

# Learning How To Run A Marathon

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# Contents

- Background (Start of 2024)
  - Injury Struggles
  - Getting back into exercising
- Learning to run
  - Cross training
  - Running training
  - Recovery
  - Trying to run a marathon

# Starting 2024 on a low

Disclaimer: Using weight as a proxy for fitness.

Bombarded by injuries at the end of 2023

Lowered exercise -> reduced eating -> lower weight

# Unexpected Assistance



March



June

# Return to the dumps



# More Unexpected Assistance (and Inspiration)

PARKRUN? BUT I DON'T RUN!

Phil Edwards

24 October 2024

# Making a Plan

- Join a running group
- November – Finish a 10k
- December – Finish a 20k
- January – Finish a 42k

Pretty straightforward right?

# Starting Out

“If you don't know where you're going,  
any road will get you there”  
– Lewis Carroll

Taking tentative and cautious steps

Running groups?

First Discovery: My ears are critical for heat loss



# Cross Training

Doing training that is different from the main sport

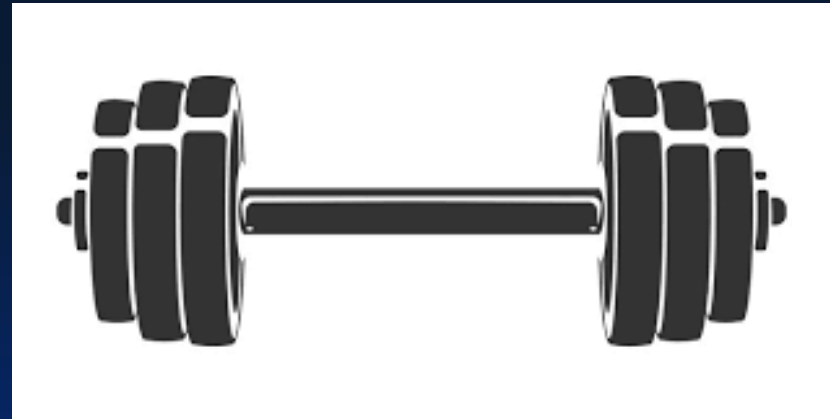
- Strength training (weights)
- Basketball
- Rowing
- Gardening
- Trekking / Trails
- Yoga
- Cycling
- Swimming

# Strength Training

Isolating and targeting individual muscle groups

Progressive Overload

Most 'eating enabling' exercise



# Basketball

Full body exercise:

Particularly targeting calves, ankles, wrists and shoulders

Hand eye coordination

Getting fresh air

# Rowing

Full body exercise:  
TRAINS EVERYTHING, ROWING IS AMAZING !!!

Great low impact cardio and  
strength training



# Gardening

Amazing character building (or so I've heard)

Great for knees and back

Very high exhaustion factor (in a good way)



# Trekking

Lots of fresh air and great views

Trains cardio and prepares feet for blisters

Some not so friendly wildlife



# Yoga

Strengthen joints and muscles in a low impact setting

Strengthen lungs

Meditation (preparing for boredom)

# Cycling

Great low impact exercise

I tried it, not for me



# Swimming

Great low impact exercise

Gets the heart rate up and good resistance training

(shoutout Andrew Zic !)

# Recovery

Food – Balanced diet – Particularly protein, fats, carbs and iron  
WATER WATER WATER

Rest – Sleep, ice pack, heat back, muscle relaxing cream, cold showers, soaking feet

Exercise – Warmup, stretching, cooldown, foam rollers, resistance bands

# Running the first 5k

First week of November

- Road running
- Building pace
- Average speed of 6 minutes / kilometre
- Ankle twist (what a surprise)

# More 5k's

Last week of November

- Straight back into things
- Road running
- Ambitious return to running (soreness)
- Average speed of 5:30 minutes / kilometre

# First 10k

- Pushed goal to December due to ankle twist
- Running on grass. Very different from road running
- Average speed of 6 minutes / kilometre
- More learning on soreness

# Second 10k

Second week of December

- Running on road (by the beach)
- Average speed of 5:30 minutes / kilometre  
Fastest time of 5:10 minutes / kilometre

# Returning from extended hiatus

Second week of January

- Treadmill running
- 2 days of 1km running
- Running a 20k in 2.5 hours. 7:30 per kilometre
- Learning about Muscle memory

# Attempting the marathon

Deciding on a date and constant postponing

- Treadmill running
- Walking break every 1 hour + food + water refill + bathroom break
- 32k in ~4 hours. 7:30 minutes per kilometre
- A bit much for my poor feet 😞 . Lost ~2.5-3kg in water weight

# Summarising my attempt experience (in 30 minute chunks)



# Road vs Grass vs Treadmill Running

Road is the fastest. Most enjoyable. Varying terrain

Grass is easiest on the knees, very slow and monotonous

Treadmill is the middle ground. Bit restrictive on the pace

# Ending notes

- Disappointed that I didn't hit the goal
- Runner's high is a myth
- Very happy with outcomes
- An appreciation for athletes
- Grateful for this journey !

