

MUMBAI'S GROWING TRIBE OF MARATHONERS



STATISTICS FROM PROCAM INTERNATIONAL PVT LTD

my first...

42KM: PARUL SHETH
ARCHITECT, PEDDAR ROAD

"I have never been an athlete, never won a race in my life. So, I could never imagine myself ever running a Full Marathon. But, there I was, at Azad Maidan when the loudspeaker blared: 10-9-8... 2-1. The SCMM 2012 had begun. We started running in the darkness. Within the first 800 metres, my laces came off. I re-tied them—feeling like a fool—and started running again. Kilometres flew past as we ran amid laughter and conversations (with fellow runners). I crossed the halfway mark in 2.17 hours. My parents came to surprise me at Mahim. It was all well and, by Worli, I plugged my iPod in for support. Over the Peddar Road climb, I gave in to the pain and walked for 100 metres. But when I ran past



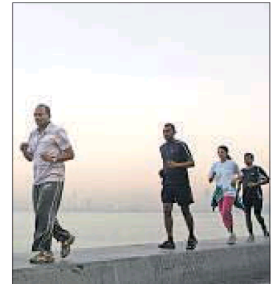
my own apartment where my friends and family were cheering for me, I was all smiles again. At Chowpatty, the sun shone in full glory and the heat and fatigue got truly overwhelming. My legs were complaining, and my brain was threatening to revolt. I was ready to give up. I trotted along, looking for any excuse to stop. I tried the painkiller spray for my non-existent pain, took a water break, but I had to kick myself to keep going. But when I saw the finish line, I sprinted towards it. It was surreal. My arms opened wide and I was flying. All the pain was forgotten. I completed the 42.2km stretch in 4.35 hours in my first full marathon. Now, I believe we can do anything if we make up our mind and work towards it."

21KM: SANDRA ALMEIDA-THEVAR
JOURNALIST, SION

"A surprisingly sage piece of advice I once got was that running a marathon was all about telling yourself 'I can' (as if that was all it took!). So, one chilly December morning last year, I told myself those two magic words. Fifteen kilos heavier and with almost no practice, I ran five kilometres in the Pinkathon at Bandra-Kurla Complex. And, I was hooked. I think I floated all the way back home, screaming muscles and all. Ten months later, after two 5km, several 10km and one 15km, and of course 15 kilos lighter—the challenge of a 10km run had started to wane. I needed a bigger kick. Maybe something like the Satara Hill Marathon? I had heard fellow marathoners rhapsodise about



this route—one of the country's toughest to run, with a 1,200ft elevation. For three months before the run, my feelings oscillated from intense self-doubt to a wavering confidence that I could do this. While the running (5km to 7km four times a week) and the elliptical biking continued, the trepidation continued till D-Day. Unable to sleep (the worst thing before such an intense run) the night before, and reassurance struggling for a foothold in the uncertainty clouding my head, I reached the starting line with just three minutes to spare, right in time for no second thoughts. That medal in the picture says I did it. Oh, and for 21K that sunny Sunday morning, I was telling myself 'I can.'"



BEST PLACES TO RUN/TRAIN IN THE CITY

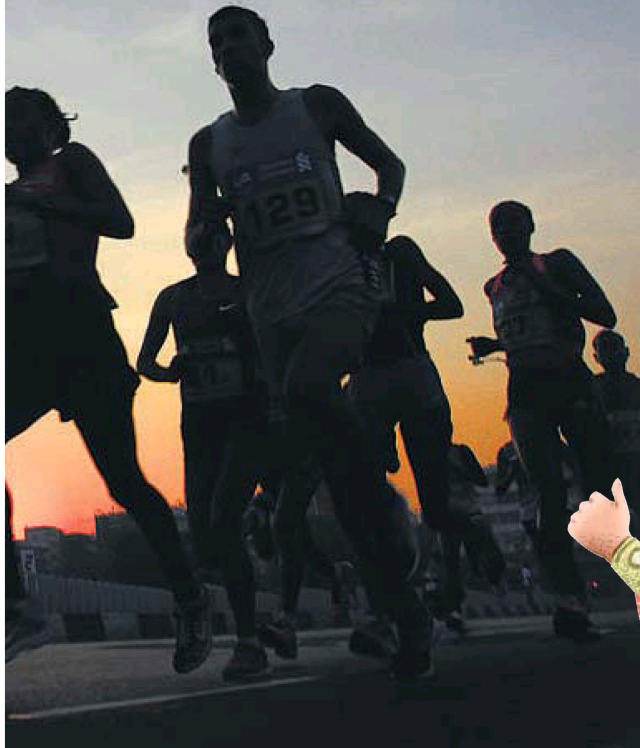
MARINE DRIVE TO WORLI SEA FACE: This stretch—around 12km—is perfect for long runs on weekends. Since, this route is part of the marathon, it could be good practice to run on this route once a week.

MAHALAXMI RACE COURSE: The mud surface puts lesser impact on the lower body. This location is good for track repeats and HIIT (High Intensity Interval Training), which is ideal for boosting stamina.

JHU BEACH: Running on sand in this 4km stretch will build power in quadriceps, calf, hip flexors and the gluteus muscles. It also stabilizes muscles in the knee, ankle and feet.

MALABAR HILL, PALI HILL AND YEORU HILL: These three stretches are perfect for practice during hill runs. Running on a hilly slope will strengthen your cardiorespiratory system. It also stresses the muscles, which will make you a stronger runner. Hill running is also the best way to tone the lower body muscles.

BY BRINSTON MIRANDA, FOUNDER, BE FIT ACADEMY



12-WEEK TRAINING PROGRAMME FOR THE FULL MARATHON (42.196 KM)

	WEDNESDAY	FRIDAY	SUNDAY
	60 mins slow continuous run	45 mins slow continuous run + core	23km easy run
	60 mins slow continuous run	60 mins hill run	20km easy run
	15 mins warm up + tempo run 30 mins	60 mins slow recovery run	26km target pace run
ious	15 mins warm up + 1000 x 6 reps (30 seconds faster than target pace)	60 mins hill run	15km easy recovery run
ious	15 mins warm up + tempo run 30 mins	60 mins slow continuous run	30km easy run
ious rises	15 mins warm up + 1000 x 8 reps (30 seconds faster than target pace)	10 mins warm up + fartlek 45 mins	18km medium pace run
ious	75 mins slow continuous run	60 mins slow continuous run	32km easy run



PLAN YOUR NUTRITION

An expert's guide to planning your meals before, during and after the run

7km (DREAM RUN)

PRE-RACE: Good breakfast 1.5 hours prior to the race

DURING: Sip on water through the run.

POST-RACE: Consume a meal based on protein + carbohydrates, for instance, an egg sandwich.

21km (HALF MARATHON)

PRE-RACE: Good breakfast 2 hours prior to the race. A fruit half an hour before you start the run.

DURING: Sip on energy drink/Electrol every 20 minutes during the run. The amount will vary based on sweat rate.

POST-RACE: Immediately after finishing the race, consume a protein and carbohydrate-based snack (carry this with you to the race) for instance, whey protein shake + fruit. Follow this with a breakfast.

42km (FULL MARATHON)

PRE-RACE: Two hours prior to the race, have a double carbohydrate + protein breakfast eg. oats + milk + two slices of toast + jam or honey or any chutney.

45 mins before the race, have two bananas and nuts.

15 minutes before the race, drink 200ml sports drink or one sachet sports gel.

DURING: Sip on sports drink throughout the run. Make sure you consume a drink with electrolytes and glucose (max 60g per hour).

Sports gels can be consumed instead of sports drink. Consume 1 sachet every 45 minutes (every 7 to 8km) along with at least 200ml of water.