

## **Considerations before running a marathon**

The marathon is a very difficult race, and to participate in it not only must be taken into consideration the aspects related only to the race. To run 42 km it is not enough to just do exercises, you have to train, and also train physically. It is necessary to consider other factors very important such as nutritional training, hydration, physical preparation and maintaining an adequate state of Health.

Worry about the physical preparation days before the competition and eat well only the day before the same it is not enough to achieve a successful career.

Various studies have shown that in those people who have never participated in such reckless Test requires a minimum preparation time. This time can go from about six months in the people who already run up to 40 kilometers per week up to about 12 weeks for athletes of size World Cup Depending on the objective.

During that time the athlete must address some essential aspects to be able to successfully complete your goal

From the point of view of training and as the main objective the idea is to finish the race with good time, with good feelings and above all without risking their health, so both athlete and trainer must address very important aspects, which in synthesis translate into the achievement of the best race pace that allows you to reach the highest number of meters per second without getting too far away from your steady state.

To achieve this goal you must have a good aerobic capacity because it is fundamental for distance races, this aerobic capacity translates into the efficiency of the systems respiratory, to take the air of the atmosphere and the circulatory system to bring oxygen to those fabrics that require it during the race. Now, counting with a good aerobic capacity does not represent a safe conduct to run a marathon well. There are other elements that are of great importance; among them a high oxygen consumption, which translates into as much oxygen as possible consume in the muscle while working for a certain time according to body weight. The above mentioned clearly tells us the importance of marathon runners having a light body and with low values of body fat. A very good race efficiency, since while less energy it is spent to run, the greater the performance that will be obtained during the races, and, of course with the most difficult to get of all the factors, the genetic one.

Before starting the preparation for the marathon you should consider what will be the workload

That will perform the corridor, having two very important issues:

Volume. How many kilometers will you run per session, per week and per month?

Intensity. How many minutes per kilometer you must train and at what speed. For that, the carrying out a lactate evaluation in order to know the state in which the program of training, evaluation that is recommended to be repeated every 6 or 8 weeks in order to have a better control of how the athlete is adapting to training and, if necessary, make corrections to that there is place. If in addition to this evaluation the athlete is evaluated through an effort test, as well as your blood values, much better.

Recovery. Establish the correct recovery guideline in order to avoid overtraining and appearance of injuries. In recovery, the repetitive application of massage should be considered, as well as a good number of hours of sleep.

Not only running and strengthening is sufficient, the athlete must prepare their muscles for work and stress that will be subjected during the preparation and competition. That is why the systematic realization of a physical fitness program is of great importance, not only to avoid injury, but also to help maintain greater race efficiency for the athletes as well as in the improvement of the technique. As stated at the beginning, the goal of any training program is to produce physical changes and physiological conditions that allow reaching a greater number of meters traveled during a second, so that the Having strong muscles is of vital importance to distance runners.

On the other hand, during training, the body spends a lot of calories that need to be replaced so that it does not diminish its performance. Therefore, you should never miss nutritional advice.

Those who train for the marathon have needs that exceed 3,000 to 3,500 calories per day, and the main source to cover this requirement is complex carbohydrates, which must cover a percentage that goes from 60 to 65% of those needs, for which the intake of carbohydrates with proteins, fats, vitamins, minerals and water. It is essential to have a high load of muscle and liver glycogen to get energy from there during training and, later, in the race. Another aspect of great importance that the coach should consider when planning training sessions of their students is rest, both in a way of recuperative patterns between the loads of trainings, such as between training sessions, and beyond microcycles, mesocycles and training macrocycles. Remember that in every training program the most important part is the recuperation. Never forget that running a marathon is a test that requires physical, mental and nutritional preparation. Therefore, if your desire is to participate in the competition, seek the advice of a good coach with the complement of a good physical trainer and a good nutritionist.