

How to train for the London Marathon

PART THREE

With over 25 years' experience running and pacing marathons, Matt Pullen has all the tips and advice to help you through the last few weeks of training.



Training is really tiring me out, what can I do?

- This often happens - you might be thinking you're not getting anywhere on your long runs. Remember with every run you do, you're getting stronger and your body is getting better at dealing with the distances
- Rest is best - if you've been training without any hiccups and are feeling really tired, treat it similar to being ill. Take time to rest so you are ready to face your next long run with fresh body and mind

Am I running far enough?

Matt's top tips

- Play games to refocus your mind on long runs and stave off boredom. The alphabet game is an old favourite - choose a category and then move through the alphabet, naming an object for each letter. Categories include: names, fruit or veg, capital cities. The miles will fly by!
- There's no need to train over 22-23 miles. Anything over this mileage could actually be counter-productive
- Use every long run as a learning experience - when to take on water, gels etc.

- Don't panic - you don't need to be running 20 milers every weekend
- 16 miles - is the best rule of thumb. If you can run this distance, you can run a marathon
- If you've been injured - there's still time to get your mileage up, so don't worry

How can I stop losing motivation?

- Be mentally tough - even if your legs feel strong, your mind can tire, which can be really difficult
- Remember why you are running - think what you'll tell yourself when you get to the finish line on marathon day, and how proud friends and family will be

What should I be wearing?

- Experiment - it's probably getting warmer and you'll be needing fewer and fewer layers as marathon day approaches. Try different outfits so you know what is comfy and what isn't on a long run.
- Keep a diary - for each of your runs note the temperature, the weather conditions, what you wore and how you felt. For example:
Sunday - 13 degrees - cloudy - leggings, T-shirt, headband - was uncomfortably warm in second half of run
- Use the diary - to help plan your next run, and to know what suits your personal needs
- Wear your Sarcoma UK vest - get used to how the vest feels and make sure you have the right size before the big day!