

Your Guide to

Running Success For The Tauranga International Marathon

*Everything you need to know for
running success!*

Learn more about us at
www.runninghotcoaching.com



Welcome to your Training guide.

Maybe you're a struggling new runner, maybe you're a seasoned professional, whatever the case we hope you find a nugget or two in this guide to help you get more out of your training. We hope to get you inspired, keep you motivated and start you on your journey to the start line.

We are Neil Wagstaff and Lisa Tamati, the team behind [Running Hot Coaching](#). Between us we have over 40 years experience in both the health and fitness industry, as well as in competing in the world's toughest endurance events.

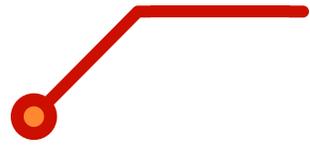
Running Hot Coaching was born from our lifelong passion for running, health and fitness. We have put thousands of kilometres and many years of research into creating what we believe is the perfect training program for running success and for general health and wellbeing. It's one we teach to clients from all over the world.

Inside our guide you will find a few of the tips and tools we use to give our runners the physical and psychological advantages they need to see their goals come to fruition.

Knowing yourself and how your mind works is key to achieving your running goals – goals that at the start might seem impossible. It's just as important as understanding how your body works.

Run strong, have fun and, always, no matter what, enjoy the adventure.

Let's get started...



Knowing yourself and how your mind works is key to achieving your running goals...

You have a few options of events



You can:
Run/walk 42.2km, 21.1km,
12km or 6km

PLUS there's a kids (and
parents!) dash

Regardless of which event you are doing you will have some training to do. This definitely isn't something you should tackle without proper planning and preparation.

Runners in general are an exceptional lot really and most people think we are completely mad or maschistic by nature, but in our mind running is completely inline with our ancestry and evolution to want to work our bodies hard out in nature. It resonates with our soul when we are pushing the limits and are pitched against the elements and it is something sorely missing in todays super comfy, modern and over stressed world. This is why there has been such a resurgence of running events around the world. Don't forget that throughout history mankind has always completed incredible feats of endurance.



So if you want to get
started and ignore all those
naysayers who tell you you're
nuts, then read on!

For those willing to train hard and prepare intelligently you might just find a new passion, fantastic new friends and have experiences that will change your perspective on life forever.

Running can change the way you perceive your own limitations, strengthen your mental toughness, help you focus, help you destress from your work or personal life and can teach you how to overcome the many challenges that life is bound to throw at you. In many ways running prepares you for the rough and tumble of general life. But take heed, if you join this fun community you will be in for an experience you will never forget.

Let's look at what you will need to tackle your event

Regardless of event or experience (first time 5km or experienced ultra marathon athlete) the key is giving yourself the time to prepare.

We recommend 6-8 weeks for distances up to 10km and 12-20 weeks for half to ultra distances. Your experience will play a big part in build up time.

In today's fast-paced lifestyle we know it is tough to fit everything in. So what does a normal training week look like and how can you fit it in around your other commitments?

There are five key ingredients to our programmes. These are:

- 1 running or walking
- 2 mobility and flexibility work
- 3 strength and core work
- 4 mindset skills
- 5 nutrition

Below is a snap shot of a week in the life of one of our athletes. The same building blocks will apply to all events with changes in volume and number of sessions based on your event.

1 WEEK

2-3 x short runs per week. 30-90 minutes. These will include some speed and hill sessions.

1 x long run per week and some back to back runs. For a 12 week half marathon programme this will start at 10-11km and progress to 17-18km before tapering off. For a 12 week marathon this will start around 19-21km and progress to 33-35km before tapering off.

Daily mobility sessions will help keep you injury free. These can be as short as 5 mins and can be completed anytime and anywhere.

2 short core sessions a week are completed in 10-15 mins each.

Here are a few little tips – **the one percenters that will give you 100% more results.**

Warm up for 5-10 mins before every run and cooldown for 5 mins after every run. With all of us having busy lives we will often neglect the warm up and rush straight into our training.

Ask yourself if you are taking the time to prepare your body properly before your next training session? If not take the time to warm up, and see how much better your session feels.

Cool down is the opposite of the warm up and like the warm up often neglected at the expense of additional running time. Give it a try and see how much better you feel.

Here's one of our favourite warm ups:

[Click here](#)

Start training your core now! Love your core!

All movement should start from your core. We need it to stabilise us and provide force production. It is our action centre! Our extremities will move more effectively if our core is doing its job. Without it we will experience more injuries and more pain. If you want to walk, ride and run stronger then start core training now. Try this little core routine:

[Click here](#)

Train on the right type of terrain

Always check out the terrain and vertical climb for your event.

If possible, train on the type of terrain you will be racing on 70 to 80% of the time. Obviously you can't always simulate the exact course. You may live in a flat area and be training for a hilly trail event. You might end up doing some extra hill repeats or plan to travel to some hilly trail every other week.... you get the picture.

Good news is The Tauranga International Marathon, Half Marathon, 12km Run/Walk and 6km Fun Run/Walk courses are FAST, FLAT, FUN. They will take you on a breath-taking, spectacular journey throughout Tauranga best spaces and places, including the Daisy Hardwick boardwalk/estuary, Fergusson Park and waterfront, Mount Maunganui loop track, and Marine Parade, to finish on The Strand, Tauranga.

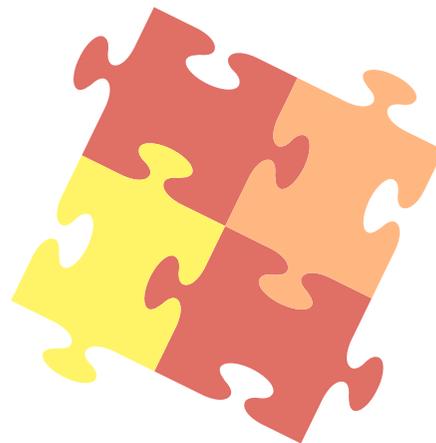
Don't just collect kms

Simply collecting kms is not the best approach. It will result in injuries and feelings of anxiety at how much you have to do. For years and years we concentrated solely on massive mileage and doing junk miles, all at one pace with hardly any variation, week in week out and neglected areas such as mobility/stretching work, rehabilitation work, strength and conditioning work and mindset work, as well as the different honing training sessions with intervals and hills that can really help sharpen you up.

Big mistake, yes it got us to the finish line, but not necessarily in the shape we could have been with much less mileage but more smart training.

Recovery is a huge part of the puzzle

When you are training so diligently and hard and still working and living a full on life with your family you need to make sure you aren't burning out. There are some useful practices that you include in your life that will help you gain balance, help stimulate the parasympathetic nervous system and help keep your hormones in check which is essential for your mental and physical health and for longevity in the sport.



If you just keep going and going hard out all the time you WILL burn out and it can lead to long term health problems.

We want you to avoid these so we recommend adding some meditation into your daily routine. It's absolutely backed by science that simple meditation practices can help your body calm down, stop producing stress hormones like cortisol and adrenaline, can help your sleep patterns and therefore help your hormone household. The same goes for having a daily breath focused practice. Try this daily breathing exercise:

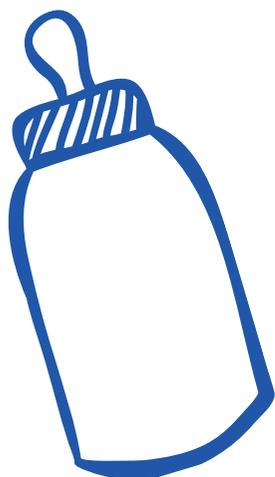
[Click here](#)

Have at least one training free day and make sure you get enough sleep. You will be needing a little more than usual.

Having sometime set aside for yourself, to do the things you enjoy can really also help you stop losing the plot. It's not selfish, it's essential. As they say in the airplane safety lecture, put your own oxygen mask on first then help others. You can't help others if you haven't filled your energy tank up first.

Is it ok to Walk?

Hell yes it's ok. It's a great place to start as a beginner and a great way to get through a marathon! By using walking intervals strategically throughout the event you can arrive overall faster and in much better shape. So expect to walk and be ok with it. The percentage you will walk depends on your abilities, your training levels and the terrain. Walking can help stop your survival centres in the brain from kicking in or at least postpone them. You have something called the central governor in your brain that tries to, when it feels you are being stupid and are in danger, stop you by stopping you recruiting all your muscles, hence you get that stiff funny looking shuffle on. You can postpone this kicking in by doing regular short walking stints, maybe on the uphill. Trick your brain into thinking you have this under control. So run when you can, walk when you must and don't forget to include walking sessions in your training or those muscles will be too weak.



Hydration

Drinking to match your output is crucial to success. Too much and too little can be problematic. Just low levels of dehydration can see a massive drop in your performance and this is especially important on hot days.

Many of us are not drinking enough quality water. This puts additional load on our bodies and can slow or stall our health and fitness goals.

It is important to drink the right amount of water each day for you based on your weight. The simple way to work this out is 0.033 litres per kg of body weight, which give or take, is around the following amounts:

60 KG = 2 litres

75 KG = 2.5 litres

90 KG = 3 litres

105 KG = 3.5 litres

You should plan to increase this by around 500ml for every hour of exercise and you should have an additional glass for every coffee or tea that you drink.

For longer events on race day sipping small amounts consistently and keeping track of how much you have taken in you are less likely to have problems. If you are feeling thirsty it's actually already too late, you are dehydrated and will have a drop in performance so don't let it come to that. Hyponatremia is also a common problem. This is when you take in too much water for the amount of electrolytes in the body. So be sure to take electrolytes to help the absorption of the water and function of your body. We have had great results with Hammer Nutrition Endurolytes and Elite Electrolytes.

Nutrition

Every single athlete is different in this respect and that is why it is crucial that you train eating during your runs and it's crucial you test out the right foods for your particular stomach. We are not fans of gels and don't recommend them for runners. We have seen so many runners pull out of races with vomiting and diarrhoea caused by gels. They are too intense and can cause all sorts of problems.

A great start is to get your daily nutrition right and then it is easier to look after race day nutrition.

Cut the CRAP

The Standard Diet is CRAP. How much CRAP is in your diet? If this poor excuse for food makes up more than 20% of your diet, then you need to cut back. Are more than 2 out of 10 foods going into your mouth CRAP foods? – see the list below. Removing these poor choices from your diet will reduce dietary stress on your body.

***C*arbohydrates**

White bread, white flour, white sugar

***R*efined foods**

Packeted food vs closer to the source eg. Eating an apple vs a bottle of apple juice

***A*dditives**

Read your packets. How many items are listed? Less is better!

***P*reservatives**

Read your packets. Are there ingredients that you don't recognise? Chemicals and numbers are not food

Start by minimising food eaten out of a packet. Get into the habit of reading labels.

Eating whole foods is the best choice. Food should be grown in a garden, plucked from a tree, or sourced from an animal – not made in a laboratory.

Ideally choose food that is organically grown, free from pesticides.

Paul Chek's book *How to Eat, Move and be Healthy* is a great resource for more information.

Apply above to race day as well. In an ideal world fuel on natural foods that aren't full of chemicals. We love things like potatoes, kumara, pumpkin soup if we have access to them. We also make our own energy balls which are made of good nutrients like chia seeds, coconut, honey, rolled oats etc. The key is test test test in training and never try something new on race day.

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Start by minimising food eaten out of a packet.



Where to next?

We would love to provide you with a plan that suits your abilities and your goals so drop us a line at neil@runninghotcoaching.com and let us help you reach your goal and if you are already onboard with us, it's great to have you and you will already be on track to success.

See what our athletes have to say





"Lisa and Neil are skilled mentors who have become friends through my journey. Unlike other on-line coaching programmes, Running Hot Coaching make an effort to keep it personal"

Deo Encarnacion, Christchurch



"I did a good warm up. I focused on form and keeping my cadence up and took 52s off my pb from 2 months ago. Even better I didn't feel like I had exhausted myself trying to run that time. Very happy"

Caroline Bray, Wellington



"I have learnt so much and plan to use it all on my own journey. Thank you so much Lisa and Neil for you knowledge and hard work. I have made some new friends and look forward to seeing you at events in the future and hearing about your achievements."

Natasha Nunes-Vas



"I had a lot of injuries to overcome and I really do not think I could have stayed focused without you both. I really can not thank you enough for your guidance and support and will be totally recommending your coaching business"

Nicola Benzie, Christchurch

Want to learn how to revolutionise your running training? Check out our story and programmes:

[Click here to view](#)