

Training Tips

Check out the following training tips from the LA Marathon Kick-Off event training sessions, compiled by SOSMentor ShapeUp team member Dr. Sumi Kawaratani.

Injury prevention

- Stretch before and after running!
- Being sore the first day is okay. Having persistent pain for 2 or more days within a 1 week period = injury. Must stop / evaluate / change your training in some way. Continuing to run with an injury for 6 weeks means 12 week recuperation with rest to recover. So do not delay in getting injuries evaluated ASAP. Keep ice pack handy to apply to all sore areas each day.
- Exercises to strengthen thigh adductors and abductors (muscles to pull legs together and pull legs apart) are key to improving running mechanics.

Nutrition and Hydration

- Continue to hydrate throughout the run!
- Electrolyte solutions without a lot of sugar are best.
- The benefits of loading up on carbohydrates are up for debate and are no longer in vogue.

Shoes

- Women need to make sure and get running shoes that are at least 1/2 - 1 shoe size larger than their regular daily shoe size or run the risk of black toenails due to trauma especially as miles go beyond 5-6 per day. If the shoe feels like it will slip off at that size, get a narrower width.
- Go to a shoe store that specializes in runners. Their owners are likely runners themselves and can better address your running needs and foot impact.
- Do NOT buy from someone who tries to force you to buy a particular shoe. Only your feet can make the final decision regarding what is best for you.
- Shoes will likely last about 400 - 450 miles before needing to be replaced. So calculating usual marathon training mileage, will likely need 2 pairs total.
- DO NOT replace the shoes right before the actual race day. Allow at least 3 - 4 weeks for your feet to get used to the new shoes.
- Also if you have a less common shoe size, even specialty shops will need lead time to obtain your shoe size for you so allow for that time frame as well.
- Do NOT wear cotton socks! They do not wick away the sweat from your feet. Purchase special wick fabric socks to wear.
- Your feet have the most sweat glands per square inch relative to the rest of your body!

First Timers

- Follow the training schedule as closely as possible.—If training is missed, pace leaders will often have you drop down 2 pace groups.
- Each training day builds on the previous days and weeks of training.
- If the training calendar does not call for running DO NOT RUN. Overtraining can cause injuries.
- Strength training = light weights for arms as well as legs.
- Aerobic minutes = running at less than marathon pace.
- Pace needs to be comfortable NOT anaerobic. (An anaerobic pace cannot be maintained more than 10 minutes.)