

Welcome to the Half Marathon Tips

NOTE: THE SERVICE OFFERED ON THIS WEB SITE IS FOR EDUCATIONAL AND INFORMATION PURPOSES ONLY.

Firstly and Importantly a Recommendation

It is recommended that any potential participant not currently involved in physical sporting activity, should undertake a medical examination before taking part in the Half Marathon.

Training Log

A great way to keep motivated during your training is to keep a Training Log. Particularly if you have been dormant lately and are getting back into fitness. A Training Log will give you a key insight into how you are progressing in terms of sticking to a training plan and show you your progression in terms of completing a set route quicker than say 4 weeks ago.

If you are sticking to a training plan you can record how successful this was in terms of: sticking to it plus your development and progression towards your Goal.

It's highly recommended that once you have stretched, taken your shower, eaten some recovery food and rehydrated after your training run that you fill in the training log. Make it part of this routine otherwise you will leave it on the long finger and forget the details.

The Training Log can do two motivational things for you. If you are going well and sticking to the Training plan you feel good about your Goal. If you are not going well it can be a 'call to action'.

Come the week of the Half Marathon you might think you have not done enough. Reference your Training Log and see the progress you have made over the past few weeks. It now becomes a Motivational Trump card. 'You have done more training than you have ever done before – just believe in your ability and resolve to Finish the run course'.

(I mentioned at the beginning the term 'set route'. This is your training run route. I suggest driving any route you intend running to clock the distance. Set the km clock in your car to zero from your house and drive the route you have in mind. This way you know exactly how far you are running. Pick a few routes to make it interesting.)

Eoin Ryan (Ultra Marathon Runner)

[Download the Training Log - Exel & PDF](#)