


Pearson Physical Therapy Newsletter

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Performance Training

How to Train For Your First Marathon

Be aware of your limits. The marathon distance puts you at a significantly higher risk for injury than your daily neighborhood jogs. One of the most common causes of injury is building weekly mileage too soon, too fast so don't underestimate the importance of consistently running at least 20-30 miles a week regularly before committing to training for a marathon.

Choosing a First Marathon

Choosing one close to home may offer a "home field advantage" with the opportunity to run on familiar roads; on the other hand, choosing a "destination" race can really stoke your motivation fire in the months leading up to race day.

The 4 Building Blocks of Marathon Training

The primary elements of marathon training are base mileage, long runs, speedwork (if desired) and rest.

1. Base Mileage

Most marathon training plans range from 12 to 20 weeks. During this time, you will gradually build your running economy and endurance, while incorporating ample recovery time for your body to handle the new training load.

2. The Long Run

Your next step is to build up to a weekly long run. This should be done once every 7-10 days, extending the long run by a mile or two each week. Every 3 weeks, scale it back by a few miles so as not to overtax your body and risk injury. For example, you might run 12 miles one weekend, 13 miles the next, then 14 miles, and then 12 again before moving on to 15 on the fifth weekend.

3. Speedwork

Speedwork is an optional element to incorporate into your training program, as your only goal for a first marathon should be to finish. If you've never covered 26.2 miles on foot before, the distance alone will provide sufficient challenge.

4. Rest and Recovery

The final part of any smart marathon training plan is rest. Don't underestimate the importance of this element. Most runners are happier and less injury-prone with a few rest days built in to each week. Rest days mean no running. They let your muscles recover from taxing workouts and help prevent mental burnout. The greatest enemy of any aspiring marathoners is injury, and the best protection against injury is rest.



Plan to attend one of our Stride Clinics- The next one will be held in January. Watch your email for more information!

*Sign Up for the Lincoln Marathon that will take place May 3, 2015
Registration begins Jan. 3 at 3 a.m. Go to <http://lincolnmарathon.org>*

ARE YOU TIRED OF COMING IN SECOND?

Take Your Game to the Next Level

PEARSON PHYSICAL THERAPY is now offering **SPORTS PERFORMANCE TRAINING**



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**Call Andrew Mason, A Physical Therapist and Sports Enhancement Trainer
at 308-872-5800 or go to www.pearsonpt.com for more information**