



## ASICS Fleet Pre-London Half Marathon 16 March 2008

### Newsletter Issue 2 – 9 January 2008

***Amazon Windows & Conservatories continue with their support to the local community and wish all the runners a successful race, with some PBs being achieved.***

While it is over two months before the big day, your training should be well under-way. One thing we are often asked about is how to train for a half marathon. There are many training plans available in books, magazines and on-line but everybody is different so it is important to find what is right for you. It may be more difficult to get out for a run in the cold weather but once you are underway you will soon be warm.

Here are some general tips:

Mix your runs so that you have a mix of long and short, fast and less fast. Remember you are training, not racing, so do not try to complete every run as fast as you can and make sure you have important rest days. Do not overtrain and risk injury or illness.

Set yourself some targets up to 16 March 2008. For example, aim to reach ten miles by late February, 6-8 miles by mid-February. Gradually increase the length of your longest run and the number of miles you cover in the week. Don't worry if you have a week of low mileage but aim for a general lengthening of the long run.

Keep a diary of your training so you know what you are doing and use it for motivation.

If it is cold, like it is now, wear layers of clothing rather than a heavy sweatshirt.

Why not run a short race during the build-up, maybe a 10k or a cross country race? This will give you a faster run and help you to become used to the atmosphere of a race.

Running with other people is good for motivation, especially on wet and cold days, company and safety. If there is a running club nearby, go along and check it out. Most clubs welcome new runners and will ensure that they find you someone of a similar speed and ability. Club runners will often have a wealth of experience that you will find valuable. At Fleet & Crookham we make an effort to spend time with new runners and make them welcome without placing too much pressure on them to run fast or long. Running is very individual but it is much more fun and more effective running with someone else.

For runners local to Fleet we would like to invite you to join us for training at Fleet & Crookham AC on Thursday evenings at 7pm. We run from the Peter Driver Sports Ground behind the Tweseldown pub in Church Crookham. Typical Thursday evening runs are 4, 6 or 8 miles at a variety of speeds. It is much more fun running as a group, especially on cold, wet winter evenings so, if this appeals to you, please come and join us.

Finally, it takes the work of many volunteers to organise the ASICS Fleet Pre-London Half Marathon. This includes almost 200 who will be marshalling on the day, helping to direct runners, keep traffic and pedestrians clear and generally help around the route. If you are not running or you have friends or family who are able to help with marshalling, please contact us. This is the best way to see the race close-up, without actually running, and you get a free yellow plastic bib to wear! Moreover, if you agree to marshal, you can have a guaranteed entry in next year's race.

Keep training, keep smiling and we look forward to seeing you on 16 March 2008.

Martin Payne

Race Director

Fast Feet Run Round Fleet

[www.fleethalfmarathon.com](http://www.fleethalfmarathon.com)

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