

Melbourne Marathon 2015

Nick 'Fitter' Turner

I'd like to start by dedicating this run to my amazing wife, Kirsty. I could not have achieved this result without her unwavering support and encouragement. Thanks for all the leave passes from you and the kids for all the events and training runs leading up to the big day. In particular, allowing me to run most Saturday mornings at Eaglemont, when I know you really want to get along to a few more parkruns. Saturdays mornings are now yours for the rest of the year.

Now that I have arrested back the keyboard from my wife, I will begin my race report. Note to self: lock computer when I leave the room.

Sorry for the number of photos in this report. But they probably give a better representation of the day that my words could.

Building the base

After ending 2014 with a sore hip and knee and then a less than impressive 56km 2-bays in January, I rested for a few weeks and started doing some Pilates and a lot of strengthening exercises. This seemed to work for me as I was able to get back into some solid running sessions and the body felt great. JC ensured that the Saturday morning Eaglemont run became a regular event so I was getting in some quality long runs. At this stage, I wasn't thinking about any events, just enjoying running for a few months without getting injured. As I continued to rack up the kms, I started to gain confidence in my body again and entered the Melbourne Marathon.

What time to target?

This was the question of continual revision. After just going the wrong side of 3 hours last year, my initial goal for 2015 was to finally break 3 hours. This seemed to be on track early on in the year and after doing a 17:09 parkrun and my first 10km race at Albert Park clocking 35:26, I started thinking sub 3 might be a soft target and I should aim for something more challenging. Plenty of time to figure that, I just needed to stay fit and injury free.

The Bevo Stables

After watching JC's immense improvement over the past 3 months, Bevo kindly offered his coaching services and I was fortunate enough to find myself in the stable with Alcock, Duff and Courts. After Metric met us for Eaglemont long run after already doing 8kms, she appeared to be in great shape and ready to target a marathon pb so she also joined the stable. Now Bevo had 6 people to coach and most 'alternate' sessions now had a very good turn-out with lots of competition in the intervals. Alcock was killing every session, Duff picked his sessions ☺ and Courts was showing huge improvement. Unfortunately JC had gone down with a sore heel, but still made a lot of appearances on the track and around the tan. Most of the sessions were based around doing longer intervals. 8x1km, 2x4km and 3x3km were regulars and there was nowhere to hide when it started to hurt half way through the session.

The Burnley Half

I was feeling pretty confident for the Burnley Half in September, but a little unsure about how I would go over that distance. My pb for a half was over 85 minutes and I knew I was in the shape to target under 80 minutes. I aimed to go out at around low 3:40's pace and just see how long I can maintain it. I had the benefit of Bevo pacing me for the last half and he gets me through to a time of 1:17:48 - a 7:30 pb.

Six weeks to go to the marathon and hopefully a bit more improvement to get out of some hard sessions before the taper. Twelve days before the marathon, I ran the tan handicap with a time of 13:05. Was very happy with that pb given the conditions were mid 30's and very windy. This gave me confidence for settling on my marathon target. I liked the idea of a round figure of 4 minutes per km, so I decided I would aim for 2:46 and hopefully not drop off too much in the last half of the marathon and sneak in under 2:48:48.

Marathon Day

The night before the race I was pretty relaxed, just looking forward to getting out there and go for a long jog. That night I fell asleep listening to an SEN interview with Craig 'Buster' Mottram talking about how he was turning his attention towards running a marathon. He started talking about his uncertainty about how his body would go over the longer distance and went into the detail of the physiology of what happens to your body when it 'hits the wall'. Okay, maybe I wasn't that relaxed anymore.

Next morning, I drove to the 'G with my wife Kirsty and friend Kirsty who were both doing the 10km event. We got there early and got a park around Fitzroy Gardens. I had plenty of time to go through the pre-race prep and wander over to the starting area. Being a first timer with the preferred start sticker, I tentatively approach the burly security guard who just looked like he was waiting for his chance to exercise some authority. He saw me approaching the gap in the fence, rushed over and to my amazement widened the gap in the fence, ushered me through and says "Good Luck Sir". Wow, that was worth the price of the race number alone - can't believe all this space here.



This is the way to prepare for a marathon.

I met up with all the milers going through their warm up and stretching (well, I think we were just talking). After making my way to the start line, the gun goes off and off we set. I'm pretty happy with my first 5km. I didn't do anything too quick and keep all the splits pretty close to my target of 3:56 per km. I saw lots of milers around me while going down St Kilda Rd. 700 and Tate seem to be going out a good pace and after chatting to Alcock for a couple of minutes, he has unfinished business and moves on at a slightly quicker pace.

I settled into a comfortable pace with HoJu and we ended up running most of the next 20kms together. We must have been a bit too relaxed as we were getting a few comments from spectators that we were talking too much. I also noticed that I was getting twice as many "Go Nick"s so I was happy to soak that up.



This was the easy part of the race – feeling fresh around the flat Albert Park with a few tight bends so you get to see where everybody else is

placed in relation to you. We noticed a little bit of wind and started thinking this may be a sign of things to come when we get to the unprotected Beaconsfield Parade. The first two drink handovers worked brilliantly from Racer and the rest of the Miler crew. Although after getting the drinks, I notice that the next 300 metres is under 3:40/km pace. JC is too good at getting people fired up.



The field really thinned out by the time we hit Beaconsfield parade and as we made our way towards Port Melbourne, HoJu and two other random blue shirt guys edged forward to about 20 metres in front of me. So I was now running by myself. I had my second gel and suspected that the reason I can't detect any wind was because I was running with it. Things were going to get a bit challenging when I get to Port Melbourne and have to turn around and run into the wind for 7.5kms to Elwood Park. Bevo

confirmed my suspicions when he popped and advised me to get some cover if I could. With about 2kms to the Port Melbourne turn around, I set my sights on reeling in HoJu and the two random blue shirt guys. I time it pretty well and catch up to the group just as we turn. I'm glad I did too, as the wind is definitely noticeable. The pace of this group slowed a little and now recording low 4 min kms seemed like hard work. HoJu is doing his share of the heavy lifting at the front while I try and hang on to the back. I reach the half marathon point at around 83 minutes and Racer and the crew are there for another smooth handover. As we approach Elwood at low 4 min kms we start to peg a few people back that are obviously feeling the effects of going into the wind.

After we turn in Elwood and now running with the wind, the km splits come back to 4 minutes. Although it didn't feel super easy and I found myself working pretty hard. With over 15kms to go, I know this is going to be tough. HoJu and I edged forward and back from each other repeatedly as we made our way towards Fitzroy St. I had the third gel just before getting another drink from Racer at 28kms. I make a conscious effort not to slow down too much when we merge with the half marathoners and ascend

Fitzroy St. I managed to keep this section around 4min/kms pace, but the body is definitely working for it. This was the hardest part of the race. The body was starting to feel tired and it wasn't close enough to the finish line to put in the final surge. I was also now running primarily by myself as the official results say that I was 78th at 25km and still 78th at 35km. I now just focus on keeping the kms splits at or just under 4mins. I had my 4th gel just before I merge back with the half marathoners and veer left to go around the Arts Centre. The path stays clear enough to not slow me down to much as I went under St Kilda Rd and approach the hilliest part of the course.

I pick up my last drink and gel from Racer as I started to ascend Birdwood Avenue. I see Kirsty and Kirsty up ahead and I decide that I don't want my last gel so I throw it to them. I hear them shout something about how awesome the catch was. "P1ss off – I just ran 35km under 4 min pace and now I have this crappy hill to climb – I don't care about your stupid catch" (It was the throw that made it look good anyway).

After dodging the 3 buses coming down Birdwood Avenue (what the?), I started doing the calculations about what my time could be. 5kms to go and mid 2:48 is still possible. "I can do a 20 minute parkrun", I think. Well, it turns out that after running 37kms, I can't. After the 4:28 km up the hill, I struggle to get the kms back below 4 minutes. With three kms to go, I pass the last contingent of miler support. Rafa kindly offers me a drink, but I all I can muster is a general grunt in his direction. I can't blame my present predicament on the lack of hydration. Racer and the rest of the support crew have done an awesome job.



Obama cruises past looking very strong. I haven't seen him all race and now he pops up at the business end reeling people in. Obviously, he's a seasoned campaigner who knows how to get it done.

I made my way up St Kilda Road and turn into Flinders St. Less than 2kms to go and I'm just looking forward for it to be over. The pain on everyone's face was obvious and the support from random

people at this point was fantastic. I turned in to Wellington Parade and enjoy (well, hate less) the slight downhill towards the 'G. The route comes alongside the half-marathoners again along Brunton Avenue before we enter the MCG.

The final lap inside the MCG feels like it goes forever. After running for what seemed like 300m, I look up and realise that I still have about 300 metres to go. Finally make it to the line and stop the watch, 2:49:10. Not the goal time, but not too far off it and over an 11 min pb, something that I wouldn't have thought possible 12 months ago so pretty happy with it.

Shortly after crossing the line, I catch up with Obama after his strong finish as Duff and HoJu both come in at 2:49 something. We make our way over to the other milers, including Alcock and 700 who finished a



few minutes earlier. Another group of milers finish in the low 2:50s, including Tate, Hally, House and Mitho. Hometown marathons are great, especially when you can celebrate immediately amongst friends. We share some man-hugs and lean on each other for a photo.

A big thankyou to the Miler support crew out there on the day. Racer was awesome with his drinks support and the loud cheering at the multiple locations around the course definitely helped. Also, it was great to see how are other

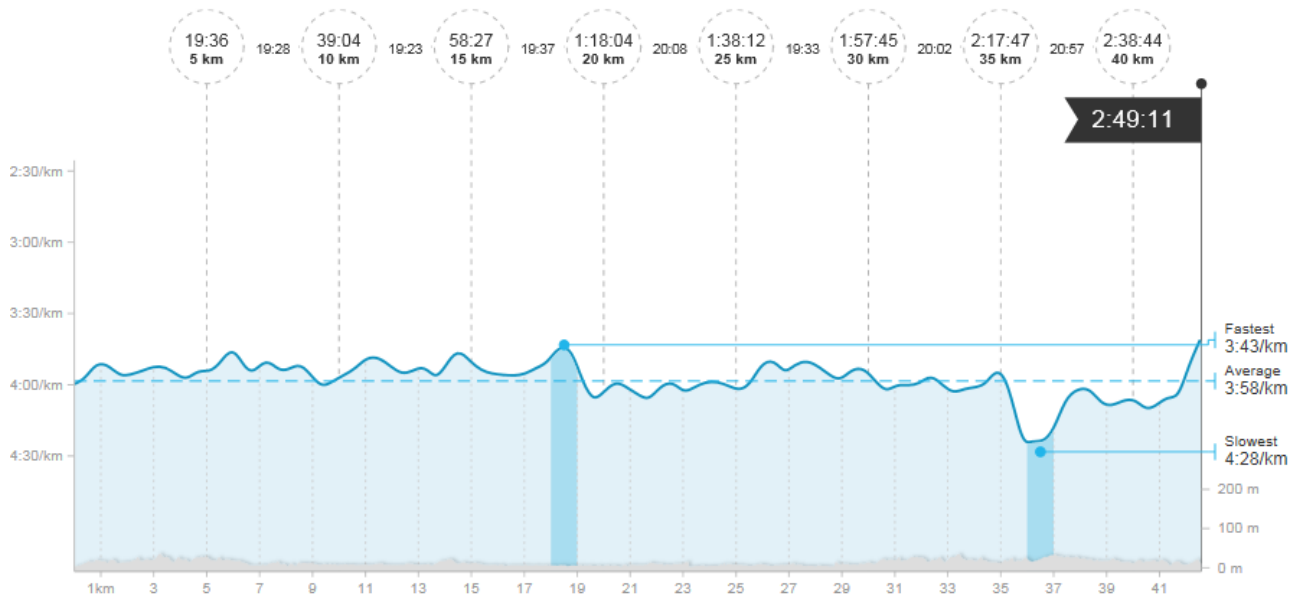
people were tracking on the day so thanks to all those taking photos. Katie, Anna, Moulder and Shiris got some great shots. Congratulations to all the other Marathoners out there. It was great to be part of the winning Melbourne Middy Milers team.

Also, a big Thankyou to Bevo who put an enormous amount of time into coaching me. His support and advice has not only allowed me to achieve this result, but also hopefully more pbs across many distances to come.

Oh, and yes there was a lot of truth to the first paragraph of this report.



Race Analysis



Pace Distribution

Z1	Active Recovery	> 4:48	2:56	<div style="width: 5%;"></div>
Z2	Endurance	4:08 - 4:48	42:33	<div style="width: 35%;"></div>
Z3	Tempo	3:43 - 4:08	1:23:18	<div style="width: 60%;"></div>
Z4	Threshold	3:29 - 3:43	25:20	<div style="width: 20%;"></div>
Z5	VO2 Max	3:16 - 3:29	8:19	<div style="width: 5%;"></div>
Z6	Anaerobic	< 3:16	6:45	<div style="width: 2%;"></div>

42.5km 2:49:11 3:58/km
Distance Time Pace


Epic 692 681
Suffer Score Points in the Red


Heart Rate Analysis

Z1	Endurance	< 120	0s	0%	<div style="width: 0%;"></div>
Z2	Moderate	120 - 150	27s	0%	<div style="width: 0%;"></div>
Z3	Tempo	150 - 165	5:40	3%	<div style="width: 3%;"></div>
Z4	Threshold	165 - 180	2:42:38	96%	<div style="width: 96%;"></div>
Z5	Anaerobic	> 180	26s	0%	<div style="width: 0%;"></div>

Pace per km

1	3:56	11	3:57	21	3:59	31	4:01	41	4:10
2	3:54	12	3:48	22	4:05	32	4:01	42	4:04
3	3:54	13	3:56	23	4:00	33	3:56	42.5	3:46
4	3:54	14	3:54	24	4:00	34	4:02		
5	3:56	15	3:46	25	4:00	35	3:59		
6	3:50	16	3:55	26	4:00	36	4:09		
7	3:54	17	3:57	27	3:52	37	4:28		
8	3:51	18	3:53	28	3:51	38	4:05		
9	3:52	19	3:43	29	3:56	39	4:05		
10	3:59	20	4:06	30	3:53	40	4:07		

OFFICIAL TIME	Overall Rank	Category Rank	Gender Rank
 02:49:14	67 from 6053 finishers	44 from 2110 finishers	62 from 4208 finishers

NET TIME	Overall Rank	Category Rank	Gender Rank
 02:49:10	66	44	61

HIDE SPLITS

LOCATION	SPLIT			ACCUMMULATIVE			
	TIME	DISTANCE	SPEED/PACE	RACE TIME	OVERALL	DIVISION	GENDER
5k	00:19:33	5.0km	15.35 / 3:55	00:19:33	91	60	85
10k	00:19:51	5.0km	15.11 / 3:58	00:39:25	88	59	82
15k	00:19:37	5.0km	15.29 / 3:55	00:59:03	86	57	79
20k	00:19:46	5.0km	15.18 / 3:57	01:18:49	83	57	78
25k	00:20:13	5.0km	14.84 / 4:03	01:39:03	78	54	74
30k	00:19:43	5.0km	15.22 / 3:57	01:58:47	78	54	73
35k	00:20:15	5.0km	14.81 / 4:03	02:19:02	78	55	73
40k	00:21:06	5.0km	14.22 / 4:13	02:40:08	71	49	66
42.2k	00:09:01	2.2km	14.64 / 4:06	02:49:10	67	44	62

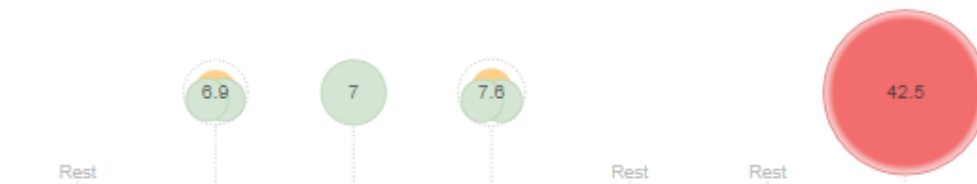
15 week Training Block

● Run ● Long Run ● Workout ● Race

OCT 12-18
4h 35m 445 m

64.2 km

Goal: 70 km



OCT 5-11
3h 47m 533 m

49.8 km

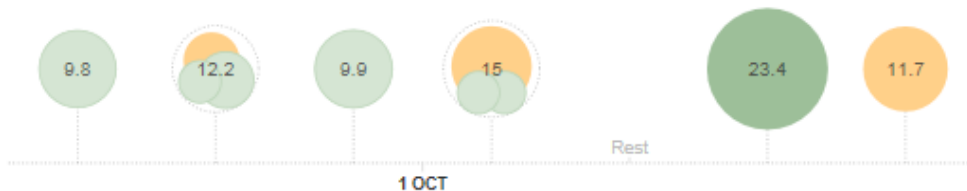
Goal: 70 km



28 SEP-3 OCT
6h 6m 804 m

82.2 km

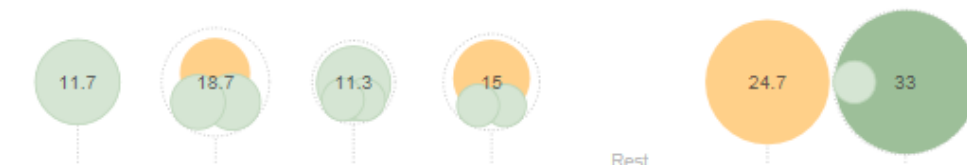
Goal: 70 km



SEP 21-27
8h 27m 843 m

114.6 km

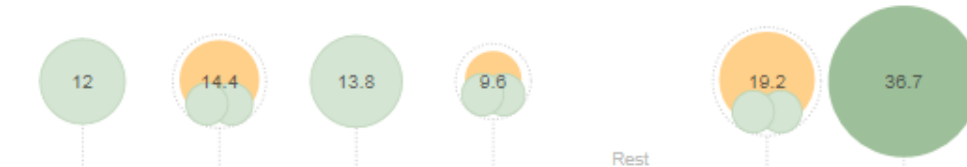
Goal: 100 km



SEP 14-20
7h 47m 852 m

106 km

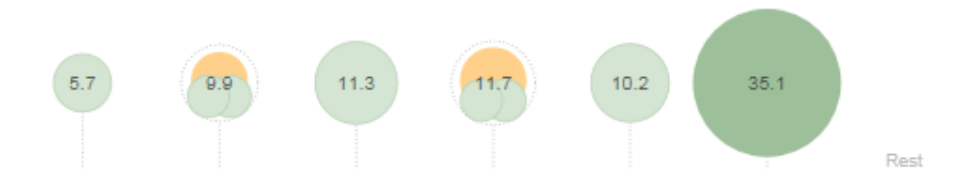
Goal: 50 km



SEP 7-13
6h 29m 667 m

84.2 km

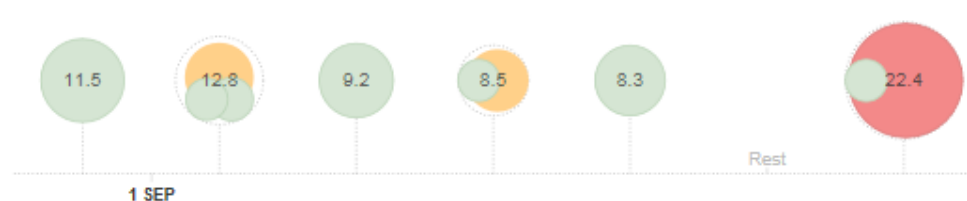
Goal: 50 km



31 AUG-6 SEP
5h 23m 661 m

73 km

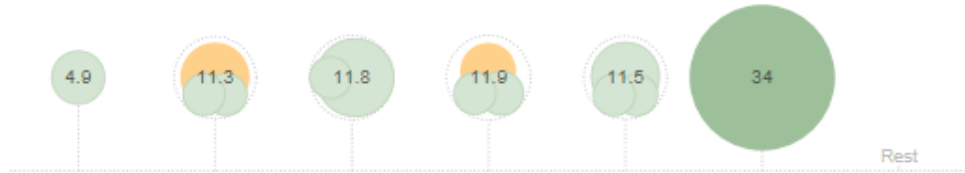
Goal: 50 km



AUG 24-30
6h 22m 654 m

85.6 km

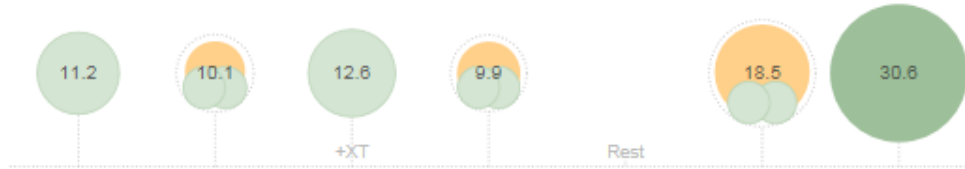
Goal: 50 km



AUG 17-23
7h 11m 628 m

93.2 km

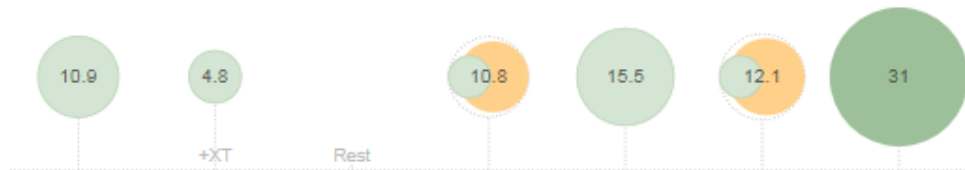
Goal: 50 km



AUG 10-16
6h 35m 731 m

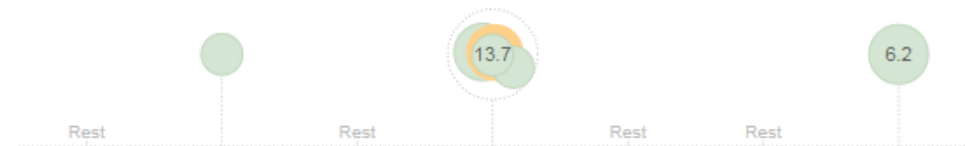
85.4 km

Goal: 50 km



AUG 3-9
1h 41m 56 m

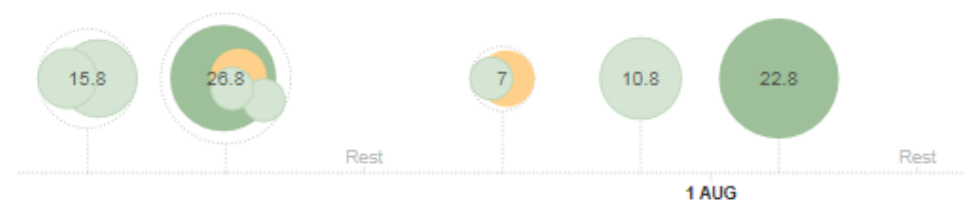
22.9 km



27 JUL-2 AUG
6h 30m 987 m

83.2 km

Goal: 50 km

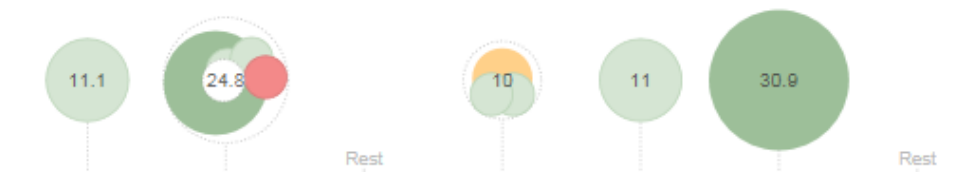


1 AUG

JUL 20-26
6h 55m 798 m

88 km

Goal: 50 km



JUL 13-19
4h 54m 693 m

66.2 km

Goal: 50 km



JUL 6-12
8h 28m 1,259 m

109.7 km

Goal: 50 km

