



# HALF MARATHON THE PREPARATION GUIDE

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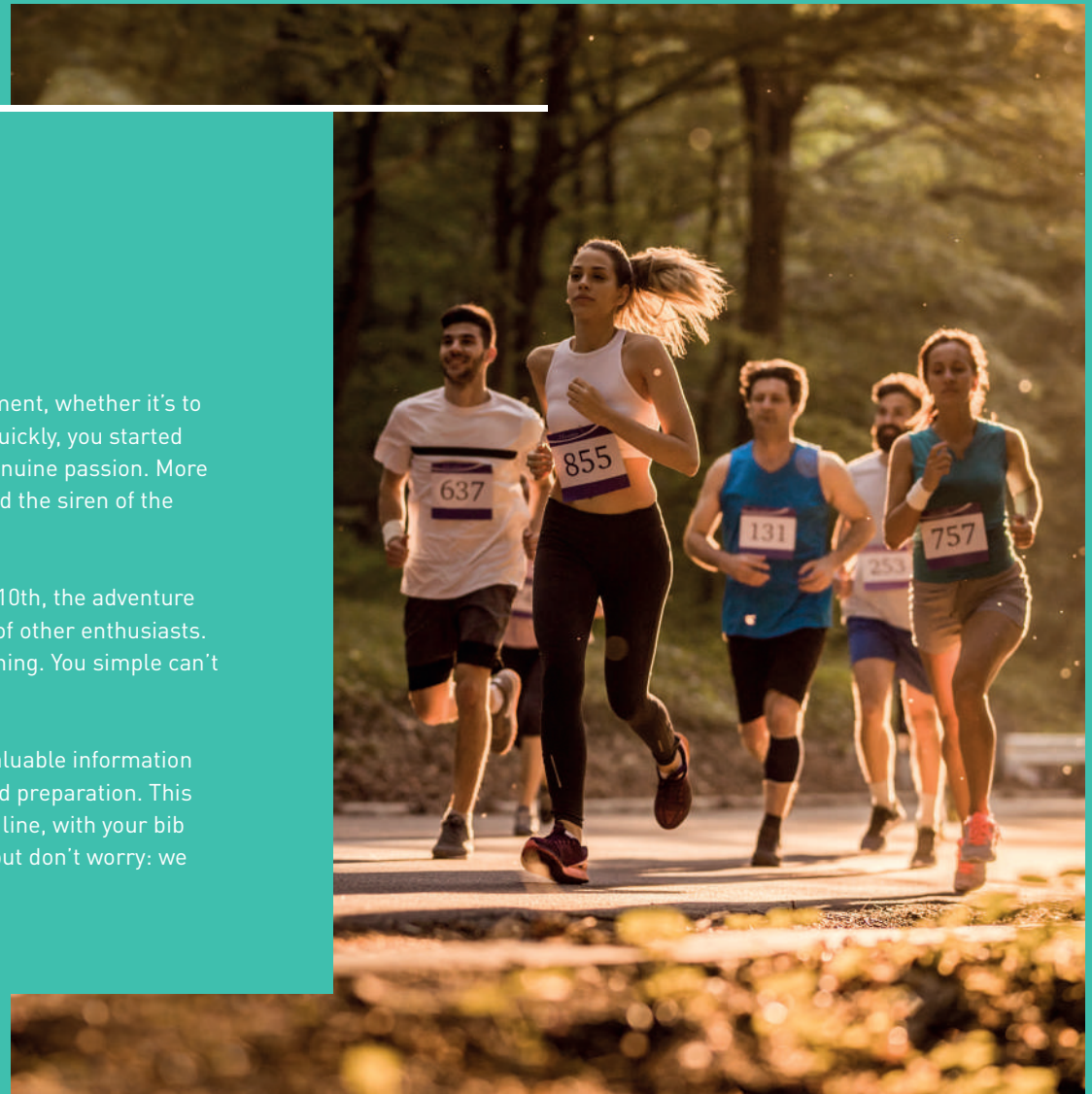
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# THE HALF MARATHON ADVENTURE

It all started with a desire to run. Put on your sneakers and hit the pavement, whether it's to spend lots of energy or to keep fit through a sporting activity. But, very quickly, you started enjoying it, and running became more than just a distraction: it was a genuine passion. More kilometres, new routes, new challenges... Your desires have changed and the siren of the competition has made its call heard.

Your objective? Running a half marathon. Whether it's your first or your 10th, the adventure remains the same: 21,097 kilometres to cover surrounded by hundreds of other enthusiasts. But beyond the sporting prowess, running a half marathon requires training. You simple can't start without a complete and precise preparation.

In this guide, whether you are a beginner or experienced, you will find valuable information on how to organise your training, from general preparation to specialised preparation. This phase is essential so that you can calmly take your place on the starting line, with your bib and above all the desire to surpass yourself! A major effort awaits you, but don't worry: we are here to support you.





# THE PRE-TRAINING CHECKLIST

## MEDICAL CHECK-UP

Before finalising your training plan, consult your general practitioner. He/she is the only one who can declare you fit to take up the challenge. You'll need a medical certificate for competitive running if you want to be assigned a bib number. This is your chance to check that you have no deficiencies or health problems.

## ORTHOPAEDIC INSOLES

Prescribed as a preventive measure or to relieve pain, orthopaedic insoles are part of the daily routine of many runners. Their mission: to rebalance the movement in order to restore the natural movement. Check with your podiatrist to see if you really need it. Once you get used to it, you rarely go back!

## A HEALTHY LIFESTYLE

Sleep well, eat well, get organised, avoid stress... It is the basis for a healthy lifestyle, but also the lifeline for an effective half marathon runner. So, find your bearings and, above all, be regular: a well-rounded schedule means less frustration that would distract you in the middle of an effort.

## "SLOW AND STEADY WINS THE RACE"

Training is good. Taking a break is even better. Preparing for the half marathon requires a particularly high level of effort on the part of the body, which therefore needs rest to remain effective. 20-minute naps and good nights' sleep will quickly become your greatest allies in moving forward. Don't wait until you're on your kneecaps to ease up!

## A COLD SNAP

Top athletes regularly practice cryotherapy (involving the use of freezing or near-freezing temperatures) to recover more quickly. At home, a cold water spray in the shower or a foot bath with ice cubes is enough to relieve sore feet, ankles and shins.



# THE HALF MARATHON RUNNER'S FULL ARSENAL



## \_TRAINERS

The crux of every race! The choice of running shoes is very important: you have to find the right fit by trying different models while training. Comfort should be a primary criterion. On D-Day, it'll be too late to try on new shoes!



## \_SOCKS

Moulded to your foot, the sock must not be smooth and must adequately hold the foot and ankle. Suitable socks = no blisters!



## \_THE BIB

The only proof of your registration for the race. To be retrieved on time before the start, and worn during the race.



## \_THE OUTFIT

It must be comfortable and adapted to your appearance. Synthetic textiles are recommended: cotton is not suitable when drenched in sweat!



## \_MUSIC

To each their own, but many set up a playlist of supercharged music for marathon training. A good way to get a boost!



## \_ANTI-FRICTION CREAM

Before departure, apply generously to the armpits – or even the crotch – to avoid irritation.



## \_PLASTERS

This is a man's trick to not finish the race with sore nipples! Small plasters protect them from friction with the t-shirt.

## THE HALF MARATHON RUNNER'S FULL ARSENAL

# THE RIGHT DIET

**You are what you eat! A balanced diet that perfectly matches your needs is essential to run fast and far. Focus on the basics to be efficient.**

## THE BASIS: FRESH FRUIT & VEG



Fill up on fibre and vitamins with seasonal fruits and vegetables – they'll serve as real energy boosters. The right ratio? Eat twice as much vegetables as fruit, so as not to overwhelm the quota of fast-acting sugar. And remember: potatoes are not vegetables, but starchy food!

## ENERGY



The second half of the plate is divided into two parts of equal importance.

- **Carbohydrates:** these slow sugars provide most of the glycogen stored in the muscles. Prefer wholemeal foods (bread, rice, pasta), which are richer in fibre. Eat carbohydrates with every meal, and not just the day before long outings – this way, you'll maintain a balanced diet.

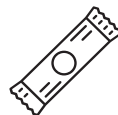


- **Proteins:** no distinction between animal and vegetable proteins. However, don't overdo your red meat intake and avoids cold cuts as they are more difficult to digest.

Favour olive and rapeseed oils for cooking or seasoning. Limit butter and say no to saturated fats. Drink water, tea and coffee, limit yourself to a small glass of fruit juice and one or two glasses of milk per day. Finally, when it comes to alcohol, moderation is advised.

## BEFORE THE MARATHON

A healthy lifestyle is essential to run a marathon, and nutrition is a key point. The ideal, of course, is to have an adapted diet all year round, but since it's not always easy, think about your habits when preparing for the marathon. Don't forget to eat fruits, vegetables, starches and proteins to enjoy this good energy. The aim is to fill up with glycogen. And above all, avoid foods that are too fatty: they will impact your digestion... As well as your performance.



During your long outings, determine the type of fuel you need: dried fruit, energy gels... Just to get everything you need for D-Day.

## GLYCOGEN, WHAT IS IT?

Simply the "fuel of effort", the one that will give you energy to last the race. If you don't have enough, you'll see your performance drop at full speed. Hence the importance of not skipping supplies during the race!

# SHARPEN YOUR PREPARATION!

To help you rebalance your diet, here is a chart to guide you during your preparation. The concept is simple: try to tick all the boxes while training! To start, check all the statements that match your current habits. By setting yourself 4 to 5 new goals per month, you should approach 100% by the time you reach your goal!

## HYDRATION



Drink at least 1.5 litres of water per day + 500 ml per workout hour.

Do not consume any sweet drinks (sodas, hot sweet drinks from vending machines, fruit juices, syrup).

Do not consume alcohol.

Limit sparkling water which contains salt (except after a session of more than 1 hour and 1/2).

## CEREAL PRODUCTS



Consume mainly whole grain products: pasta, rice, bulgur, wheat, wholemeal bread, sourdough, country bread.

In the evening, consume half as much cereal products unless you are on the eve of a long outing of more than 1 hour and a half.

The plate always contains more vegetables than it does starchy foods.

Do not combine bread and starches on the same meal. Always keep a grain product, real fuel.

Even at breakfast, avoid foods such as rusks and cookies that do not stall in the long term.

Choose muesli with no added sugar (with nuts and dried fruit integrated, or chocolate chips) over sweetened or processed cereals.

## DAILY HABITS



NEVER skip the 3 main meals.

In you need a snack, consume the fruit or dairy product that was initially planned for the next meal.

The meal lasts at least 20 minutes: the time necessary for satiety. Include a starter (e.g.: soup).

## BALANCED MEALS



To preserve your muscles, consume a source of protein at each meal: meat, low-fat sausages, fish, eggs, shellfish, legumes (lentils, kidney beans, beans), quinoa, tofu...

Eat raw vegetables and fruits to ensure your intake of vitamins and antioxidants.

Add a raw vegetables starter if the main course does not contain vegetables.

Consume a plain dairy product (1/2 skimmed or soya) per meal (i.e. three times a day). Ideally, postpone it as a snack after exercise.

At most once every two days, consume a portion of cheese (mozzarella, swiss cheese, feta, camembert) instead of the dairy product.

Eat a portion of fresh fruit per meal (i.e. three times a day).

Replace the fresh cream, butter and frying of main meals with one tablespoon of oil (rapeseed or olive oil).

# WATER, WATER AND MORE WATER

## DAILY

On average, every day, we consume between one and one and a half litres of water. This is the bare minimum to be healthy. A tip: always have a bottle of water within hand's reach in the office during the day!

## DURING WORKOUT

To workout is to sweat, and therefore to eliminate at full speed the water present in our bodies. Hence the obligation to drink regularly: if you're thirsty, it's because you're already dehydrated. The ideal is to drink a few small sips regularly rather than a large drink every hour. The right calculation? Count 500 ml per hour of sports activity. A good reason to stop at each refuelling.

## AFTER THE EFFORT

The body continues to lose water, even once the effort is over. That's why you need to keep drinking regularly, even at rest.



## HYDRATION IN WINTER

If the summer, heat tends to remind athletes of the importance of hydration. This point can be forgotten when temperatures are cooler. However, it is as important to drink in cold weather as it is in high temperatures: even in winter, your body becomes dehydrated during exercise. It is the open door to the worst performances.... But also to the risk of injury. So, whether it's summer or winter, there's no way you're going to run without being properly hydrated.

Drink regularly, in small sips, and don't wait for the sensation of thirst to come in. Be careful, To avoid gastric problems, make sure your water is not too cold. Investing in a thermos flask that will prevent the liquid from freezing may be a good idea.



# GOAL#1: EVALUATE YOUR PACE

The priority? Getting to know yourself, and it's not that easy. However, it is only by knowing your potential and your improvement potentials that you can design an effective training programme.

## BEGINNER: WILL YOU LAST THE COURSE?

The best way to break the myth of the half marathon?  
To have only one set goal: the completion of the test!

- **Get to know yourself and appreciate your potential.** As you train, your basic pace, stamina and stride will improve to get you to the finish line.
- **Stay humble.** Running a half marathon requires a minimum amount of experience to avoid injuries. There's no need to start from the top: stay in a comfortable pace, and don't think -about the time to enjoy this first try. Stick to your training plan and don't add to it.

## THE FUNDEMENTAL STANCE

Well known to athletes, endurance training is the pace that allows you to run comfortably while being able to talk with other runners when training. If you are too short of breath to be able to say a word, the effort is likely too intense, which means you're surpassing your basic stance.

Knowing your pace is the starting point of your training.



## CONFIRMED: TAKE MEASURED RISKS

Some tips to avoid failures when it comes to chronometric performance:

- **Beating your time dramatically is rare on a half marathon.** An improvement of a few seconds may not seem impressive, but it will be a sign of real progress.
- **The ideal landmark? Your best time.** Start from your personal best over 21,097 km and estimate – while remaining humble and realistic! – your progress margin in order to be able to adapt your training.

Don't forget the pace leaders! It is often better to rely on them than to board alone.

## GOAL#2: DEVELOP YOUR ENDURANCE

**Running 21,097 kilometres is not something you can improvise. You will need endurance to move from the start line to the finish line. But don't worry: you have to work on it!**

### PERSEVERANCE AND DISCIPLINE

Before your half marathon, prepare a complete training plan to make sure you are ready to start running. Be regular in your efforts: there is no question of skipping a session out of sheer laziness. The ideal way not to get discouraged? Spread out your training throughout the week and progress in stages. And above all, follow your programme scrupulously.

### SPEED AND ENDURANCE

Endurance is built on a modest tempo. This means that it is better to start slowly than to go too fast and exhaust yourself after a few hundred meters. With experience, you will find the speed at which running feels natural and comfortable. Getting faster will then come with time.

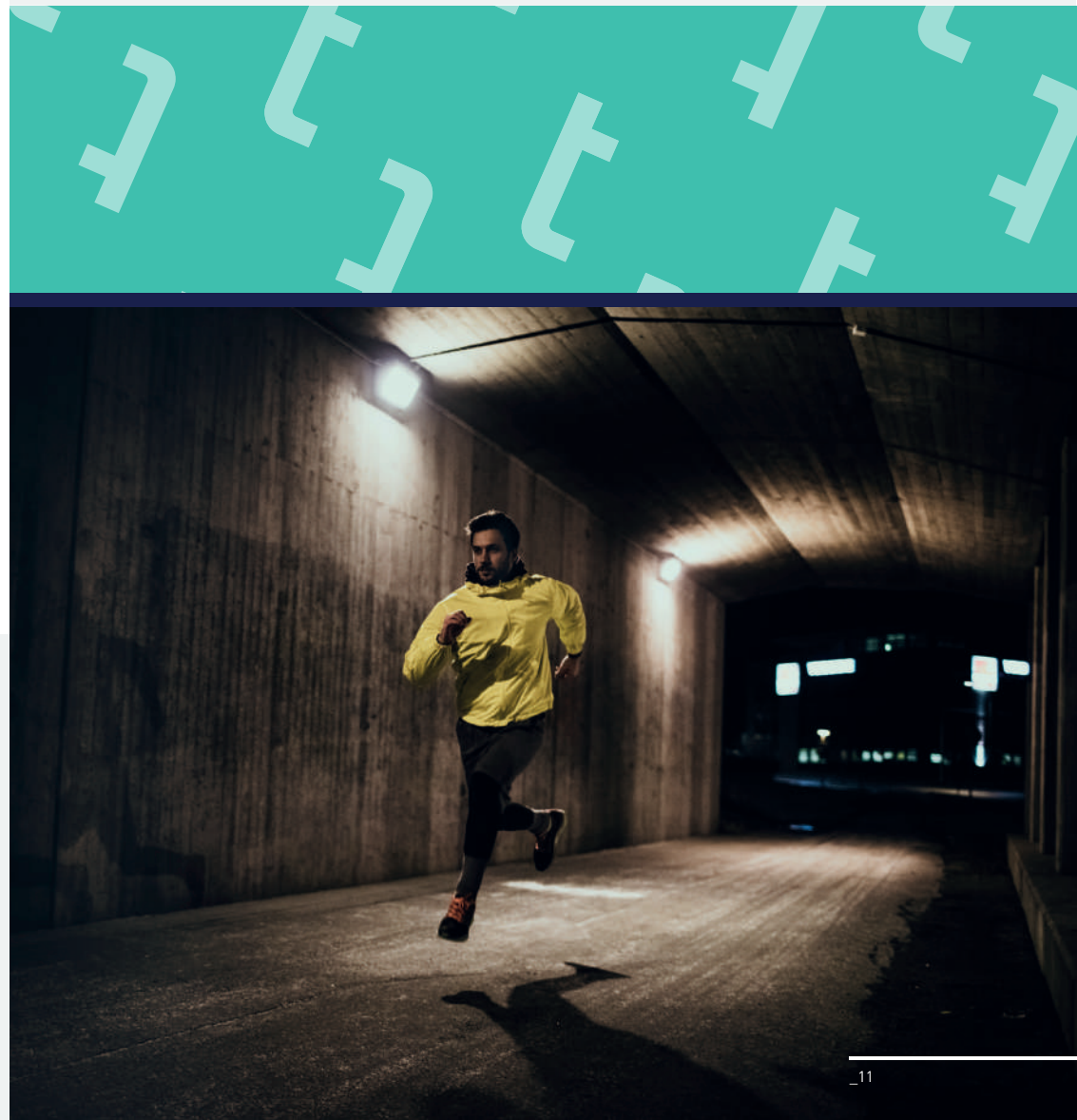
All training plans can be found on the **time to** website



# THE 4 KEYS TO SUCCESS

- **Rigour and no risk:** running at least twice a week for eight to twelve weeks is the guarantee of a successful competition.
- **A suitable training plan:** choose your training plan according to your starting level without too much ambition towards a chronometric objective. If it is too difficult to follow, change it!
- **A respected plan:** avoid modifying it and respect recovery breaks. Don't stack the kilometres on weekends: the work is done over the whole week.
- **Recovery and healthy living:** the hard work you will put your body to the test.  
Rest, sleep, nutrition, recovery phases... So many steps to take seriously and integrate into your planning!

All training plans can be found  
on the **time to** website





# THE DIFFERENT TYPES OF TRAINING

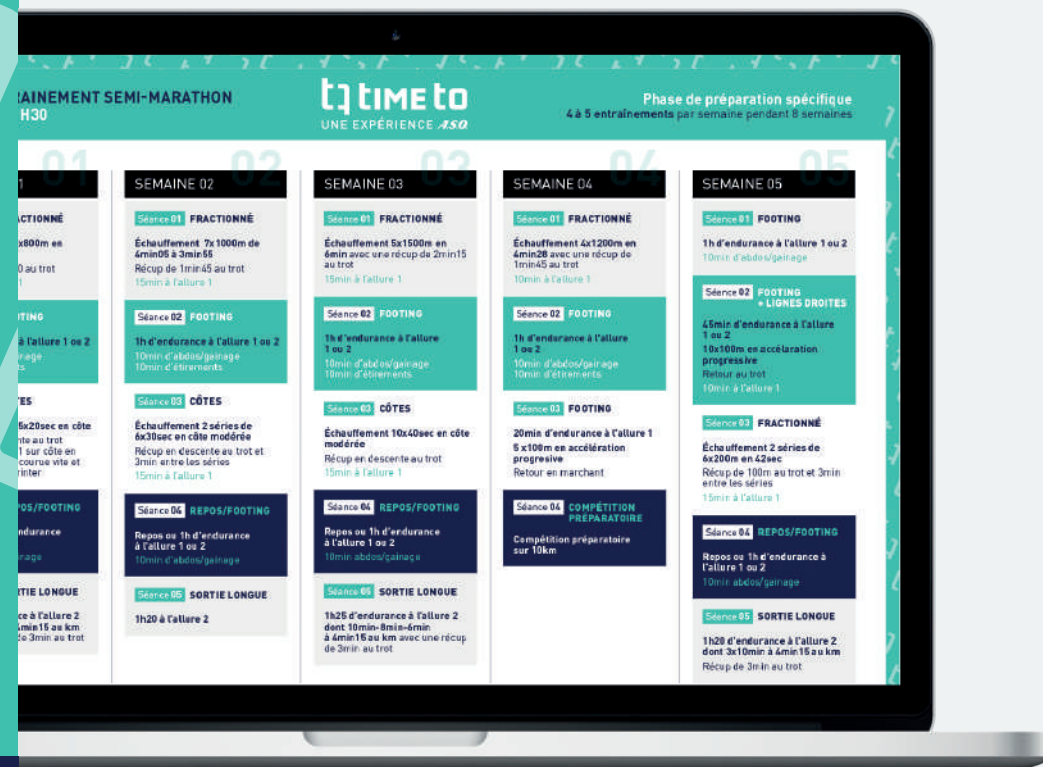
Training for a half marathon is not just about running, running and running again. There are several types of training that aim to increase your endurance – both to last the distance and improve your speed. Avoid injuries, learn how to handle pump strokes or extra effort on the way. And that doesn't always involve running!

Don't worry, it's not that complicated, especially now that we're here to help. In order to help beginners and advanced runners alike, we have worked with professionals to design training that is adapted to the different objectives. This support will accompany you during the **8 weeks of preparation** preceding D-day.

## FIRST STEP?

Set your goal: how much time do you want to spend running the 21.097 km of this marathon? The program will not be the same if you choose to do it in 1 hour and 30 minutes, 1 hour and 45 minutes, 2 hours and 10 minutes or even more. All you have to do is follow the daily schedule. Warm-ups, training sessions, days of rest: everything is indicated down to the last detail.

All training plans can be found on the **time to** website





# THE LONG RUN

## THE ESSENTIALS

### WHAT IS A LONG RUN?

Long runs are an essential part of a half marathon preparation. They allow you to get used to long distances before tackling the 21.097 km of a half marathon. The idea is to go gradually. Do you usually run 5 kilometres? Gradually increase the distance, move step by step, and above all: go at your own pace. Little by little, you will find the perfect rhythm for you.

Be careful not to be too greedy by running 15km if you have never exceeded 5....

All training plans can be found on the **time to** website

## THE SECRETS OF A SUCCESSFUL LONG RUN

### The key word to remember: PROGRESSIVENESS!

The idea is to increase the distance and duration a little bit each week. It's up to you to choose the right pace, but generally, experts recommend increasing by 10 to 15 minutes each week until you reach an average duration of 1h30mins to 1h45mins (respecting the adapted training plan). Beyond that, recovery may be too important, as well as the risk of injury.

**CAUTION:** one week before the marathon, don't push it: the ideal long run is 1 hour and 30 minutes, so as not to consume all your energy before the big day.

### Example of progressive training

When the goal is to run a half marathon in 2h (5'41/km):

- Week 1: 1h15mins at a fixed speed, including 30 minutes at 5'40/km
- Week 2: 1h20mins at a fixed speed, including 35 minutes at 5'40/km
- Week 3: 1h25 hours at a fixed speed, including 45 minutes at 5'40/km to 6'00/km
- Etc



## SOME TIPS

- Unity is strength: running in pairs, even in groups, will ensure shared motivation and will prevent you from finding excuses to skip training.
- Running at least 2 to 3 times a week is necessary to put yourself in the best physical condition to run a half marathon.
- Adapt your diet for an effort that sometimes exceeds 1h30mins: dinner rich in slow sugars the day before and a balanced snack at the end of the long run.
- Change your running path regularly so you don't let routine get in the way.
- Dress according to the weather: this is your chance to test your outfit for D-Day.
- Use energy products to get your body used to this feeding technique.
- Be patient and progressive: increase your distance in steps.
- Write down your results every week to evaluate your progress!

# SPLIT INTERVAL TRAINING

## THE ESSENTIALS

### WHAT IS SPLIT TRAINING?

Split training allows you to progress both in terms of cardiovascular health and running technique. Quick sessions improve the quality of support and sheathing. Different types of split sessions exist with more or less long effort repetitions, at different intensities. Recovery times between each effort also vary according to the sessions, but are always done actively (jogging). The split practice is THE ultimate method to succeed in optimising your cross-country running potential. With one goal in mind: to run faster and longer!

Tous les plans d'entraînement sont à retrouver sur **time to**

### 3 examples of split training

#### • The 30/30 :

12 x 30 seconds of fast running, alternated with 30 seconds of slow running. The effort is short, intense, but it's not a sprint: you have to make sure you cover the same distance every time..

#### • The specialised session (or long split session):

6 to 8 x 1000m with 2 minutes break between each effort.

The 1000 meters are ran following the pace of your 5km, 10km or half marathon record. This type of long split training is meant to boost your endurance index!

#### •The hill session:

12 x 20 seconds of fast climbing alternating with a recovery break by reaching the start line. Do not choose a slope that is too steep and ensure regularity with each effort. This kind of work will help improve your muscle power.

## THE FARTLEK

There's also a less strict and more natural version of split training: the Fartlek. It's a Swedish word meaning "speed game". This outdoor running exercise focuses on speed and strength by varying distances and gaits and running based on your feelings.



### SOME TIPS

- Train on an athletics track or on a calibrated course to be able to calibrate your gaits during your split sessions.
- Always remember to warm up before your session to avoid injuries. Increasing the temperature of your muscles will also make them more effective.
- Regularly check your passage times during the effort phases, to work in the right intensities.
- After each split session, take the time to run slowly for about ten minutes to cool down.

# GENERAL PHYSICAL PREPARATION (PPG)

## THE ESSENTIALS

### WHAT IS GENERAL PHYSICAL PREPARATION (PPG)?

GPP helps you strengthen your muscles and become more effective during exercise. This physical preparation can also help you avoid some injuries. While splits improve the performance of your engine, the GPP is there to take care of your body!

It can consist of several simple exercises that do not necessarily require equipment. They are for everyone, regardless of your age or level!

### THE SECRETS OF A SUCCESSFUL PPG

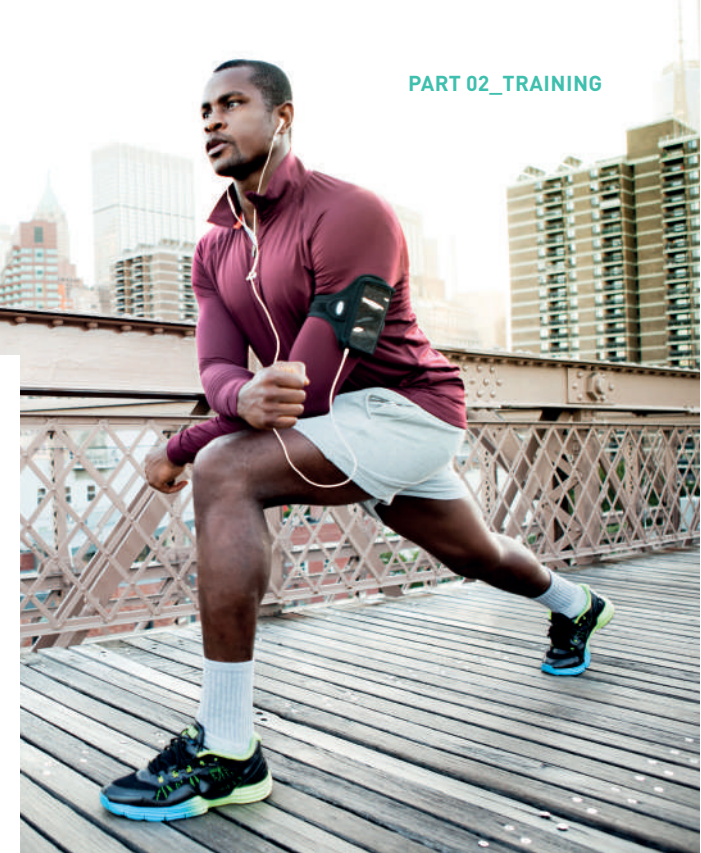
GPP is done long before the competition. Exercises are an excellent way to start marathon preparation to boost muscle strength. They must then be replaced by lighter exercises to avoid injuries just before the race. It's up to you to choose the exercises that suit you for your ideal circuit.

#### Typical exercises

- 3 x 10 squats on site, followed by 30 seconds of recovery on site in light trot.
- Place yourself in the "chair" position with your back to the wall and hold the position for 30 seconds.
- A simple sheathing: 30 seconds of holding in the board position and then 30 seconds on each side.

You can also work in a circuit by repeating the exercises several times!

All training plans can be found on the **time to** website



### SOME TIPS

- No need to invest in a lot of equipment: most GPP exercises can be done with simple accessories (chair, wall, floor mat...).
- Warming up and stretching are important: since GPP is made up of exercises for very dynamic people, it can cause aches and pains that will increase your recovery time.



# SPECIALISED PHYSICAL PREPAREDNESS

## THE ESSENTIALS

### WHAT IS SPECIALISED PHYSICAL PREPAREDNESS (SPP)?

The preparation of a half marathon must include specialised physical preparation exercises. This exercise is part of a running session. This is specific weight training for running. In the sports world, we call it PPS. The objective of these exercises? Improve your sporting skills during the race to make your stride more effective.

There are many possible exercises: knee climbs, buttock heels, jumping strides, front splits, rib strength training, stairs, accelerations... And each has its own benefits for a complete training.

#### 3 examples of SPPs

- On the track, 50m of knee climbs / 50m of jogging / 50m of big strides / 50m of jogging / 50m of buttock heels / 50m of jogging...
- Go up the stairs on a large staircase. On knee climbs, with hooves, with joined feet, as fast as you can....
- Work on the turns with more or less tight plots to practice getting back into the game.

### QUELQUES CONSEILS

- Don't neglect the warm-up. As with the split, the SPP can be intense. It would be a shame to hurt you.
- Uses street furniture: stairs, obstacle courses in public parks, etc.
- Investing in hoops and blocks to mark your route can be a good idea.
- Favour quality over quantity. The session does not need to last for hours, as long as the movement is done correctly.
- Don't forget to alternate work and recovery periods.





# SPP: HILL TRAINING

## THE ESSENTIALS

### WHAT IS HILL TRAINING?

Running uphill is not a pleasure, but it is also one of the most effective ways to improve yourself while limiting the risk of injury. Just like the split, hill climbing improves your running technique and basic speed. It also boosts your aerobic qualities (= cardiorespiratory qualities) and muscle power.

### THE SECRETS OF SUCCESSFUL HILL TRAINING

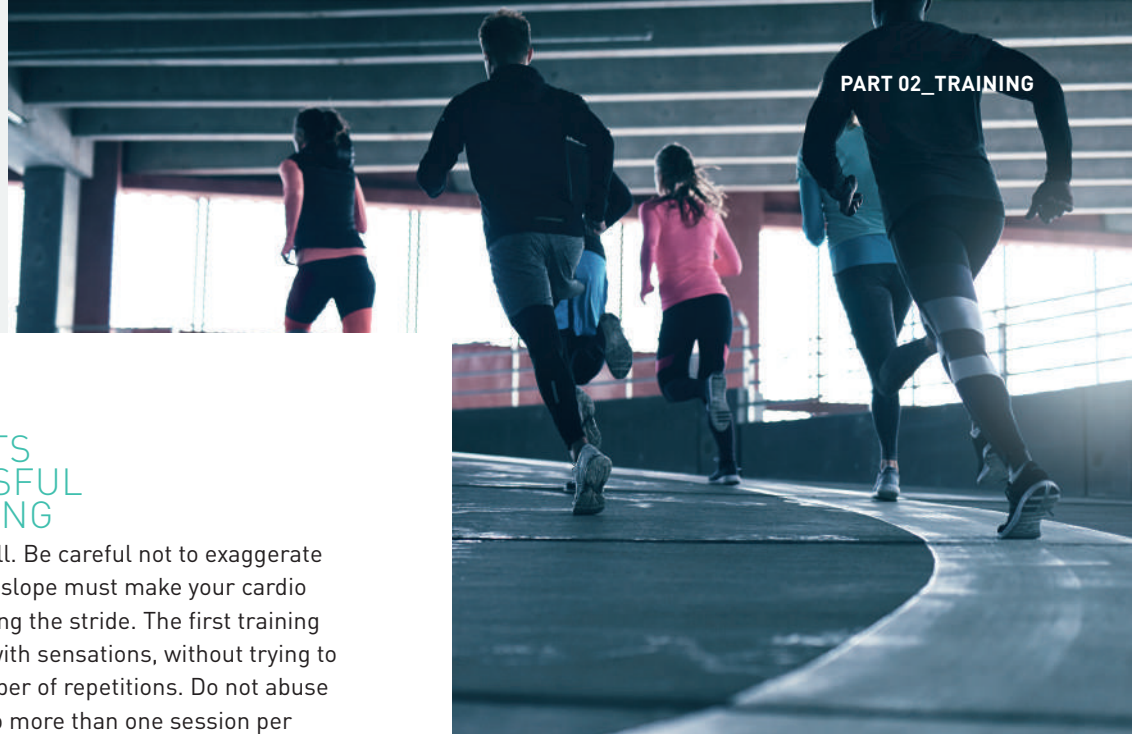
Choose a regular hill. Be careful not to exaggerate the percentage, the slope must make your cardio rise without distorting the stride. The first training sessions are done with sensations, without trying to respect a total number of repetitions. Do not abuse this type of work: no more than one session per week.

#### 3 examples of hill training

- 15 x 20 secondes de course sur un terrain en pente moyenne à forte, suivies d'une récupération en descente au trot.
- Two repetitions of 6 times 30 seconds of running on a medium to steep slope, followed by a trot down with three minutes of recovery between each series.
- 10 x 40 seconds of running on a medium to steep slope, followed by a recovery in a downhill trot.

All training plans can be found on the **time to** website

PART 02\_TRAINING



### SOME TIPS

- Warming up is more essential than ever: running uphill is much more work than running flat, so your body must be ready.
- Build a strong mind: to stick to this essential exercise, you will have to show will.
- Prefer descents on soft ground, e. g. using the roadside.
- After each hillside training, allow yourself 15 minutes of slow running to recover gently.

# CROSS TRAINING

## THE ESSENTIALS

### WHAT IS CROSS TRAINING?

Cross-training is the replacement or addition of a session to the training plan by practising a sport other than running. Swimming, cycling, cardio session in the gym, weight training... Although not specific to running, these sports can be complementary.

Cross-training can be particularly useful, especially for people who are prone to injuries (tendonitis, etc.) who can do an endurance session on bicycle or in the pool, and therefore avoid the muscular-tendinous impacts of each stride on the ground.

### THE SECRETS OF SUCCESSFUL 2-A-DAY CROSS TRAINING

2-a-day training is certainly preferred by experienced athletes, but it can be adapted to runners who can occasionally free up enough time.

## THE BENEFITS

- It offers a break in a certain monotony of training.
- By practicing a different physical activity, the recovery of some sessions will be optimised.
- The training volume can be increased a little by alternating sports.
- As the whole body does not work in the same way, cross-training helps to strengthen the muscles that are a little neglected by running.
- The variety will also reduce the risk of injury.

### Example of cross training

Morning: 40 to 60 minutes depending on the discipline, based on recovery and the search for good sensations during exercise. Muscle strengthening, and/or sheathing exercises may also be appropriate.

- 45 minutes of jogging at an endurance pace.
- OR 1 hour of cycling on flat ground by grinding the legs.
- OR 40 minutes of swimming with small fins.

At the end of the day: about 45 minutes with a warm-up and a specific work of a split type or speed recall.

- 15 min of warm-up + 4 x 5 min at speed 10 km interspersed with 2 min of trot.
- 15 min of warm-up + 10 x 400 m interspersed with 200 m of trot between each lap of the track.

All training plans can be found on the **time to** website

### SOME TIPS

- The warm-up, as always, is mandatory.
- Choose a discipline you like: cross-training should not be a chore.
- Running should remain the dominant sport in your training program.

# MAIN GPP WORKOUTS



01



02



03



04



05



06



07



08



09



10



11



12

- 01. Jumps (whole body)
- 02. Chair against a wall (legs-quadriceps)
- 03. Pumps (upper chest, biceps)
- 04. Abdominal (abdominal strap)
- 05. Chair uplift (whole body)
- 06. Squats (legs-quadriceps, hamstrings)
- 07. Triceps work with chair (upper body-triceps)
- 08. Board (abdominal strap)
- 09. Static knee lifts (whole body)
- 10. Slots (lower body-buttocks)
- 11. Pumps and rotation (upper chest, biceps)
- 12. Side board (abdominal strap)

## WARNING

For this circuit to be effective, it must respect the advised effort and recovery time.

Devotes 30 seconds to each exercise and then 10 seconds of rest before proceeding. No more than that!

If the suggested durations are too difficult, reduce them for each exercise but complete the entire circuit.

If, on the other hand, you do the tour effortlessly, you can repeat it several times in a row or at different times of the day.

# LEARN HOW TO RUN IN THE COLD!

**Because semi-marathons often take place in the spring, it is essential to learn to practice a sporting activity in winter. You don't want to let your muscles hibernate or just run on a treadmill: you need to go outdoors to complete your training as well as possible. Don't worry, with our tips, even winter won't do you any harm.**

## CHOOSE THE RIGHT OUTFIT

Running well when it is cold is running warm. To do this, avoid large sweaters and other fleece pants, and prefer technical sportswear, which helps to keep warm while wicking away perspiration. It is better to wear several thin layers than a huge fleece. And above all, remember to cover your extremities well: hands and head must be protected!

### Your essentials:

- A windbreak jacket
- Thermal underwear
- Gloves
- A hat or headband that protects your ears
- A neckband instead of a scarf

**Be careful:** the night falls early. Remember to choose clothes with reflective strips and bring a headlamp to stay clearly visible.

## BE PATIENT AND ADAPT YOUR PACE

Winter temperatures make it difficult for muscles to heat up properly. In winter, take particular care of the warm-up before intense efforts and increase the duration of your preparation a little!

## 4 REFLEXES TO ADOPT WHEN RUNNING IN WINTER

- **Warm up:** running is demanding, and even more so when it's cold. Your body must therefore be well prepared. A warm-up of at least 20 minutes is recommended to make your muscles more efficient during exercise.
- **Hydrate yourself:** with the cold, the feeling of thirst is sometimes less present, but the need for water still needs to be met.
- **Don't skip meals:** the cold speeds up caloric loss. So, don't forget to fill up on energy.
- **Listen to yourself:** if you think it's really too cold, or if you have a bad feeling about your session, cut to the chase. This is not the time to take risks. It is sometimes better to do a small warm workout than a full run that doesn't turn out effective outdoors. We all get a wild card... once in a while!

## THE IDEAL TIME TO TRAIN

Morning training is still favoured by many endurance enthusiasts. But the body is nevertheless (much) more efficient during the second half of the day.... It's up to you to find what's best for you. Better muscle strength, tonicity, cardio-vascular mobilisation: psychologically, it is clearly more appropriate to work on the aerobic path during the second half of the day.



# WHEN TO TRAIN ALONE OR IN A GROUP?

In theory, running is an individual sport: each participant has his/her own objective, level, endurance... However, running in a group can have many advantages.

## TRAINING TO BE DONE — IN A GROUP

- **The long run:** the real pillar of your training plan, the long run is the ideal workout to practice with other runners. They will be at your side to motivate you to get started – no laziness allowed when friends are waiting for you – but also to boost you in case of slackness. The ideal? Find half marathon aspirants who have similar speed and goals to ensure solidarity and balance in the group. This is the perfect opportunity to practice running in a squad, just like on D-Day.
- **The split:** arrange a meeting with your friends on the laptop for a split session as a group. The presence of runners of the same level at your side will reassure you, and you will be able to benefit from the group's energy: no chance you'll stop if the others move forward. Calibrate to their tempo to go through with it more easily.

- **Fartlek:** the principle is to play on speed variations in a less urban environment. Slip into a homogeneous level group and alternate moments when you hold on and those when you take the lead. It's up to you to see the level of your accelerations or your ideal playground for accelerations: tracks, asphalt, forest... Follow your instincts and feelings while enjoying the collective emulation.

## TRAINING TO BE — DONE ALONE

- **Recovery jogging:** after a long run or a particularly intense workout, recovery jogging allows you to cleanse yourself and above all to have fun. Here, no time, but sensations, with one goal: to stay in your comfort zone.



## SPEED INCREASE: SOME TIPS!

To run longer and further, you also need to gain more power and basic speed.

Want to improve your time? No stress, here are our professional tips.

- **Move forward step by step:** don't be too greedy and don't accelerate too fast all at once, otherwise you'll get hurt or exhausted.
- Don't neglect **your general physical preparedness:** sheathing and weight training can improve your stride and reduce the energy cost of each stride.
- Similarly, **foot exercises and scales** (buttock heels, knee augmentations, slits...) will be your allies.
- **Change the playground:** vary the courses, work on the hillside, and you will progress very quickly.
- **Split training is your friend:** the repetition of accelerations over short periods of time alternated with recovery times allows you to quickly gain speed!

All training plans can be found  
on the **time to** website

### TEST YOUR PROVISIONS

Exercise products, mainly gels and energy drinks, are now widely used in semi-marathons and marathons. They are an excellent way to consume carbohydrates quickly assimilated by the body to replenish its strength as the effort progresses.

#### Long runs? A test phase

To be sure that the snacks provided for runners work for you; don't hesitate to test them during your long sessions, even if it means being very cautious. Doesn't like the taste or texture? Did you have trouble digesting them? Skip that and find another product. Don't take any risks on D-day.

Projette-toi dans la situation d'une course plusieurs mois avant le Jour J. Ready yourself for a race, even months before D-Day. Correct and refine certain points according to effort sensations. Not letting a stomach problem spoil months of effort is a priority.

# RECOVERY

**Because a workout shouldn't leave you on your knees for long days, here are some things you should know to recover as quickly as possible and avoid injuries.**

## SLEEPING

- There's nothing like sleep to restore your health. Naps and restorative nights are essential to accelerate the production of growth hormones, which effectively repair muscle and tendon damage caused by workouts.

## CROSS TRAINING

- Running is not everything. Following a long run, it is recommended to practice a sports activity to stimulate blood flow and stimulate the recovery process, but a running session may be too demanding unless you go in slow motion. So, prefer a little swimming, cycling or elliptical session to the gym.

## RESPECT THE LIFE SPAN OF YOUR SHOES

Change your shoes after a maximum of 800 to 1000 km! 50 km per week is equivalent to a life expectancy of about four to five months. It is also interesting to have two pairs of shoes and to alternate their use.

## TREAT STRETCHING, HYDRATION AND POSTURE

Listen to what your body is telling you. To prevent injuries, stretching exercises can be practiced. Just like hydrating before and after exercise. Alkaline drinks are particularly recommended.

## THE CONCEPT OF REBOUND

Training more and more does not necessarily mean that you will improve with each session. There is a limit for each runner beyond which the work is no longer productive. It can even, in the most advanced cases, lead to a regression with a state of prolonged fatigue. Don't wait until you see signs of overwork or overtraining to allow yourself complete days off or even whole weeks of a reduced program (usually one per month).

# HOW TO AVOID CRAMPS?

Cramps in any sports enthusiast is generally a sign of great muscle fatigue. A diet that is too acidic can accelerate and increase the phenomenon. If you eat a balanced diet and stay properly hydrated, the risks will be very low.

## GUILTY ACIDITY....

- The modern diet is too acidic. It contributes to poor health and the melting of bones and muscles. It accelerates our premature aging.
- When the acidity is too high, the appearance of cramps can be enhanced.
- Examples of acid products not to be over-consumed: meat, eggs, fatty cheeses, white sugar, tea, coffee, alcohol...



## TO OVERCOME THE CRAMPS OF THE LAST FEW KILOMETER

**Simple adjustments are often enough to reduce this acidity, which favours the appearance of cramps:**

- Practice of flexibility and stretching, morning and evening.
- Eat more fruits and vegetables, leaner dairy products. As well as alkaline mineral waters.
- Avoid over-consumption of meat, fats or sweet products.
- Be careful, lack of sleep (just like smoking) is also acidifying.
- Remember to hydrate regularly before, during and after your sessions.



# THE MINDSET ON D-DAY

## — TRUST YOURSELF

Periods of doubt are normal in the months of marathon preparation. It is natural and it is in that period that you'll need the support of your loved ones: they believe in you and your abilities. So, repeat yourself: **"Yes, I can do it!"**

## — FOLLOW THE PLAN

On D-Day, you will have to write the results of the training as precisely as possible and respect the race plan you have set for yourself. Don't be shy, but don't be excessively reckless either to avoid unnecessary risks. The last hour of effort will be difficult, so save yourself physically and mentally!

## — FORGET THE DICTATORSHIP OF THE CHRONO...

Participation in a half marathon is often synonymous with time pressure. Even novices can't escape it. However, running, everyone will agree, is first and foremost a pleasure. Never forget: **the distance is demanding**. It is advisable to be humble and listen to your reason rather than the time.

The only major objective is to last the 21,097 km....

## — NEVER LEAVE YOUR COMFORT ZONE

Do not do anything that could compromise the rest of the trip. How do you know if you're running at the right tempo? Analyse your feelings. An amateur half marathon runner remains at an intensity of effort where shortness of breath is controlled. Raising the heart rate soars is risky. So, stay in your comfort zone as long as possible.

## — NO SHAME, JUST A LOT OF PRIDE

Don't expect the best, or the worst. Whether it's your first marathon or your tenth, **you'll experience some of the most intense moments of your year**. It is very likely that your stride of the last few kilometres will be horizontal, choppy and laborious. You'll move forward as you can, but you'll move forward. And nothing else matters!

## — DON'T GIVE UP ANYTHING!

Three words that are always present during the last kilometres of a marathon. Three words that express the determination and the imperative will to go to the end of the 21,097 km: **"Don't give up anything!"** Get ready, these three words will probably come out of your chest too.

# THE RIGHT ATTITUDE

**Your participation in a half marathon requires you to respect a certain ethical code of conduct for runners. The priorities: respect for others and solidarity...**

## BEFORE DEPARTURE

- A little smile to the volunteers.
- Make sure you're headed for the right airlock.
- Respect the other runners in the airlock. Live this moment with calm and serenity.
- Try to talk to your neighbours and wish them good luck.
- Don't throw anything to the ground.

## ON THE WAY

- Be careful not to be responsible for a fall. Stay on your line and avoid any physical contact that could disturb or unbalance another runner.
- Prevent your trajectory changes during provision breaks. To avoid a collision with runners, move away quickly after taking your supplies.
- Encourages runners who are struggling to pursue but do not insist. A word, a gesture and a smile are often enough.



## UPON ARRIVAL

- Comply with the instructions of volunteers and race officials.
- Congratulate the other runners. Giving a hug is THE gesture of runners after finishing their effort.
- Thank the pace leaders or any other runner who made it possible to achieve your goal.
- Enjoy the moment: YOU'RE A HALF MARATHON RUNNER!

**Don't forget that the effort you will make on D-Day will be the result of the work you did in training. Day after day, improve your endurance qualities; day after day, strengthen your confidence level. The appointment is made. The race has already started....**



**NOW IT'S UP TO YOU....**  
**ENJOY YOUR PREPARATION!**