



It's funny how you can start a year running a marathon (unplanned ultra - 500m longer unfortunately!) in 2:47:01 and be totally bummed for days (weeks/months...) after, cursing the world, going over the event a million times, and then your next marathon 8 months later you run over 10 minutes slower, which happens to be your slowest marathon for 3 years but you end up actually pretty happy with the run. Very strange indeed.



LEAD IN

Leading into my Marathon campaign, I was just starting to come good by Mid-May. There seemed to be 10 people at the Milers with an eye for a massive pbs at Melbourne, everyone was flying, it was like reading a footy clubs pre-season form in the back of the newspaper. Dozer and Slips were back from the dead and getting legs up in the club championship, Bevo, Fitter & Duff were their usual consistent selves, and Obama and 700 you knew had the pedigree to rip out a big one on marathon day. Also, Stodds was back for another go, and was doing something I'd never heard of, triples – 3 runs in a day the mad bastard! I was punching out roughly 100km weeks, managed to improve my speed post Oxfam with a Parkrun closer to 17min at (17:12), only 2 weeks after running slightly under 18min. I was starting to feel like I was getting my mojo back, and was still in the race for the club championship, even though I had been bloody well crucified by the handicapper in every single race, thanks Duff. Your time will come next year....mwahahahahaha. I managed to run my only 2nd sub 13 tan in 12:53, in May (after 12:39 in Feb) so things were looking the goods for the 2 Bridges Relay.

The event went off with a hitch, but not only did my team come a disappointing close 3rd, (not good for my club championship!) it got worse the following day doing my commuting 18km run to work via the tan. I noticed this pain sensation in the high hamstring after about 6km, but soldiered on, mainly as I had been a battling side glute issue throughout the year, I didn't think it was really that serious. I managed to see a physio the next day, and found out that I had massive weakness in my right glute/leg compared to the right side. I was given loads of exercises to try and strengthen it, got told to reduce the load which was an easy proposition as I was heading to Bali the next day with the family for 8 nights.

I rested up for 2 days, but by the 3rd day I needed to test it out, on comes the red Milers top - you need to look the part on holiday, you save your worn out 4 year old adidas top for the slow run on a Friday arvo.

(Please see attached Facebook comment from Janice who I didn't know at the time, especially loved the age comment, and the F/U post from PM!)

Janice De Vries

June 19 · Tabanan, Indonesia

*Hello All! So I'm walking through our resort on the way to tennis (quick stop at happy hour), and I see a midday milers top running by. Is there a male about **30yrs** of age staying at the Pan Pacific in Tabanan? Surprisingly played my best tennis for a while... I won't be playing sober again*

Paul Martinico

30 years old. That rules out 98% of the Milers. Maybe it's someone's son.



The hammie didn't get much rest for the next week, with Janice being a very diligent running partner I managed to punch out 50km the following week, even though the humidity made it feel like I was swimming and not running. I came back after every morning run looking like I was the Undertaker & S'more's lovechild. The hammie felt ok, definitely not giving me a massive concern, and I thought maybe I could push on from there to a solid MM campaign.

Unfortunately, things didn't go that way on my return to Melbourne. When earlier in the year I was running 120km in one week, over the next 6 weeks I preceded to run this figure in total!

By the 2nd August I decided to visit the GP and get a referral to have an ultrasound which discovered 'some tendinosis involving the right hamstring origin, which was prominent measuring 15 x 15 x 5mm in size'...mmm. It didn't sound good, or feel good more to the point. Mr dodgy bulk billed GP was more the left Doctor below than the upstanding sports Doc on the right.



He said that I should ice it, use anti-inflams and rest for about 4 weeks. This didn't sound a very good plan by my estimates, mainly the resting part, and who likes to ice in the middle of winter! I did rest it, but the resting only lasted the next 5 day, but in reality it ended up being 15 days all up including the resting prior!

From there my training went from strength to strength...well it couldn't have gotten any worse let's face it! My Strava training log at the bottom shows that in my 12 weeks prior to the 2 week taper (that wasn't really a taper), I ran 492km, which is an average of 41km p/w. Comparing that to my 12 week block leading into Wangaratta, I ran 1,202km at an average of 100km p/w. Just a slight difference!!

I half (fully) considered doing the 3hr pacing, as I thought if I couldn't get close to my PB, it would be a great experience getting others to this achievement. A few weeks out I decided that even though my training had started to develop some small level of consistency, it wasn't worth the risk. I also had about 20 milers thinking I was a bloody idiot (more so than usual).



RACE DAY

The build-up was very relaxed; I just wish they were all like that! I had no expectations, I had just a couple of goals in mind, getting to the end in one piece, and hopefully trying to get another sub 3hr marathon.

I did my usual carbo-loading prior, and having Hoju as my drink support definitely calmed the nerves, I knew what a relaxed and reliable person he was after his brilliant supporting at Oxfam, a nice change after Racer's efforts at MM15!

I am generally good at setting a pace and sticking to it (as confirmed in my amazing Winter Romp victory – 3 seconds off), and my goal was to stick with the 3hr pacers for as long as possible, and hopefully cross the line together slightly under 3hrs. The race took off and as soon as I saw the 3hr pacer, which happened to be Brett Coleman leading them out, I made sure I was in a few metres vicinity. We were probably going a tiny bit quick, but the wind was behind us for the first section down St Kilda Rd, so we needed to make use of it, as the return via St Kilda Rd would be into the teeth of it, and the last 10km of a marathon isn't easy even with perfect conditions.

I did have one small drinks issue at the 7km mark, for some reason Hoju decided to give drinks from the outside, when I was stuck closely inside, always looking for the shortest journey.



"Where's the bloody drink?"





Unfortunately, I also had Dan Beard and his big pecs blocking my way, but I managed to end up with the drink with assistance from Courts who was running along side at the time.



The swarm of flies – if you look closely you can make out the buggers near the top of the pic.



I managed to navigate around Albert Park, doing my best to avoid a mouthful of flies. The 3hr pacing group was fairly large all the way from there on through to St Kilda through to the Port Melbourne turn around and down towards Elwood. We managed to get a decent tail-wind at this time, and you can tell with my splits, as my splits dropped by about 8-10 seconds p/km, but as soon as we came back from Elwood into the strong wind, the splits dropped again by 10 seconds.

I really needed to grit the teeth, and tried to tuck into the pack as much as possible. I found this pretty hard, the pace wasn't consistent with the group, and I think people were starting to struggle. This obviously was shown when we got to the 30km mark going through St Kilda back up St Kilda Rd when all of a sudden there were only a couple of people around me, whereas before, the group including the pacers had at least 15 of us.

I can't really remember too much from then onwards. I managed to collect a few Milers, got Malibu on St Kilda Rd (he wanted me to pace him to 2:55, glad I didn't!), 700 at the top of Domain Rd, and Hally on St Kilda Rd in the last few kms, who were all going through their own battles of pain and suffering. I caught Larso much earlier, about 24km into the race, so I thought he was shot. He did an amazing job of sitting just behind me for the rest of the way and was less than 1 min behind at the end, and his first sub 3, brilliant effort!

I ended up crossing the line in 2:57:26, a full 12:16 slower than the year prior, but walked away happy with my efforts. Managed to catch up with the Milers crew at the pub for a quick beer before heading home to my daughter's 2nd birthday, bad planning MM!

Now onto 2017.....I still I have big plans for 2017 (heard that before), so fingers crossed the body holds up and I can punch out a decent one!

21 weeks tomorrow (today 26/11/16) London here we come!!

A big thanks needs to go to all the Milers out there, especially on race day for all their help, and especially Hoju, I hope you have the plane booked for the drinks support at London mate ;), Roger Moore and his magic hands @ Melbourne Sports Medicine, and of course Bevo for his open ear and all his sound advice.

Lastly, a special thanks goes to my understanding wife Hayley and my family for putting up with my passion and allowing me my little 2ish hour escape most weekends.



OFFICIAL STATS

OFFICIAL TIME

Finish Flag 02:57:29

Overall Rank 145 from 5902 Finishers

Category Rank 35 From 711 Finishers

Gender Rank 132 from 4150 Finishers

NET TIME 02:57:26

Overall Rank 146 Category Rank 36 Gender Rank 133

LOC	SPLIT			ACCUM		OVERALL	DIV	GEND
	TIME	DIST	SPEED/PACE	TIME				
5k	00:20:44	5.0km	14.47 / 4:09	00:20:44		279	67	254
10k	00:21:15	5.0km	14.12 / 4:15	00:42:00		284	70	260
15k	00:21:01	5.0km	14.27 / 4:12	01:03:02		263	69	245
20k	00:21:00	5.0km	14.29 / 4:12	01:24:02		233	63	216
21k	00:04:26	1.0km	13.53 / 4:26	01:28:28		234	63	217
25k	00:16:06	4.0km	14.91 / 4:01	01:44:35		225	60	208
30k	00:21:20	5.0km	14.06 / 4:16	02:05:55		204	51	187
35k	00:21:02	5.0km	14.26 / 4:12	02:26:57		177	41	162
40k	00:21:16	5.0km	14.11 / 4:15	02:48:13		148	34	135
42.2k	00:09:12	2.2km	14.35 / 4:11	02:57:26		145	35	132

SPLITS



Lap	Distance	Time	Pace	GAP	Elev	Lap	Distance	Time	Pace	GAP	Elev
1	1.0 km	4:10	4:10 /km	3:56 /km	12 m	23	1.0 km	4:01	4:01 /km	3:55 /km	6 m
2	1.0 km	4:09	4:09 /km	4:09 /km	-2 m	24	1.0 km	4:05	4:05 /km	4:10 /km	-10 m
3	1.0 km	4:08	4:08 /km	3:59 /km	7 m	25	1.0 km	4:06	4:06 /km	4:01 /km	3 m
4	1.0 km	4:07	4:07 /km	3:56 /km	2 m	26	1.0 km	4:07	4:07 /km	4:07 /km	-1 m
5	1.0 km	4:08	4:08 /km	3:58 /km	6 m	27	1.0 km	4:15	4:15 /km	4:11 /km	4 m
6	1.0 km	4:13	4:13 /km	4:19 /km	-11 m	28	1.0 km	4:19	4:19 /km	4:22 /km	-5 m
7	1.0 km	4:12	4:12 /km	4:26 /km	-12 m	29	1.0 km	4:13	4:13 /km	4:07 /km	3 m
8	1.0 km	4:11	4:11 /km	4:10 /km	-2 m	30	1.0 km	4:16	4:16 /km	4:14 /km	2 m
9	1.0 km	4:16	4:16 /km	4:05 /km	7 m	31	1.0 km	4:15	4:15 /km	3:58 /km	14 m
10	1.0 km	4:03	4:03 /km	4:05 /km	-3 m	32	1.0 km	4:11	4:11 /km	4:13 /km	-4 m
11	1.0 km	4:10	4:10 /km	4:10 /km	1 m	33	1.0 km	4:05	4:05 /km	3:53 /km	5 m
12	1.0 km	4:10	4:10 /km	4:11 /km	-2 m	34	1.0 km	4:13	4:13 /km	4:18 /km	-8 m
13	1.0 km	4:10	4:10 /km	4:11 /km	-0 m	35	1.0 km	4:13	4:13 /km	4:09 /km	1 m
14	1.0 km	4:17	4:17 /km	4:04 /km	12 m	36	1.0 km	3:36	3:36 /km	3:31 /km	3 m
15	1.0 km	4:10	4:10 /km	4:16 /km	-7 m	37	1.0 km	4:18	4:18 /km	4:04 /km	12 m
16	1.0 km	4:11	4:11 /km	4:14 /km	-4 m	38	1.0 km	4:19	4:19 /km	4:29 /km	-9 m
17	1.0 km	4:13	4:13 /km	4:12 /km	1 m	39	1.0 km	4:10	4:10 /km	4:14 /km	-5 m
18	1.0 km	4:14	4:14 /km	4:17 /km	-3 m	40	1.0 km	4:11	4:11 /km	4:17 /km	-6 m
19	1.0 km	4:05	4:05 /km	4:04 /km	1 m	41	1.0 km	4:12	4:12 /km	4:06 /km	5 m
20	1.0 km	4:09	4:09 /km	4:10 /km	-1 m	42	1.0 km	4:12	4:12 /km	4:16 /km	-8 m
21	1.0 km	4:07	4:07 /km	4:04 /km	2 m	43	0.5 km	2:06	4:05 /km	3:55 /km	4 m
22	1.0 km	4:06	4:06 /km	4:05 /km	1 m						





TRAINING LOG

Oct 2016

Distance

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Run Long Run Workout Race

OCT 10-16
4h 7m 344 m

58.9 km

Rest

11.5

Rest

4.8

Rest

Rest

42.5

OCT 3-9
4h 54m 222 m

68.8 km

20.9

7.8

10.6

9.3

Rest

Rest

20

SEP 26-OCT 1
1h 59m 181 m

27.8 km

Rest

9.4

10

8.3

Rest

Rest

Rest

OCT 1

SEP 19-25
4h 34m 210 m

63.6 km

Rest

10

12

9.5

Rest

21.9

10

SEP 12-18
4h 33m 327 m

59.9 km

Rest

10.3

Rest

7.6

8

Rest

33.8

Sep 2016

Distance ▾

Run Long Run Workout Race

Mon Tue Wed Thu Fri Sat Sun

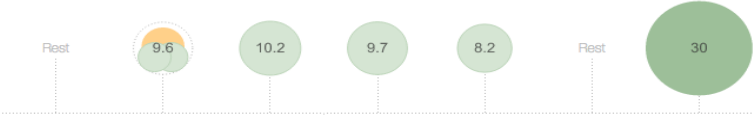
SEP 5-11
4h 24m 400 m

58.3 km



AUG 29-SEP 4
4h 59m 364 m

67.8 km



SEP 1

AUG 22-28
5h 23m 586 m

69.8 km



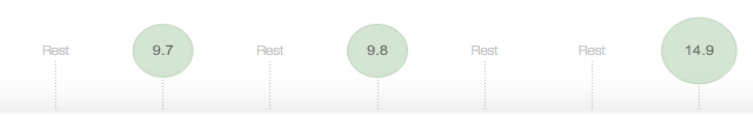
AUG 15-21
3h 39m 209 m

46.8 km



AUG 8-14
2h 45m 198 m

34.5 km



AUG 1-7
30m 12 m

6 km



AUG 1

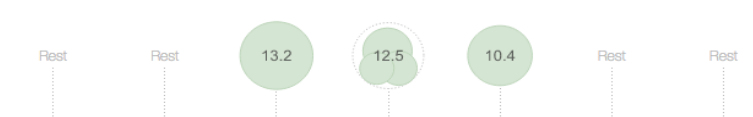
JUL 25-31
--:-- 0 m

0 km



JUL 18-24
2h 43m 242 m

36.2 km



JUL 11-17
1h 32m 270 m

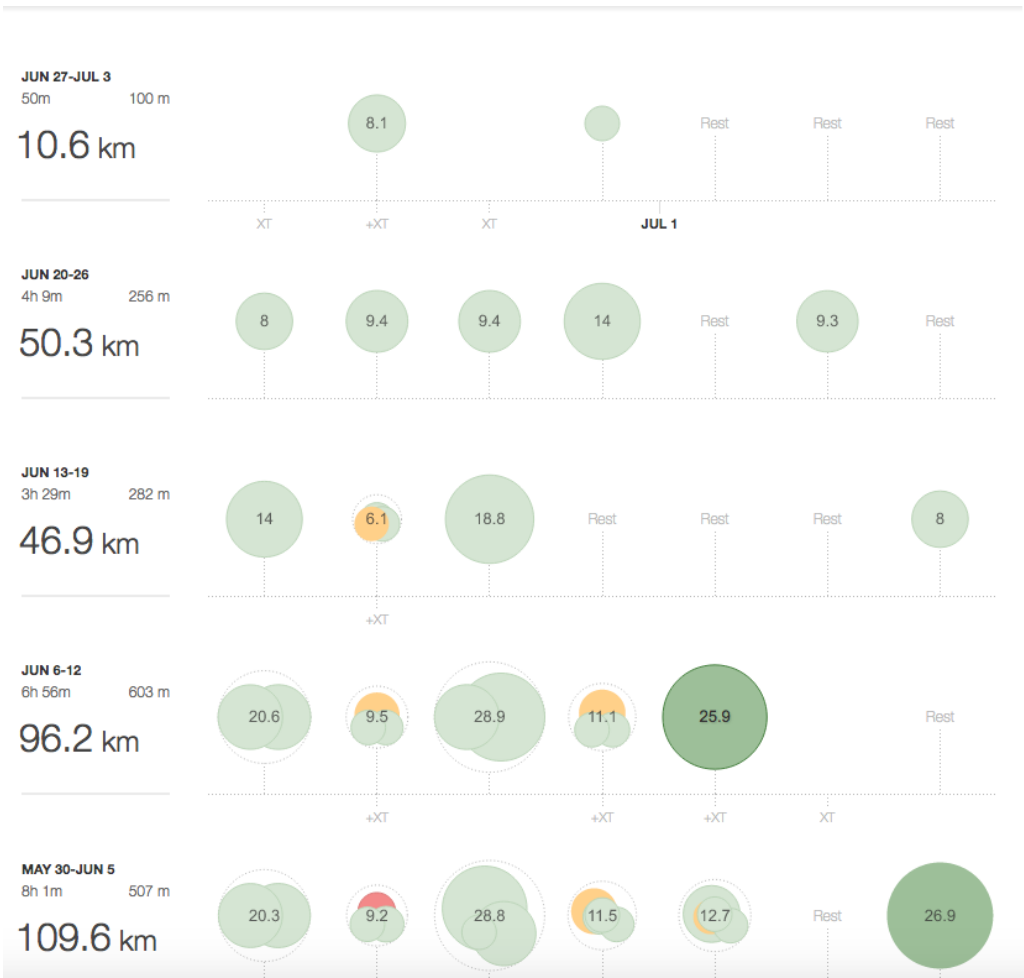
20.1 km



JUL 4-10
3h 58m 447 m

49 km





Training Calendar

< 2016 >



205 **2,812.3** **126** **328**
Hours kilometers Personal Records Activities

