

# THE 26 GOLDEN RULES OF RUNNING



**TIPS AND TRAINING ADVICE  
FOR RUNNERS OF ALL LEVELS**



**MARATHON  
HANDBOOK**





# I'M HERE TO HELP YOU RUN FAR.

Hey, I'm Thomas and my passion is running - and helping others achieve their running goals.

I ran my first marathon in 2012 and became hooked instantly. I've since trained for everything from fast 5ks to multi-day ultramarathons. Over the years, I've tried just about every type of training approach, diet, and workout to develop my own running ability, experience, and knowledge. After realizing the benefits that running had brought to my own life, I decided to become a running coach in order to help others achieve their own running goals.

That is why **Marathon Handbook** exists - these days it's much more than a marathon training site - it's a destination for anyone who wants to run far, whether you're just buying your first pair of running shoes or preparing for your next ultra.

I've put together this little book with you in mind - you, the runner.

Over the years, I've often thought about any rules or maxims that are universal for all runners. I finally sat down and produced this list of 26 Golden Rules that I think are applicable to both new runners and experienced veterans of the sport.

Save a copy, print it out, send it to a friend - whatever you do this book, I hope you get something out of it.

Thanks and Run Far,

Thomas Watson  
Marathon Handbook

## WHERE YOU CAN FIND US:



**OUR YOUTUBE CHANNEL**



**JOIN OUR FACEBOOK COMMUNITY**



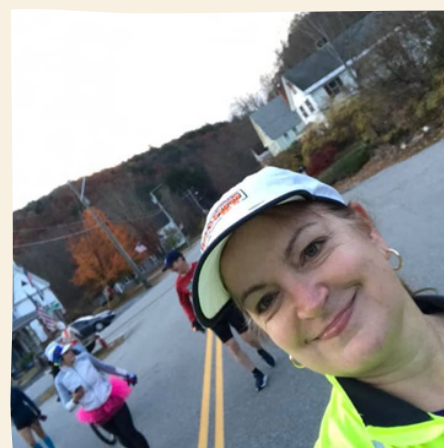
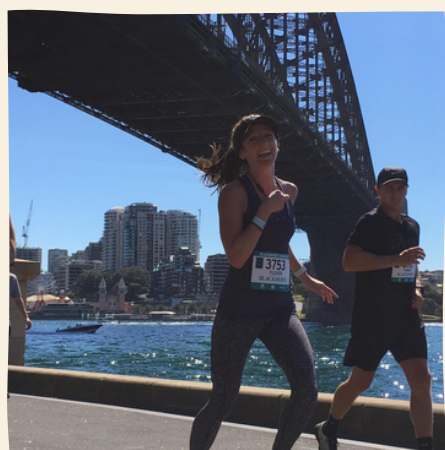
**INSTAGRAM**



**PINTEREST**



# MEET SOME OF OUR RUNNING COMMUNITY:



**Marathon Handbook** exists to help others achieve their running goals - so we're stoked to have built up a community of dedicated, proud runners over the years!

With thousands of runners signing up for our courses, and many more using our resources and training plans, there's now a happy community you can tap into!

Check out **[the Marathon Handbook Facebook Group](#)** and share your progress, challenges, questions, and finish line photos! We'd love to see you over there!



A person is running on a path, with trees in the background. The image is slightly blurred, giving a sense of motion. The person is wearing a yellow shirt and dark shorts. The background shows green foliage and a path.

# RULE #1: START SLOW AND SHORT

Whether you're a brand-new runner or coming back after some time off, the key to getting off on the right foot is taking it one step at a time.

It's totally normal to get swept up in a wave of enthusiasm when you discover (or rediscover) running, and it's easy to try and push your own limits. But when it comes to running, slow and conservative is the path to a long, happy running journey...

## Why?

When you start running, there are several things going on with your body.

Your **cardiovascular system** improves - in other words, you can go longer without getting out of breath.

Your **muscular endurance** improves - you can run longer without getting heavy, tired legs.

And your **biomechanics** adapt to running - gradually getting used to the repetitive motion, and hopefully finding their groove - getting more comfortable and more efficient with every run you do.

Each of these systems improves and adapts at its own pace. Many people find their cardiovascular ability improves the fastest - especially if you have some prior fitness or running experience. But just because your lungs are ready to run 5k doesn't mean that your legs are!

This is why it's important to be humble when you're starting out on your running journey - think of it as building a solid foundation that the rest of your running career will stand solidly on top of.

It's been said that **first comes form, then distance, then speed** - and that's about right. If you get the basics right, you'll soon find you can ramp up your mileage - then speed will find you, you don't need to go chasing it.

Biting off more than you can chew as a beginner runner will only end in injury, fatigue, burnout, and disappointment - which will drain your enthusiasm before you even begin.

**Start slow and short.**



# IT BEGINS (AND ENDS) WITH THE RUNNING SHOES

RULE #2:

Getting the right shoes is perhaps the single most important thing in your running journey.

Once you're an established runner, you'll probably have a couple of brands and models that you know work for you and that you can stick to. But when you're just starting out, finding a pair of shoes that are right for you can be overwhelming.

The sheer amount of shoe models, types, and foot categories is all a bit mind-boggling.

My 3 big recommendations for choosing running shoes is:

**i) If you don't know where to start, go to a reputable running store**

Skip the outlets and go to a running store with good staff who can talk to you about your running experience and plans, and get you to try out a few different models.

**ii) Comfort is the most important factor**

Despite all the various features and benefits of different shoes, the right pair of running shoes for you are the ones that feel comfortable from the minute you put them on.

Any small doubts you have - whether it's slight rubbing or a feeling of uneven pressure - will just get worse later. So prioritize comfort.

**iii) Beware of marketing gimmicks**

If you feel you're being steered towards a high-end shoe or one with some fancy material that is twice the price of most running shoes, then don't feel compelled to buy them. Likewise, beware of sales representatives who use a quick 2-minute gait analysis to diagnose your pronation and then recommend a shoe - it's been proven that pronation doesn't correlate with injury risk, and attempting to correct it might just be doing more damage. A good running shoe store uses these tools to build up a bigger picture of your running story, rather than just lazily putting you into one of three buckets.

\*\*\*

It's important to remember that all running shoes gradually lose their spring and their support after 300-500 miles, so keep an eye on your mileage. Likewise if you're coming back to running after a break, do yourself a favor and buy a new set of shoes - your feet will thank you!



## MORE ABOUT RUNNING SHOES:

[HOW TO CHOOSE RUNNING SHOES - MY GUIDE](#)

[DIFFERENT TYPES OF RUNNING SHOES EXPLAINED](#)

[RECOMMENDED HALF MARATHON RUNNING SHOES \(UPDATED REGULARLY\)](#)

[RECOMMENDED MARATHON RUNNING SHOES \(UPDATED REGULARLY\)](#)

[RELATED VIDEO: HOW TO TIE YOUR RUNNING SHOES](#)





# RULE #3: ATTACK INJURIES HEAD ON

**Injuries are inevitable.**

If you're new to running, this might be disheartening to read. If you're an experienced runner, you know this to be a fundamental truth. Whether it's through overtraining, poor form, or pushing yourself too hard on a particular run . . . sooner or later, injuries come knocking.

Unbelievably, more than 60% of recreational runners report suffering from an injury each year - it's a sorry state of affairs.

(Many running injuries can be prevented through regular strength training - see rule #6.)

However, I've got some good news: **injuries don't have to derail your training.**

Most common running injuries such as Achille's Tendonitis and Runner's Knee can be dealt with quickly, often with just a few days of rest as long as you attend to them early on.

Big injuries don't usually spring up out of nowhere - our bodies give us warning signs through minor aches and pains we might start to feel during or after running. This is the time to address them rather than ignore them or wait to see if they get worse.

Minor complaints and pains can usually be addressed with some rest, foam rolling, massaging, and strengthening. If it's an injury you can identify yourself, it doesn't take much to find a few strengthening exercises that help address the issue.

If it's a new injury or one you're worried about, get to a sports physio. The sooner a qualified person can assess your injury, the sooner you'll be back on the road to running.

It's often the case that you just need 3-5 days rest from running, after which you can return with reduced mileage or with some kinseo tape holding things in place while you get your training on.

**Either way, if in doubt seek professional help, and always attack injuries head-on.**

## INJURY CORNER

HERE ARE OUR  
GUIDES TO SOME OF  
THE MOST COMMON  
RUNNING INJURIES:

[SHIN SPLINTS](#)

[IT BAND SYNDROME](#)

[ACHILLE'S  
TENDONITIS](#)

[PLANTAR FASCIITIS](#)

[SIDE STITCHES](#)

[BLISTER GUIDE](#)

[RUNNER'S NIPPLE](#)



# RULE #4: YOUR COMPETITION IS NOT OTHER PEOPLE: IT'S YOU

For some reason, running events are referred to as **races**, suggesting that everyone who is participating is aiming to win.

Unless you're in the top 1%, it's unlikely you're toeing the line at your next 10k hoping for a podium position. Instead, you're like 99% of runners - out to run for themselves.

Running isn't about competing against the other runners - it's about **competing against yourself**.

Run against your previous PR, or a target you've set yourself, or the best you think you could be.

Run to beat the sedentary lifestyle, to lose weight, or to maximize your health as you get older.

Run for the changes and positive effects it has on your life.

Let that be your motivation, rather than measuring yourself against others.

In running, at the end of the day all you have are your two feet to carry you - so set yourself a goal and run towards it.

**Your competition is not other people - it's you.**





# **RULE #5: VARIETY IS THE FUEL OF A LONG AND HAPPY RUNNING CAREER**

Runners are often guilty of getting stuck in one type of running workout.

5k runners know their regular training loop, marathon runners get used to that weekly long, slow plodding training run. Over time, they get stuck in a loop, only doing one type of training. Gradually, they lose their edge. They get injured. They slow down. They lose interest and hang up their running shoes.

As runners, the best thing we can do for our long-term performance and fitness - as well as our own level of engagement - **is to introduce variety in our training.**

In terms of running workouts, almost every distance runner I talk with neglects speed work. Likewise, short distance runners skip long runs, as they don't want to lose their speed.

The truth is that the best runners mix things up. If you've been running 10ks for years, stretch yourself to a half or full marathon.

If you're in marathon or ultrarunning territory, next time you have a break in your calendar, focus on your 5k PR, or introduce a hill sprints session into your calendar - you'll be surprised how much it challenges you - and can get you out of a rut you never realised you were in.

Extending this further, it's important that runners don't just run.

Strength training - and specifically weightlifting - is probably the best form of cross-training you can do to get bang for your buck.

Running doesn't always need to be the dominant activity in your life - try yoga, cycling, or kickboxing for a while!

## **READ FURTHER >>>**

**THE CONCEPT OF TRAINING ANTIFRAGILE - OF DEVELOPING FITNESS THAT GETS STRONGER WITH UNPREDICTABLE STRESSORS - IS ONE I'VE TRIED TO APPLY TO MY TRAINING AND FIND A USEFUL WAY TO MAP OUT MY RUNNING AND WORKOUT GOALS. A KEY PART OF ANTIFRAGILITY IS VARIETY - WHICH IS ESPECIALLY IMPORTANT FOR RUNNERS.**





# KEEP COMING BACK TO RUNNING FORM

Spending time focusing on your running form isn't just for beginners.

Just like sweeping a floor, you can't just do it once then assume you never need to think about it again.

Checking in on your running form is something you should do **regularly** (though not constantly).

Your running form is essentially the way you hold and move your body while you run - and every single person has a slightly different normal running form.

Some quick things to check on your next run:

- ensure your chin is up and you're looking ahead, no slouching!
- relax your shoulders and allow your arms to swing gently.
- hold yourself upright with a slight forward lean.
- engage your core a little.
- hold your hips level, don't let your ass stick out!
- take shorter, more frequent steps - let your foot land under your hips - not over-striding.

**READ  
MORE**

**>>>**

**HERE'S MY  
HEAD-TO-TOE  
GUIDE TO  
PROPER  
RUNNING FORM**

**PROPER  
RUNNING  
FORM:  
THE ESSENTIAL  
GUIDE**



# STRENGTH TRAIN

Many runners have a natural aversion to anything that looks like a gym. They prefer to get their workouts done outdoors and tune out with a head-clearing run, rather than throw around heavy equipment.

However, all runners can benefit from cross-training, and **strength training - specifically weight lifting - is where you'll get the most bang for your buck** in terms of improvements to your running game.

Strength training improves your running in three distinct ways:

- It prevents injuries by strengthening your muscles and connective tissues, which are often otherwise left weak or imbalanced by running.
- It makes you faster by boosting your leg strength and neuromuscular co-ordination.
- It improves your running economy (essentially your own personal miles per gallon) by improving co-ordination and stride efficiency.

## Worried about bulking up?

Don't be. If you're running regularly, you're unlikely to add bulky muscle mass unless you cram loads of additional calories down your throat - instead, you'll develop lean muscle.

If you're new to strength training, get a trainer or join a class so you learn proper technique first.

While bodyweight exercises are good, lifting weights is better. Check out our guide in the link below for a full breakdown of exercises to do, how to identify the right weight, and guidance on numbers of sets and reps.

And remember you shouldn't be turning your gym session into a cardio workout - you get plenty of those when you go running!

**READ MORE >>>**

HERE'S OUR COMPLETE  
GUIDE TO HOW TO GET  
INTO WEIGHTLIFTING  
AND BOOST YOUR  
RUNNING GAME





## RULE #8:

# TRAIN YOUR WILLPOWER

Willpower acts like a muscle\*.

The more you exercise it - i.e. put it under stress - and then let it recover, the stronger it becomes.

This is an often-undervalued quality of ourselves that we can tap into, both in our exercise and in other parts of life.

Getting over that mental barrier and actually starting a workout can be the biggest roadblock to exercising for many people. It's easier in the short term to choose the comfort of the sofa over the discomfort of a hard running session.

But in the long term, we all know that it's the training session that's good for us.

It's actually been shown that **long-distance runners have a higher pain tolerance than non-runners**. The compounding effect of months and years of voluntarily performing exercise which involves real effort means that their willpower has gradually strengthened.

The more you embrace exercise, discomfort, and physical challenges, the easier they become for you in the future.

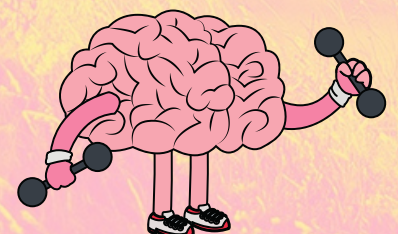
That's why I often find it useful to re-frame hard workouts as **willpower training sessions**.

**I tell myself that my morning sprints session is actually helping to galvanize mental strength** that will make tomorrow easier and allow me to reach new highs.

This can also be useful when you consider the concept of Resistance Training. Resistance training traditionally means applying load to a muscle - causing it to resist - in order to break it down a little then allow it to recover stronger.

I apply this Resistance Training mindset to tough exercises - whether that's the mental toughness of an ultramarathon, a fasted run, running with a weighted pack . . . all of these are ways to make your running harder and more effortful, but can also be seen as willpower training which makes you stronger and better on your regular runs.

**Don't just train your body, train your mind: train your willpower.**



**\*source: Willpower (Baumeister, Tierney)**



# RULE #9: BE SEASONAL

There's something fundamental about a seasonal cycle of growth, flourishing, tapering off, and rest.

We see it around us all the time in nature, and it bears consideration when planning your running calendar.

All seasoned athletes follow a pattern of **on-season** where they compete and race, and off-season where they aren't directly preparing for events. The ebb and flow of an on / off-season cycle allows us to approach training differently - our focus shifts depending on the season.

Most runners spend their winters strengthening their running base and cross-training. Their weekly mileage dials down a lot and they might switch up the intensity of their runs. It's a good time to focus on other areas - such as mobility and leg strength - which can be neglected during the on-season.

It's common to begin a new training phase around January / February, as you begin to increase your training load in preparation for running events over the spring and summer. Following a periodization-based training plan can mean you spend a few weeks at a time focussing on one element of your training, before combining it all on race day.

Races tend to tail off as Autumn turns to winter, and that's a great time to schedule one last running event before winding back your training for the winter.

The off-season is a great opportunity to take the pressure off yourself, stop pushing, and try new training modalities or activities that you wouldn't be able to during your on-season.

Don't try to be on top of your game all-year-round - be like nature, and be seasonal.

**READ MORE IN  
OUR GUIDE TO  
TRAINING  
PERIODIZATION,  
EXPLAINING  
MACROCYCLES,  
MESOCYCLES +  
MICROCYCLES**





# GO FAR WITH RUN / WALK

When I toed the start line at my first multi-day ultramarathon, I felt a nervous wave of anticipation at the distance in front of me. When the starting pistol fired, I set off running cautiously...only to look back and see that **the majority of runners were actually walking**.

It took me a while to process (until a few hours of sweaty running had passed actually), then I realised that my assumption that you had to run all the time was misplaced - I stopped and took a long walking break, and chatted to another walker who explained that by mixing walking and running she ensured she never pushed herself too far. I ended up incorporating a run/walk strategy over the next few days, and was surprised by how good my finishing times were.

The benefits of adopting a Run/Walk method for any distance - whether it's 5k or a 100 miler - are massive. While it's not a strategy that PR-seeking masochists will ever adopt, it's one that can help you go much farther than you would have otherwise - and will leave your body feeling much better.

By mixing running and walking, you are putting a cap on your exertion levels - every time you feel things are getting too intense, dial it down and move to walking. When you're ready to go again, pick up the pace.

This method is also much more forgiving on your body - you're much less likely to feel sore the next day or get injured.

And just because you're walking doesn't mean to say you're dawdling - you should be able to maintain a march of around 4 miles per hour. Mix this in with some running, lets say at 6 miles per hour, and your average pace is not that far off your overall running pace.

If you've got a challenging distance event coming up don't try and run the whole thing: run / walk.



**READ OUR**  
**GUIDE TO THE**  
**RUN WALK**  
**MARATHON**  
**TRAINING**  
**METHOD**



# RULE #11: MORNING IS THE BEST TIME TO RUN

Running for over 10 years and coaching hundreds of runners along the way has taught me one thing: **the best runs happen in the morning.**

**Some people are early birds, others are night owls - and the idea of a morning run makes their skin curl. But consistently I've seen that runners who do their training in the morning tend to stick to their plan and follow through on their training much more.**

Morning runs make you feel awesome for the rest of the day - you have the post-exercise afterglow of blood flowing through your system, and you can be satisfied that you've ticked off your exercise goals before starting the rest of your day.

Morning runs have a high follow-through rate, too. If you're anything like me, a run scheduled for evening time can quickly get curtailed or canceled because of other commitments or being tired after a long day at work.

Morning is a time of potential and opportunity, and rolling out of bed and going straight out for a run is a great way to spend time with your thoughts and get some fresh air too.

**If you're going to try a morning run, here are my recommendations:**

- Prepare all your gear the night before, so you just have to literally roll out of bed, get dressed, and start running.
- Most morning runs are fine to do in a fasted state (or perhaps after drinking some coffee) - easy morning miles are awesome. But if you want to perform a high-intensity run, better that you eat something small and energy-packed before heading out the door.
- Set your alarm with plenty of time to spare. The last thing you want is to be pressured into returning home early from your run to start the household morning routine. If you can factor in an extra 15 minutes, you'll be glad of it during your post-run shower.

**Morning is the best time to run.**



**HERE'S MY  
BULLETPROOF  
GUIDE TO  
EARLY  
MORNING  
RUNS**



# RULE #12: LOG YOUR RUNS



Logging your runs through a digital GPS tracker is super simple to do these days, and means you have a library of every workout you've done at your fingertips.

There was a time when only dedicated runners kept any kind of training log: it used to involve notebooks and calendars. Then with the advent of digital technology, GPS devices made it easier to monitor your pace and log runs - but it still needed a bit of work.

Today's GPS watches, smartwatches, and phones make the process painless: you just tell your device when you start and finish your workout, and it tracks every metric you could wish for.

I recommend **Strava** for anyone looking for an app to log their runs - it's a freemium platform, and the free version gives you everything you need. It also works seamlessly with practically every sports tracking device out there.

I enjoy looking back at old runs, and comparing my performance over time. If you're also tracking Heart Rate (which most wrist-based GPS devices do these days), then you're adding useful data that Strava can then analyse. Once you get years of data on there, it's useful to look back at see how things like HR and relative effort change with time.

You can continue down the digital rabbit hole and join virtual races and challenges, or track your friends' activities. I even use Strava to keep an eye on how many miles I've put into every pair of running shoes.

A word of warning: don't forget RULE #4 (your competition isn't other people). When you get into the rhythm of logging and sharing workouts, you're suddenly aware that you've got an audience - it's easy to start to chase new pace targets and PRs because you know others are following your progress. Shut that out, and run for yourself.

Last tip: I try to stop and take a photo on every single run I do, and add it to Strava. It makes each run into a story, a memory - not just a digital measure of miles and time.

Keep a record of your workout history: log your runs.



# RULE #13: SPRINT: IT BENEFITS ALL AREAS OF YOUR FITNESS

Bad news for all plodders out there: if you're skipping sprints, you're missing out on so many gains to your health and fitness.

**Sprinting** is running's own form of HIIT (High-Intensity Interval Training) - when you sprint, you run as hard as you possibly can for around 20 seconds to 2 minutes.

Running fast for short, sharp intervals has a myriad of benefits which regular, relaxed running can't compete with:

- Sprinting develops muscular strength in your legs and core, akin to leg-day at the gym
- Sprinting improves your muscular endurance, so you can keep going for longer on races
- Sprinting improves your running economy - essentially the miles per gallon you get as a runner
- Going anaerobic (sprinting) boosts fat burning and metabolism
- Improves heart health.

Many runners neglect interval training because they feel they're not fast, but that's besides the point. Going out for a few intense sprint repeats - regardless of how fast you actually are - has the same benefits for all of us. It's a challenging new form of running for a lot of runners.

I love the exhausted afterburn feeling after an intense sprint session - it feels like I've really challenged my body more than a 90 minute low-exertion run might. You can even just tack on a set of Strides at the end of your regular workout - they're short, sharp sprints.

Below I've shared links to some of my top running workouts that involve sprinting - there is really something for everyone! Not sure how hard to run when you sprint? Check out the next rule on RPE!

Sprint: It benefits all areas of your fitness.

[\*\*RUNNING STRIDES GUIDE \(SHORT SPRINT INTERVALS AT THE END OF A RUN\)\*\*](#)  
[\*\*HILL SPRINTS GUIDE\*\*](#)  
[\*\*INTERVAL TRAINING GUIDE FOR MARATHON TRAINING\*\*](#)  
[\*\*FARTLEKS GUIDE \(RUNNING WITH UNSTRUCTURED FAST/SLOW INTERVALS\)\*\*](#)  
[\*\*5 HIIT RUNNING DRILLS\*\*](#)



# **RULE #14:** LISTEN TO YOUR BODY, RUN ON RPE: RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (often shortened to RPE) is a simple tool that can help you tune in to your body more and still reach your fitness and running goals.

At its simplest, RPE is a scale of 1 to 10, measuring the intensity of your effort - 1 being extremely light activity like a slow stroll, 10 being an all-out sprint which you can only maintain for a few seconds.

When I train, I let RPE guide my running as opposed to my speed or heart rate (i.e. HRZ running). Why? Every run is different, and the conditions are never equal. Some days you are tired, or sore, or hungry, or have had a draining day at the office - each of these means you need to apply more effort for the same results. Same goes for external conditions: weather, underfoot conditions, gradients, and even running with company all affect how hard you have to push.

Running on RPE neutralizes all of these elements and leaves you with a foolproof go-to system.

Running intervals? Aim for 9 during the fast intervals, 2 on the slow intervals.

Long slow run for marathon training? Sit at a 3.

Lactate threshold training? Dial it up to a 6.

You develop your own internal gauge of how hard you're pushing, and let that do the work.

You're not checking your GPS every 30 seconds.

Bear in mind, it can take a few weeks to dial in your familiarity with those RPE levels.

**CHECK OUT MY YOUTUBE  
VIDEO EXPLAINING RPE**



<b>RATE OF PERCEIVED EXERTION CHART</b>	
★ Use this RPE chart to gauge your workout intensity ★	
<b>10</b>	<b>ALL-OUT SPRINT</b> The maximum possible effort, sustainable for just 20-30 seconds.
<b>9</b>	<b>VERY HARD INTENSITY</b> Hard to speak, breathing labored after a few seconds, requires focus; good for 1-min intervals.
<b>8</b>	<b>HARD INTENSITY</b> Requires focus to maintain; hard to say more than 2-3 words; good for Cooper Tests, 5k PRs.
<b>7</b>	<b>VIGOROUS ACTIVITY</b> Can speak in short sentences; becomes uncomfortable quickly. Requires constant effort.
<b>6</b>	<b>HARD ACTIVITY</b> Labored breathing, challenging and uncomfortable but sustainable for 30-60 mins.
<b>5</b>	<b>PROGRESSIVE PACE</b> A pace that requires some pushing and effort to maintain; still able to hold a conversation.
<b>4</b>	<b>COMFORTABLE WITH SOME EFFORT</b> Slight 'push' but still at a pace which you could speak a few sentences without struggling.
<b>3</b>	<b>COMFORTABLE PACE</b> Able to maintain a conversation without getting out of breath while running.
<b>2</b>	<b>LIGHT AND EASY</b> Non-taxing, very gentle and easy to maintain a conversation - could continue for hours.
<b>1</b>	<b>MINIMUM EFFORT</b> Bare minimum exertion; a gentle stroll through the woods. Could continue all day.
Find out how to incorporate RPE into your training at <a href="https://MarathonHandbook.com">MarathonHandbook.com</a>	
<b>MARATHON HANDBOOK</b>	

**READ MORE: MY RPE ARTICLE +  
GRAB A COPY OF THIS CHART**



# **RULE #15: IN ORDER TO IMPROVE YOU NEED A PLAN**

If you just go running in order to get in a little exercise and clear your head, then you don't need to worry too much about structuring your training.

Junk miles earn their name because they are training miles that give you no overall physiological benefit - they don't move the needle on your fitness.

**Many runners spend years running junk miles - and end up at the same ability level as when they started.**

But if you want to improve, **you need to use a training plan.**

A good training plan is your complete roadmap from where you are today to where you want to get to. It should be designed around your current running ability, your own schedule, and an achievable rate of progression.

It includes workouts focussed around improving your abilities - whether that's speed, endurance, or running economy. It includes variety and carefully balanced rest days.

It's also not set in stone - every training plan has to be flexible to allow for unplanned rest days, injury, and unscheduled interruptions.

If you're training for a half marathon or marathon, the training plan will include a taper period as well as setback weeks in order to let you consolidate the gains you've been making.

Having a plan also means outsourcing all of your run scheduling and decision-making. Instead of waking up each day and deciding on a whim whether or not to work out or no, you just have to stick to the plan.

Want results? In order to improve, you need a plan.

## **HERE ARE ALL OUR GOAL-BASED TRAINING PLANS:**

**ALL PLANS ARE FREE AND AVAILABLE IN PDF AND GOOGLE SHEETS / MS EXCEL FORMAT**

**COUCH TO 5K PLAN**

**10K TRAINING PLANS**

**HALF MARATHON PLANS**

**MARATHON PLANS**

**ULTRAMARATHON PLANS**

## **PREMIUM PLANS FOR A DEEPER TRAINING EXPERIENCE**

**WE'VE PARTNERED WITH TRAININGPEAKS TO OFFER ALL OUR PLANS VIA THEIR APP AND SITE: TRAIN ALONG WITH THE PLAN AND LOG YOUR PROGRESS DIRECTLY. CHECK THEM OUT!**





# RULE #16: YOU KNOW BEST WHEN TO REST

When in doubt, **rest**.

There can be many reasons to take a break, but here are the main four:

1. overtraining (your body isn't recovering between workouts),
2. illness,
3. injury
4. burnout - you're mentally drained,

Each of these are legit reasons for hanging up your running shoes for a few days.

Let's take them one at a time:

**Overtraining** can be hard to recognize initially - but you'll gradually feel your performance degrade. You'll find that when you're gearing up for a run, you're still feeling the effects of the previous one. You've been pushing too hard, and might begin to feel lethargic and notice mood swings. Overtraining needs to be addressed by taking some rest, pronto!

**[READ MORE >>> OVERTRAINING - HERE ARE THE 8 SIGNS AND 7 STRATEGIES TO BEAT IT](#)**

**Illness** sucks - and can stop you in your tracks.

The rule of thumb for any illness is that if you have symptoms below the neck, stop training (that includes the lungs BTW). When you're ill, it can be tempting to push through and hope that the fresh air of a run will help you. Unfortunately, it doesn't work that way.

If you've got symptoms below the neck, shut it down and go into recovery mode. It'll let you bounce back quicker!

**Injuries** can be minor or major - and the magnitude of how much they derail your training can often be down to how quickly you detect them and respond. Remember Rule #3: Attack Injuries Head On.

**Burnout** is when you are completely spent, and don't have the motivation or enthusiasm to go running. Burnout is part of overtraining - but it also exists as an issue on its own.

Burnout can be brought on by stress: if you're extremely busy at work, or going through a stressful situation in your personal life, then you're less likely to have energy or enthusiasm for running. A lot of this is because those other parts of your life are draining all of your willpower like a vampire (see RULE #8: TRAIN YOUR WILLPOWER).

When you're burned out, it's often better to take that break rather than trying to power through another workout - that can just make things worse.

A nice rule of thumb for taking breaks is to look after yourself as you'd look after a good friend: err on the side of caution and make sure you don't push yourself too far. You know best when to rest.



# RULE #17: REST IS NOT TIME OFF IT'S RECHARGING

Rest days are a key component of any athlete's training plan. Even professional athletes who are firing on all cylinders intentionally schedule days of no activity in order to allow their body to recover.

During a rest day, your muscles get a chance to heal, your glycogen levels refill, and your body generally goes into 'recovery mode'. It also allows you a bit of mental breathing space, and gives you permission to switch off the part of your brain which is constantly telling you to train. The importance of a rest day should not be underestimated.

The science is pretty clear on this too - it's been shown that the recovery process is largely governed by the brain. So for all the ice baths and massage guns you're investing in, sometimes the best thing you can do is just allow yourself to go into an intentional recovery mode.

The nervous system has two main divisions, or states: **sympathetic (also known as fight or flight)** and **parasympathetic (rest and recover)**. Our mind and body are **constantly evaluating our environment for potential threats**, and depending on how it perceives things it can put you in one of these two states.

The parasympathetic state is known as the 'rest and digest' state, as it's when your body perceives no threats and actively relaxes. This relaxation of the nervous system allows your body to focus on other processes - the muscles relax, your heart rate slows, your intestinal and gland activity increase. Your body recovers quicker.

By priming your environment and activities, you can instigate a parasympathetic state. What you're looking for is dopamine triggers: simple activities like spending quality time with friends and family, cooking a meal from scratch, or going for an easy walk in nature.

For many runners, recognising that time off is actually productive can be hard to do. Many of us are wired to always be "on", to be looking for the next challenge, and get restless at the idea of having time off.

**Remember that rest is not time off, it's recharging.**

**<<< FURTHER READING**





# CARBOHYDRATES = FUEL

Whenever we go running, the majority of the energy that moves us forward comes from our glycogen stores, which are topped up whenever we eat **carbohydrates**.

We also use some stored fat for energy, but typically your energy comes from around 75% carbs, 25% fat. The more intense the workout, the more of your energy is coming from carbs.

A lot of people make running nutrition overly complex. **To be well-fuelled before a run, you need to eat some carbs. It's that simple.**

Now, there are some reasons that runners might neglect carbs. Going to a long, slow, carb-fasted run encourages your body to become more efficient at burning fat for fuel - which may be useful for endurance athletes. But when you do this, be aware that your performance will be compromised due to that lack of carbs.

(I've got plenty of experience with this as I have experimented with ketogenic cycles where I cut out carbs for a few weeks - [read about how it impacted my running here](#)).

But weird diets aside, most runners simply want to perform their best when they go for a run - after all, if you're not able to run your best due to a lack of fuel, you're not going to be making any performance gains.

So, eat carbs before you run - ideally a snack or small meal 60-90 minutes before you head out the door. Whether it's a bagel or toast with spread, it'll give your body time to digest it. If you're in a hurry, an energy gel 5 minutes before you start running can work wonders.

Going for a long run of over an hour? You can ensure those reserves are well-filled by:

- Eating carb-rich meals the day before your long run. Aim for 60% carbs, 20% protein, 20% fat.
- Eat a good-sized snack 2-3 hours before your long run (or as soon as you wake up).
- Take a high-energy snack just before you start running (15 minutes before) - some sports drink, an energy bar, or half a banana will do it!
- Fuel as you run with a sports drink, energy gels, snack bars, and chew blocks.

**READ MORE>>>**





# TREAT SLEEP LIKE ITS A PART OF YOUR WORKOUT

The CDC has reported that 35% of adults aren't getting enough sleep (based on a recommended 7 hours per night - [source](#)).

While we're all guilty of occasionally skipping a few hours of sleep - especially to squeeze in morning runs - doing it regularly can have a negative impact on a bunch of different aspects of your life, not least your running.

Sleep deprivation causes brain fog, reduced energy levels, reduced libido, causes weight gains, is worse for your heart health.

Sleep takes care of all of these issues and makes sure you're fresh and energized for each new day.

Sleep is also when your body goes into hyper-recovery mode.

When you look at each of the benefits of running and working out - improved cardiovascular health, stronger muscles, better endurance, and so on - **each of these processes requires sleep in order to improve.**

When we sleep, our body sinks into 'rest and relax' mode, and growth hormone is released which builds those muscles back up and completes the recovery process after a workout.

So many people neglect sleep, it's the first thing to be sacrificed when we've got too many plates spinning and we need to cut back. Instead of actually making room for sleep, we sideline it.

The best way I've found to reframe sleep is to treat it like a part of your workout.

Don't consider any run or workout to be optimal unless you have a restful, quality sleep that evening.

Runners who don't prioritize sleep often end up with inconsistent schedules: they're constantly fire-fighting little issues and squeezing in workouts, seeming restless and unsatisfied. Not only that, but their poor sleep means they're not making the progress or gains they should be.

Their poor sleep is prohibiting their recovery, and their hectic schedules make it hard for them to train consistently.

Prioritize sleep and everything else will start to fall into place.

**Treat sleep like its a part of your workout.**



# RULE #20: THE GOLDEN KEY TO LONG TERM SUCCESS = CONSISTENCY

When it comes to achieving your running goals, there are no shortcuts or life hacks that really deliver. Anyone who has attempted a half marathon or marathon without properly training for it will testify to that.

While inspiration and bouts of motivation are awesome for setting goals, actually training towards them and achieving them takes a lot of work and discipline.

The main principle I've found that overrides all others when it comes to running is **consistency**.

By consistency, I don't mean following the same workout routine ad nauseum.

I mean consistently **showing up to train**.

Consistently thinking about **how to reach your new running goals**.

Consistently **striving to adapt your training** and find new modalities to unlock your potential.

Consistently **addressing issues** such as injuries as soon as they begin to raise heads.

\*\*\*

Runners who are inconsistent are the ones who stop training when it's bad weather or let an injury completely derail their year, or stop working out after they finish their target race.

Inevitably this kind of approach leads to big swings in mileage and performance, and ultimately injury, fatigue, and frustration.

**The best runners are the ones who will show up every day regardless of how they're feeling.**

The best runners aren't too disheartened by a minor injury or by a poor result - they know that those are part of the process and that it's an indicator they were perhaps doing something wrong. They've learned something.

**Not every run is going to be great, but you're going to get great if you run consistently.**

The rewards of running compound relative to the effort you put in.

Be consistent, it's the key to long-term running success.



# RULE #21: EASY MILES ARE MANDATORY

As important as hard running is - see Rule #13 - easy running is equally important for a sustainable, long-term running career.

Being able to switch off your 'performance' muscle and kick back and go for a non-taxing, meandering run is a great thing.

For one, it gives you a mental break from the metrics-driven high-intensity training that most of us get caught up in. In an easy run, it's better if you ignore your pace altogether and focus on Rate of Perceived Exertion.

Easy runs have their physical benefits too.

By training at a low exertion level and low Heart Rate, you can improve your endurance.

Not only are you training your slow-twitch fibers, but you're also boosting mitochondria - essentially improving the efficiency of how energy is delivered to your muscles. You burn a great % of fat (vs. carbs) during long easy runs, so you're also training your body to use fat as a fuel source.

Easy runs can also be an effective form of recovery: recovery runs are easy runs performed within 24 hours of a hard session. They help reduce DOMS by flushing the lactic acid out of leg muscles and allowing you to recuperate quicker.

Easy miles are also a great opportunity to check in on your running form- something that is easy to forget about when you're pushing hard on intense training runs.

So when you're mapping out your training week, don't forget to include at least one run that should be considered 'easy' - run at an intentionally low rate of exertion, perhaps the day after a heavy session.

Easy miles are mandatory.





# INCREASE YOUR MILEAGE IN SENSIBLE AMOUNTS

The human body is an incredible running machine.

I've seen it many times through my coaching: someone who physically looks like they shouldn't be a runner takes on a running challenge - such as Couch to 5K - and they gradually transform themselves into an able, happy runner.

**Our bodies are essentially designed to run.**

However, that doesn't mean that we don't need to adapt our bodies to running first.

**The biggest source of injury in the running world just so happens to be increasing mileage too quickly.**

And there are good reasons this happens too: **our cardiovascular endurance is usually better than our muscular endurance.** This means that if you just try to run as far as you can, your lungs will probably hold out - it will be your legs that will suffer.

It's the reason why many rookie runners bite off more than they can chew and go for a long, audacious run - say aiming to do a 10k right after completing their first 5k. They can actually do it - their body keeps going for that distance - their lungs hold out and they keep going. But perhaps their legs feel heavy or their knee starts to develop a dull ache towards the end of the run, which flares up every subsequent time they try to go running.

Boom, they're injured.

My goal is to coach people to become happy, sustainable runners - this means that they avoid injury, stay motivated, improve their performance, and are engaged in the process throughout.

**A key element in this is sensible mileage increases.**

**Often I'll work with a runner who is carrying some extra weight.** Their cardio and muscular systems are ready to run long distances, but that extra weight causes compounded stress on their joints with every step they take - it's a shortcut to injury. So instead we work up very gradual mileage increases, and the weight gradually reduces along the way.

**If in doubt, stick to the 10% Rule - don't increase your total mileage by more than 10%, week-on-week.**

Now, like most rules of thumb, the 10% Rule should be treated as a rough guide rather than gospel, and be aware that it's less relevant when you're running very short distances: say you're running 5 miles a week; adding 10% means you're literally only adding 800m to your overall weekly mileage. But the 10% rule serves well for more mid-to-long distance runners. It's a cautious approach that will keep you on the right side of injury.

**Increase your mileage in sensible amounts.**



# IT'S BETTER TO BE SLIGHTLY UNDERTRAINED THAN SLIGHTLY OVERTRAINED

A friend of mine uttered these words to me at the start line of a 100k ultramarathon when I'd remarked that I hadn't trained as much as I should have. And it was true - although I was slightly unprepared, I went out cautiously and ended up running a great race.

I've gone on to repeat this mantra dozens of times to runners-in-training.

Being slightly undertrained means you're perhaps just off your optimal condition, which - let's face it - is hard to get right anyway. Between training to the perfect amount, tapering perfectly, and balancing "regular life" with running, it's almost inevitable that most of the time we aren't in our optimal condition when we run up to the start line of a big race.

But being slightly overtrained means you're turning up to the start line carrying some fatigue or pesky minor injury that hasn't gone away. It means you've not been resting well between training runs, or maybe you've not tapered as you could have because you felt obligated to squeeze in a last few runs.

Either way, when it comes to racing and running events, it's always worth bearing this mantra in mind.

Forgive yourself for the missed training sessions or when you prioritised other things over your running.

Feeling that you're not-quite-prepared-enough at a start line is not only natural, but can leave you feeling humble and cautious - which aren't necessarily bad things.

Being overtrained is always a bad thing, and is gonna impact your performance and mind game on race day. Even if you end up with a good result, it's easy to get frustrated and caught up in negative thinking when you've pushed yourself too hard.

Being slightly undertrained can make you humble and hungry, and that's a great place to be.

It's better to be slightly undertrained than slightly overtrained.





# BE FLEXIBLE IN YOUR TRAINING

The fatal flaw of many a dedicated runner is they get transfixed on one goal and develop tunnel vision in their pursuit of it.

Mike Tyson once said "**Everyone has a plan until they get punched in the face**" - which is to say that it's easy to start following a path or a plan without being prepared for any bumps along the way.

And as any athlete will tell you, bumps are inevitable.

Whether you're doing a Couch To 5K program or training for a 100k, you **should** have a training plan (remember rule #15: In Order To Improve, You Need a Plan).

But training plans shouldn't be followed to the letter. Life gets in the way, whether that's social commitments, work, injury, illness....or just a pure lack of motivation.

That's why flexibility is key to a good sustainable running career.

Good runners recognise when something isn't working, and switch something up.

If your training regime is wearing you into the ground and you dread your workout, you're doing something wrong.

Maybe you've fallen out of love with running. Maybe you're not getting enough sleep. Maybe you've got other issues in your life which are impacting your attitude to exercise - it happens to almost everyone at some stage.

If and when you get derailed, try to find ways to pivot or salvage your training.

This might mean changing your regime completely.

Perhaps you've fallen out of love with long, rambling runs and decide to take up sprints and CrossFit.

Perhaps your daily 5k has been wearing on you, and you need to commit to a half marathon event to light a fire under your ass!

Whatever it is, don't be too rigid in your attitude towards training.

Sometimes we have to be prepared to let go of our preconceived plans to find what's really waiting for us at the next step.

**Be flexible in your training.**





# RULE #25: KEEP IT INTERESTING (NEVER LET YOURSELF GET BORED OF RUNNING)

Just like everything in life, it's natural that your interest and motivation for running can wax and wane like the tide. It's often the case that after completing a big goal like a marathon, a runner loses the fire in their belly that kept them training through the bad weather and early mornings.

A while back, I went through a period where I stopped enjoying running - I'd done a bunch of challenging races back-to-back, and the idea of going to a long training run actually filled me with dread. I'd leaned too hard into running and suddenly lost my drive for it. In the end, I scaled back my training dramatically, stopped racing, and started other physical activities. I ended up taking a full 2 years off distance running, before gradually the motivation to run far came back to me.

What I've learned is that you've got to keep running interesting.

Be mindful of feeling disengaged with your running practice, and take steps to address it.

In my experience, there are three options when you suffer a crisis of motivation with running:

## 1. Set a New Goal

Setting a new goal - or even better, signing up for an event that gets you excited, can be all the motivation you need to propel you through months of early morning training runs. When you set a goal, you should draw up a plan (see rule #14) - then you have your road map for the next few months. The anticipation of your new goal will help propel you through the training.

## 2. Mix Up Your Training

This is a classic one. It's often the case that bored runners are simply running the same route every single day, or doing the same type of workout. If you're a long-distance runner, mix in some interval training, with hill running, fartleks, tempo runs, or strides. They're uncomfortable to do, but that's the point!

Likewise, you don't need to **only** run. Mixing up your training by starting something new like yoga, CrossFit, or getting swimming lessons is an awesome way to get some exercise in while taking some time off from running. You'll probably find some benefits that improve your running game!

Years ago, I was tired of how inflexible and tight running had left me - so I began practicing Capoeira twice a week. I was totally enthralled by doing cartwheels and facing down other people in the Roda; it was the perfect counterbalance to my run training!

## 3. Take a Break

This is the last resort . . . remember that rule #19 says that consistency is the key to long term success. That being said, if you feel yourself falling completely out of love with your running, then sometimes you need to take a break. Shut it down before it really burns you out. Running will always be there for you to return to: it happened to me, and now I'm more engaged in my running than ever before.



# DREAM BIG.

To say running is a form of exercise isn't really doing it justice.

Running is a gateway to a world of exploration, both inside yourself and of the wider world.

You get to challenge your mental and physical limits; many of which you gradually realize were self-imposed and there to be challenged.

And when you start to challenge these limits, running can help you become a better version of yourself.

A run can make any day a little better.

And big running challenges - whether it's your first 5k or an ultramarathon - can add direction and purpose to your life, then redefine who you thought you were.

**Run far, dream big.**





# EXTRA RESOURCES

I've peppered a few of our resources throughout these rules, but there are a bunch more I didn't have room for that I thought I'd share here. I've split these up by category, but first here are some things I've produced to check out!

## TRAINING PLANS

### HERE ARE ALL OUR GOAL-BASED TRAINING PLANS:

ALL PLANS ARE FREE AND AVAILABLE IN PDF AND GOOGLE SHEETS / MS EXCEL FORMAT

**COUCH TO 5K PLAN**

**10K TRAINING PLANS**

**HALF MARATHON PLANS**

**MARATHON PLANS**

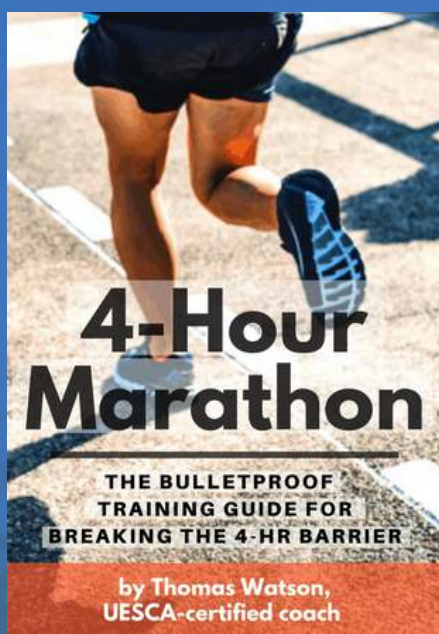
**ULTRAMARATHON PLANS**

### PREMIUM PLANS FOR A DEEPER TRAINING EXPERIENCE

WE'VE PARTNERED WITH [TRAININGPEAKS](#) TO OFFER ALL OUR PLANS VIA THEIR APP AND SITE: TRAIN ALONG WITH THE PLAN AND LOG YOUR PROGRESS DIRECTLY. [CHECK THEM OUT!](#)



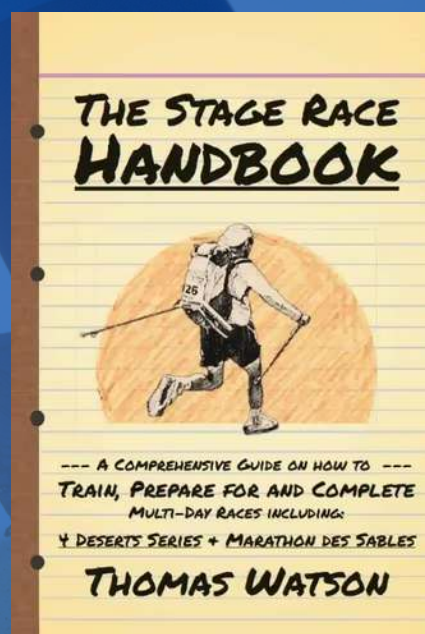
## BOOKS



**4-HOUR  
MARATHON**



**MARATHON  
IN 3 MONTHS**



**STAGE RACE  
HANDBOOK**



# BEGINNER RUNNERS

## How To Start Running: 9 Great Tips



## HOW TO START RUNNING

If you're jumping in with absolutely no experience, here is your primer to getting going on the right foot!

9 great tips for how to start running!

## HOW TO CHOOSE RUNNING SHOES



## HOW TO CHOOSE RUNNING SHOES

The first thing you need is a decent pair of running shoes. Here's my guide to navigating the crazy world of running shoe stores + how to pick the right pair for you.

## WHAT TO WEAR WHEN RUNNING



## WHAT TO WEAR WHEN RUNNING

Shoes are probably the one thing you **really** need to get right - but after that, it's probably worth looking at the rest of your running gear. Here's what to wear.

## COUCH TO 5K

TRAINING PLAN  
& RUNNING TIPS  
FOR YOUR 1ST 5K



## COUCH TO 5K

The Couch to 5k plan is now famous for getting thousands of people running; here's my take on the programme, as well as two training plans I've developed - a 4 week plan and an 8 week one.

## 7 DAY CHALLENGE: MOTIVATION & MINDSET



## 7 DAY MOTIVATION + MINDSET CHALLENGE

Here's my short, 7 Day course to get you motivated to start running! It involves running every day, daily check-ins, and additional willpower challenges.



# HALF MARATHON TRAINING RESOURCES

START  
HERE

## HALF MARATHON TRAINING GUIDE

If you're looking for a guide to the essentials of half marathon training, check out this article I've compiled.

It covers all the fundamentals that you need to know about so is a great place to start!



## 5-DAY HALF MARATHON BOOTCAMP

Join our totally free 5-Day half marathon bootcamp!

You'll get a training plan, plus each day I'll check in and give you expert guidance and tips for your half marathon preparation!

FREE  
BOOTCAMP



## HALF MARATHON TRAINING PLANS

Looking for a half marathon training plan? You're in the right place! We've got a large selection of free, downloadable half marathon training plans to suit every ability level! Each plan has been road-tested by hundreds of runners, and was designed by me - a UESCA-certified running coach.



## THE HALF MARATHON MASTERCLASS

For those looking to get deep into their half marathon training, I've developed this Masterclass course.

Includes 6 hours of exclusive video content, downloadable guides, cheat sheets - and direct access to me to ask questions and discuss any issues !



TAKE  
YOUR  
TRAINING  
FURTHER



# MORE HALF MARATHON TRAINING RESOURCES

## HALF MARATHON TAPER GUIDE



## HALF MARATHON TAPER GUIDE

Tapering. Easy to overlook or misunderstand - here's how to get those final few weeks prior to your half marathon right!



## FROM 10K TO HALF MARATHON

Moving from 10k's to half marathon takes a certain leap in training: you've got to re-wire your strategies for pacing and fuelling, as well as training for endurance. Here's how to do it!



## THE BEST HALF MARATHON RUNNING SHOES

Choosing running shoes can be tricky - so I've compiled this list of trusted models that work well for half marathon runners. I update it every few months, too.



## WHAT TO EAT BEFORE, DURING, AFTER A HALF MARATHON

Once you get into half marathon distances, you've got to get smart about your nutrition: fuelling and recovery. Here's my guide to dialling it in!



## HOW TO RUN A SUB 2 HOUR HALF MARATHON + TRAINING PLAN

Nailing a sub 2-hr half marathon is a great benchmark and goal to aim for; in this guide and training plan, I walk you through how to train towards the sub 2 hour goal!



# MARATHON TRAINING RESOURCES

**START  
HERE**



## MARATHON TRAINING GUIDE

If you're looking for a guide to the essentials of marathon training, check out this article I've compiled.

It covers all the fundamentals that you need to know about and is a great place to get started.

## 5-DAY MARATHON TRAINING BOOTCAMP

Want more in-depth advice?

Sign up for our free 5-day Marathon Training Bootcamp and I'll send you exclusive, in-depth training tips and guidance for the next 5 days, straight to your inbox!



**FREE  
BOOTCAMP**

**GRAB A  
TRAINING  
PLAN**



## MARATHON TRAINING PLANS

You're in the right place! We've got a large selection of free, downloadable marathon training plans to suit every ability level!

Each plan has been road-tested by hundreds of runners, and designed by me - a UESCA-certified running coach. Free and customizable, always!

## THE MARATHON TRAINING MASTERCLASS

For those looking to get deep into their marathon training, I've developed this Masterclass course.

Includes 6 hours of exclusive video content, downloadable guides, cheat sheets - and direct access to me to ask questions and discuss any issues !



**TAKE  
YOUR  
TRAINING  
FURTHER**



# MORE MARATHON TRAINING RESOURCES



## RECOMMENDED GPS WATCHES FOR MARATHON TRAINING

Getting a GPS device is essentially mandatory for marathon training. And it's easy to spend a bunch of money on one. Here are my recommended models (updated regularly)!



## RECOMMENDED MARATHON RUNNING SHOES

Choosing running shoes can be tricky - so I've compiled this list of trusted models that work well for marathon runners. I update it every few months, too.



## SUB 4 HOUR MARATHON: GUIDE + TRAINING PLAN

Running a sub 4-hr marathon is a great benchmark and goal to aim for; in this guide and training plan, I walk you through how to train towards the sub 4 hour goal!



## AVERAGE MARATHON TIMES ANALYSED

Here's my breakdown of marathon finishing time data, sorted by age, gender, country, and race location!



## HOW TO GO FROM HALF MARATHON TO MARATHON

Making the leap from 13.1 miles to 26.2 miles is all about building endurance. Here's how to do it in a structured way + a training plan to follow.



# ULTRAMARATHON TRAINING RESOURCES

START  
HERE

## ULTRAMARATHON TRAINING GUIDE

Here's my guide for getting started in the crazy world of ultrarunning.

Ultramarathons are where things get weird, and a lot of the rules of half or full marathons suddenly don't work. Here's how to get started!



## 5-DAY ULTRAMARATHON BOOTCAMP

Join our totally free 5-Day ultramarathon bootcamp!

You'll get a training plan, plus each day I'll check in and give you expert guidance and tips for your ultra marathon preparation!

FREE  
BOOTCAMP

## ULTRAMARATHON TRAINING PLANS

I've developed distance-based training plans for 50k's, 50 milers, 100k's, and 100 milers - each comes in 3 different goal levels (Just Finish, Improver, Compete) and are free to download in PDF and Google Sheets / Excel!



GRAB A  
TRAINING  
PLAN

## THE ULTRA RUNNER'S PLAYBOOK

The Ultimate Guide To Becoming An Ultramarathon Running Machine!

I've developed this course of over 6 hours of exclusive video content and Tips, Tricks, and Strategies for Training, Fueling, Gear, Nutrition, and Mindset!



TAKE  
YOUR  
TRAINING  
FURTHER



# MORE ULTRAMARATHON TRAINING RESOURCES



## RECOMMENDED GPS WATCHES FOR ULTRAMARATHON TRAINING

Once you're into the world of running ultras, you need a GPS that's got the battery life to go the distance. Here are my favorites at a range of price points - updated regularly!



## ULTRAMARATHON TRAINING RUNS EXPLAINED

Training for an ultramarathon requires a totally different training modality to shorter races like half-marathons and marathons. Here's an explainer to a lot of the workouts you'll be doing.



## HOW TO BECOME AN ENDURANCE MONSTER

Ultrarunning requires not just physical training, but a different mindset.

Here's my attempt to summarize what it takes to be an ultra runner, aka an Endurance Monster!



## ESSENTIAL GUIDE TO RUNNING 50 MILES + TRAINING PLANS

50 Miles is an awesome distance for breaking into ultras - it's just short of two marathons. Here's my guide + selection of training plans!



## HOW TO RUN A 100K + TRAINING PLANS

100k is my favorite ultramarathon distance: it's long enough to be utterly epic, but not so long that you have to stop and take naps / begin to hallucinate. Here's my guide to nailing it!