

MARATHON TRAINING FREQUENTLY ASKED QUESTIONS

- Q. Where is the first group training run?
A. The first group training run is at Stars & Stripes Park for six miles on Lake Hefner Trails. All runners and walkers are welcome. You do not have to be a Landrunners Oklahoma City Running Club member to participate.
- Q. Where is Stars & Stripes Park?
A. At NW 63 and Portland go north on Portland about a mile and you run right into Stars & Stripes Park.
- Q. Are all runs at Stars & Stripes Park?
A. Many will be. Others will be the Edmond Hills, Lake Overholser, River Trails, and running parts of the Memorial Marathon course.
- Q. Is there any set pace?
A. There is no set pace and this is not a race. We all start together and fan out to the pace that is comfortable to each runner. Some may be running fast at 7 minutes per mile, and some run/walk at 15 minutes per mile. Running a marathon is a very personal accomplishment as is the training.
- Q. Does the start time include exercise and stretching or does the run start then?
A. No, exercise and stretching are on your own. Be prepared to run at the designated time.
- Q. Will we always run on Saturdays?
A. No. Some runs will be on Sunday if there is a popular 5k or 10k on Saturday. Please check the schedule.
- Q. Will I need to bring my own water, power drink or energy gel?
A. Water stops are provided every 3 miles. Bring your own power drink or energy gel.
- Q. Are there toilet facilities on the training runs?
A. There are 3 Port-a-Potties around 9.5 mile Lake Hefner and 1 or 2 around 8.3 mile Lake Overholser. At training runs on the marathon course you may find convenience stores or restaurants open. Nearest facilities to Edmond Hills is a motel about half mile away from start/finish.
- Q. I dress in layers. Are there clothing drop offs?
A. Not officially. If you want to take a chance, drop clothing at water stops. Clothing will be picked up and brought the next week for owner pickup.
- Q. I'm doing the half marathon. How do I train?
A. Come run with the group, but do less mileage. Run half of what the full marathon schedule calls for.
- Q. Will we be notified of cancelled training runs?
A. In all the years of marathon training, only two weeks were cancelled due to an ice storm. We run in rain, snow, hail and some very cold weather. Water stops are put out and each runner decides to run or not run.
- Q. How many will be at the training runs?
A. There is no way to estimate. As few as 40 to over 100 on some days.
- Q. Do I need to do the miles exactly as suggested?
A. The training is designed semi-scientifically to build running strength and stamina to peak at the end of 16 weeks.

It is not necessary to run every day, but it is necessary to run the suggested total weekly miles.