

Marathon Training Methods

By Renato Canova (ITA)

The author of this article is based in Italy and during his more than 20 years experience in coaching the marathon he has produced numerous champions. In 1995 he attended one of the Nairobi RDC's High Altitude Training Camps as a Coach and Lecturer. The article is reprinted from the bulletin of RDC Nairobi.

BASIC TRAINING

I will begin by skipping over those training methods which, although they have their own importance, we can consider as complementary, and in some cases interchangeable, with other middle distance specialities related to the improvement of muscular efficiency in its various forms. Instead I would like to describe those methods which are able to influence the metabolic bio-energetic systems the most, and how we usually use them in unison.

Essential training points for the marathon are based on two fundamental concepts. One is the increase of the AEROBIC POWER LEVELS, identified more or less by the ANAEROBIC THRESHOLD and its extensive use, so that we are able to run for a long time at the highest percentage possible.

It's therefore evident that, even if done at different times, it is absolutely necessary to perform workouts which aim to improve the aerobic capacity and raise the anaerobic threshold value (that of 4 mmol/l of lactate). Following workouts which aim to extend one's AEROBIC POWER ENDURANCE we can also identify the extensive AEROBIC CAPACITY.

TRAINING AEROBIC CAPACITY

In order to raise the ANAEROBIC THRESHOLD we have to work above the threshold itself, since by only slightly stressing this mechanism we can adapt to a higher level. Therefore during workouts, we should reach paces that go from 5% to 15% beyond race pace (e.g. from 2:55 to 2:45 1Km. for a 2:08 male marathon runner, and from 3:25 to 3:10/Km for a 2:28' female runner). Then hopefully the central and peripheral components of the aerobic motor will be involved more and more, partially stimulating the production of lactate.

Running faster than the speed that corresponds to 4 mmol/l, we will work a slightly higher percentage of fast twitch fibres (generally speaking FT - type IIa) and can therefore improve the aerobic characteristics of these fibres. This allows the muscles which are involved in running to use greater quantities of oxygen in the same period of time, and this will in turn raise the anaerobic threshold.

At a methodological level, the intensity of the run depends on the total volume of the workouts, or on the total distance covered in each single workout, if they are workouts which are

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Table of Contents Renato Canova Marathon Training Methods Pdf

1. Understanding the eBook Renato Canova Marathon Training Methods Pdf
 - The Rise of Digital Reading Renato Canova Marathon Training Methods Pdf
 - Advantages of eBooks Over Traditional Books
2. Identifying Renato Canova Marathon Training Methods Pdf
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Renato Canova Marathon Training Methods Pdf
 - User-Friendly Interface
4. Exploring eBook Recommendations from Renato Canova Marathon Training Methods Pdf
 - Personalized Recommendations
 - Renato Canova Marathon Training Methods Pdf User Reviews and Ratings
 - Renato Canova Marathon Training Methods Pdf and Bestseller Lists
5. Accessing Renato Canova Marathon Training Methods Pdf Free and Paid eBooks
 - Renato Canova Marathon Training Methods Pdf Public Domain eBooks
 - Renato Canova Marathon Training Methods Pdf eBook Subscription Services
 - Renato Canova Marathon Training Methods Pdf Budget-Friendly Options

6. Navigating Renato Canova Marathon Training Methods Pdf eBook Formats
 - ePub, PDF, MOBI, and More
 - Renato Canova Marathon Training Methods Pdf Compatibility with Devices
 - Renato Canova Marathon Training Methods Pdf Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Renato Canova Marathon Training Methods Pdf
 - Highlighting and Note-Taking Renato Canova Marathon Training Methods Pdf
 - Interactive Elements Renato Canova Marathon Training Methods Pdf
8. Staying Engaged with Renato Canova Marathon Training Methods Pdf
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Renato Canova Marathon Training Methods Pdf
9. Balancing eBooks and Physical Books Renato Canova Marathon Training Methods Pdf
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Renato Canova Marathon Training Methods Pdf
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Renato Canova Marathon Training Methods Pdf
 - Setting Reading Goals Renato Canova Marathon Training Methods Pdf
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Renato Canova Marathon Training Methods Pdf
 - Fact-Checking eBook Content of Renato Canova Marathon Training Methods Pdf
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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