MARATHON TIPS THIS WEEK
Tips for Getting the Right Shoes

Motion control, Cushioning and Stability Running Shoes.

Motion control shoes, for runners whose feet roll in, with low arches, knees move towards each other in a bending position. Foot strikes on the outside of the heel and rolls inward excessively. This runner needs a firm midsole and a sturdy heel counter.

Cushioning shoes are for runners whose feet roll to the outside, arches are high or rigid, and knees stay neutral or move outwards through foot strike. They wear their shoes on the outside of the sole. This runner should wear a cushioning shoe with a flexible forefoot and no motion control features.

Stability shoes are for runners with a normal sized arch, lands on the outside of the heel and then moderately rolls inward. They have a semi- flexible arch and their knees roll in slightly when bent. Require extra cushioning and some degree of stability no excessive pronation. The fit of your shoe is most important it should fit snugly particularly in the heel cup if you want to avoid ankle and knee problems. You should be able to wiggle your toes at the front of the shoe.

For extended advice and a full schedule visit us at www.runningroom.com

MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>9</td>
<td>26 LSD Run/Walk</td>
<td>Off</td>
<td>6 Tempo</td>
<td>6 Hills 7 km</td>
<td>10 Steady Run</td>
<td>Off</td>
<td>6 Steady Run</td>
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Pace Guidelines

To Complete 4:00
6:22-7:11/km
6:22
5:44
5:26

To Complete 4:30
7:08-8:00/km
7:08
6:26
6:09

HALF MARATHON (All distances in km)

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<th>Week</th>
<th>Sun</th>
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<th>Sat</th>
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<tbody>
<tr>
<td>9</td>
<td>12 LSD Run/Walk</td>
<td>Off</td>
<td>4 Tempo</td>
<td>5 Hills 4 km</td>
<td>6 Steady Run</td>
<td>Off</td>
<td>4 Steady Run</td>
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Pace Guidelines

To Complete 2:00
6:34-7:23/km
6:34
5:55
5:27

Run/Walk Interval = 10 minutes running, 1 minute walking
Hills are a distance of 600 meters