

**WEEK**

**16**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 7 Miles	Pool Foot Exercises	Run 8 Miles	4 Miles Intervals	<b>Rest</b>	Run 19 Miles

## Develop Mental/ Emotional Stamina



This is the longest run you will do before your 26.2 mile race. It is long enough to acquaint you with the physical, mental, and emotional exhaustion you will face.

When you head out for 19 miles feeling energetic, force yourself to stay below the maximum pace you can sustain. Feel free to stop and stretch. If you go too fast too early, you will deplete electrolytes, build up lactic acid, or raise your heart rate too high.

Remember to stay hydrated and nourished. Drinking small amounts early and often, is better than waiting until you are thirsty and trying to drink a lot. Your body is sending more blood to the outer muscles, leaving your stomach with less. That makes it hard to digest whatever you consume. Go easy and save yourself a stomach ache.

As you reach 16 miles you might experience a drop in your energy level. This is normal. It signals that your muscles are running low on glycogen and will have to use fat energy instead. It will require more time and oxygen, but it will move you forward. Keep going.

Whether you run fast or slow, you are likely to experience some emotional stress such as boredom, discouragement, anxiety, or even fear. Develop a plan to overcome these emotions so they don't sideline you. Whatever you practice this week, you will also need to implement it during your race in two weeks. Here are some ideas.

### **Sing happy songs to yourself or listen to music**

It might sound like a fairytale suggestion, but it really works. Music is one of the most powerful ways to direct your thoughts. Don't actually vocalize, because you need that oxygen for running. Imagine the words and melody in your head. If you are not sure you will remember your list of songs or all of the words, write them on your wrist or somewhere you can glance at them while running.

### **Think about how you will feel when you finish your first marathon**

Imagine your family and friends gathered, cheering for you at the finish. The thought will make you smile. Smiling releases endorphins and serotonin, reducing your perception of effort.

### **Greet other people along your route**

This is another way to make yourself smile.

### **Focus on reaching the next mile post or land mark**

Some running trails have mile posts that you can count. You might find it interesting to count the number of steps you take in a mile. Sometimes, this type of distraction is good when you are pushing through a hard couple of miles.

### **Run with a friend**

Have somebody meet you at mile 16 and complete the last 4 miles with you. They will be your biggest support, and they will hold a special place in your heart ever after.