

## Elite coaching special - Marathon world record holder Paul Tergat

. Then move to track go on track to get used to speed and used to spikes again.

"If you are going to run well on the track you have to get used to speed to be able to sustain speed - there are no short cuts.

"I don't think you will be able to compete and stay with the changes at the last stage of the race if you don't have speed. The last 400 or 200 - that's where the race is won.

"If a move is made at 3K you don't have to worry because they are exerting a lot of pressure on themselves. But from 8K you have to have stamina and 200m speed - to be able to sprint. May be not a 23sec or 24sec 200m but you need to have speed to keep up with the pressure of the last stages. If someone is going to win they must have worked very hard. So speed is always the most important thing. The way you start a race doesn't matter, the way you finish does. There is nothing else that will give you an edge." Tergat on targeting races

Paul believes in focussing on specific races and making sure your body is ready on that chosen day: "One fortunate thing for me is that I have really enjoyed very good health throughout my career, apart from one or two set backs. Once you have known the kind of training your body is able to take you can understand how to plan the races well.

"May be in Olympic year or for top championships some people are not able to put it together. Some may be ready in December but through by February or March so after the first 3K or 4K in the championships they find they are struggling. Planning is the important thing.

"You also need to understand what your body is able to take. If you are sick or injured you should stop and seek medical attention or you may ruin your body completely."

### Tergat on marathon preparation

As world record holder Paul is often asked about his training for the marathon. He explained the regime that took him to the sub 2hr 5min clocking: "When I am in regular training for a marathon or major championship it is two times a day training and the amount of mileage or kilometres is not less than 200K per week. 210K, 220K maybe 200K - at altitude 1600m altitude . It may not be fast but it is regulated. I go out for 2hrs training and get it done.

"When I am doing track I use training here Northern Italy when I am doing the meetings. It gives me the opportunity to not have so much pressure of flying from back in Kenya. I spend between 4-5 months in a year here Northern Italy .

"I sometimes run 35K of very competitive training, almost at the pace of real competition. May be the coach is there. You need to get used to taking water and the technical part of races: To take water and drink without it distracting your thoughts." Tergat on breaking the marathon world record

Paul's mind was focussed on the world record in Berlin but he knew he had to do it his way: "When I was training for the world record I didn't want to think of anyone's WR, I didn't want to use anyone else's splits. I decided to run my own regulated pace. I had a lot of confidence in myself and decided I needed negative splits. In the last part I didn't want to hear the voice of my coach telling him he was dropping off schedule . The first half was more regulated and the second half the best pace I was able to do."

### Tergat on his early career

## About the Author

Includes fitness test, training programs, and Polar pulse and heart rate monitors.

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