

### **Guideline #3 – Watch the length of your long runs**

Many athletes' long run comprises too much of their weekly mileage.

To ensure you recover properly from your long run, make sure your long run is not greater than 33% of your total weekly mileage. If your long run is greater than 33% of your weekly mileage, your recovery will be slowed due to the excessive muscular breakdown that occurs as fatigue sets in.

With my high volume athletes, we limit the long run to 20-25% of their total weekly volume.

In preparing for a marathon you only need 6 quality long runs to maximize your aerobic potential. The long run should be built up to 2.5 hours, and no longer for the age-group athlete that plans to run a 3 hour + marathon.

Running longer than 2 hours depletes your glycogen stores and causes excessive eccentric muscle damage—both of which slow the rate of recovery. If you are a sub 3 hour marathoner, build up to 2 hours or 32K—whichever comes first.

*~ Brad Spokes, BScPT, CSCS, CAFCI*