

The Long Run In Marathon Training, By Jack Daniels & Flotrack

Distance Depends on Goals:

You can complete a marathon without a 20 mile run.

It's not a matter of how far you run. What matters is the number of times your feet hit the ground.

Most elite runners do 2 to 2.5 hour long runs. Beginners should do the same.

To mimic the discomfort of a marathon:

Try running 10 miles before you do your workout. This depletes energy stores before you begin the workout.

Advantages of 2x10 miles: Ability to eat, rehydrate, may run faster with better mechanics, takes more time

Advantages of 1x20 miles: Learn to metabolize fat better, mentally get used to enduring long runs

"Bunch" training runs: To accomplish significant mileage in short period time, Run twice in one day then run the next morning. Mimics a long run because the body cannot recover.

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