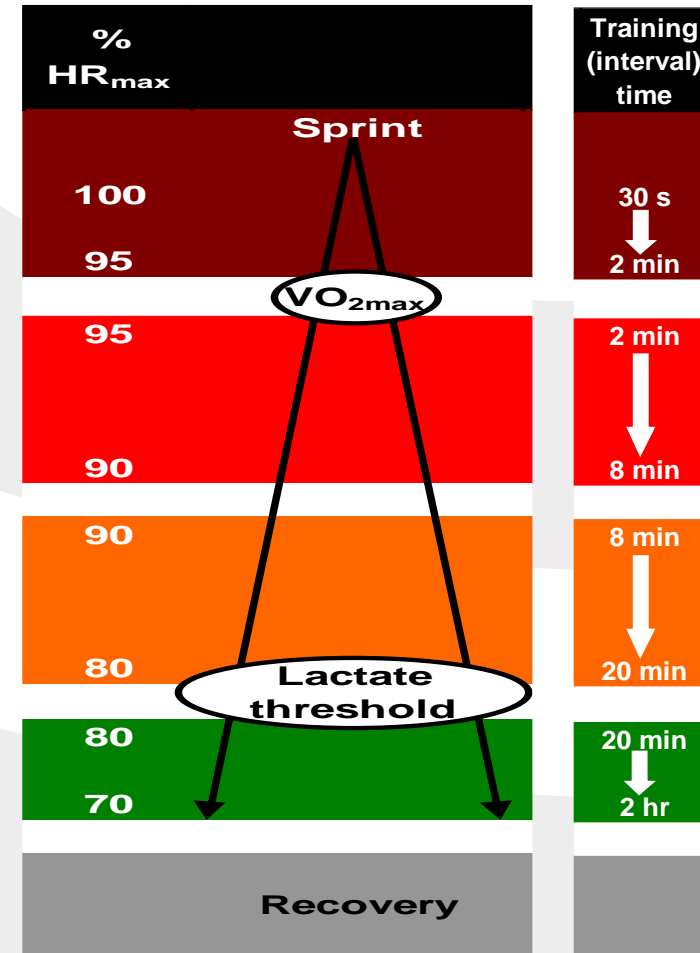
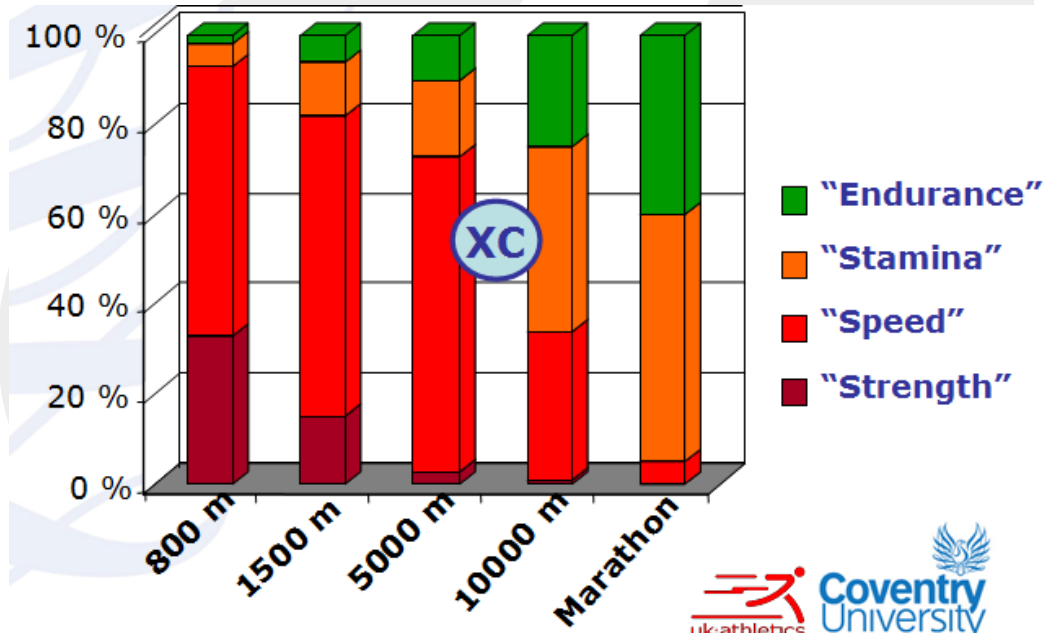


What does it take?

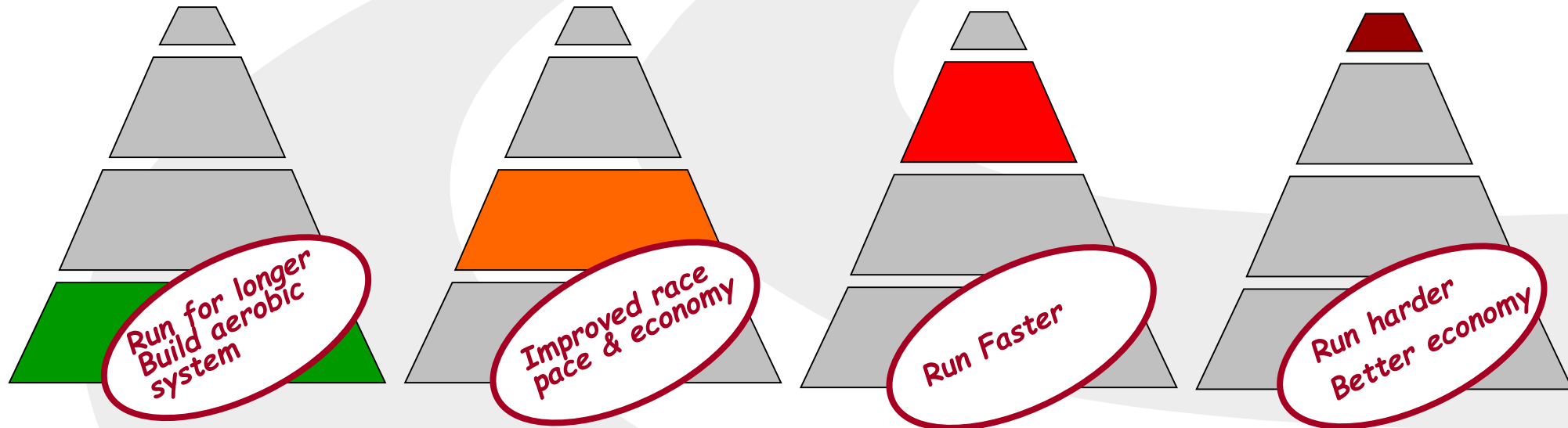
# What does it take? Balance



# What does it take? Energetics



# What does it take? Energetics



## Endurance, easy and long runs

- ST fibres
- Fuel supply/use/storage
- Temperature control
- Technique

## Stamina & work between aerobic & anaerobic threshold

- ST & FT Ila fibres
- Heart size/volume
- Fuel use (less lactate)

## Engine building & vo2 focused work

- ST & FT fibres
- Neural recruitment
- Buffer blood
- Fuel use

## Power, Speed endurance, speed work and a-lactate training

- ST & FT fibres
- Greater neural recruitment
- Greater blood buffering
- Tolerate stress of acidosis



## **What does it take? Mechanics**

- **Running isn't only about energy systems**
- **Technique and mechanical speed and efficiency is also key**
- **Consider the different technique required 5k vs marathon**

## What does it take? Power & Strength Endurance

- Hurdle & SAQ drills
- Speed Ladders
- Improve Biomechanics
- Core and postural strength
- Glutes and single leg strength

