

A Marathon Cake with LOLcat Frosting



UDLS – MARCH 20, 2008

JEN FERNQUIST

LOLcat



Quick Overview



- What is it exactly...
- Is there training involved
- How do I know?
- People be craaazy
- LOLcatz

WHAAAT!?



- **26.2 miles (42.195km)**
- **Original Olympic event from 1896**
- **800+ marathons each year**
 - Mostly recreational athletes (could be you!)

LOLcat



i bleev u have mai staplr

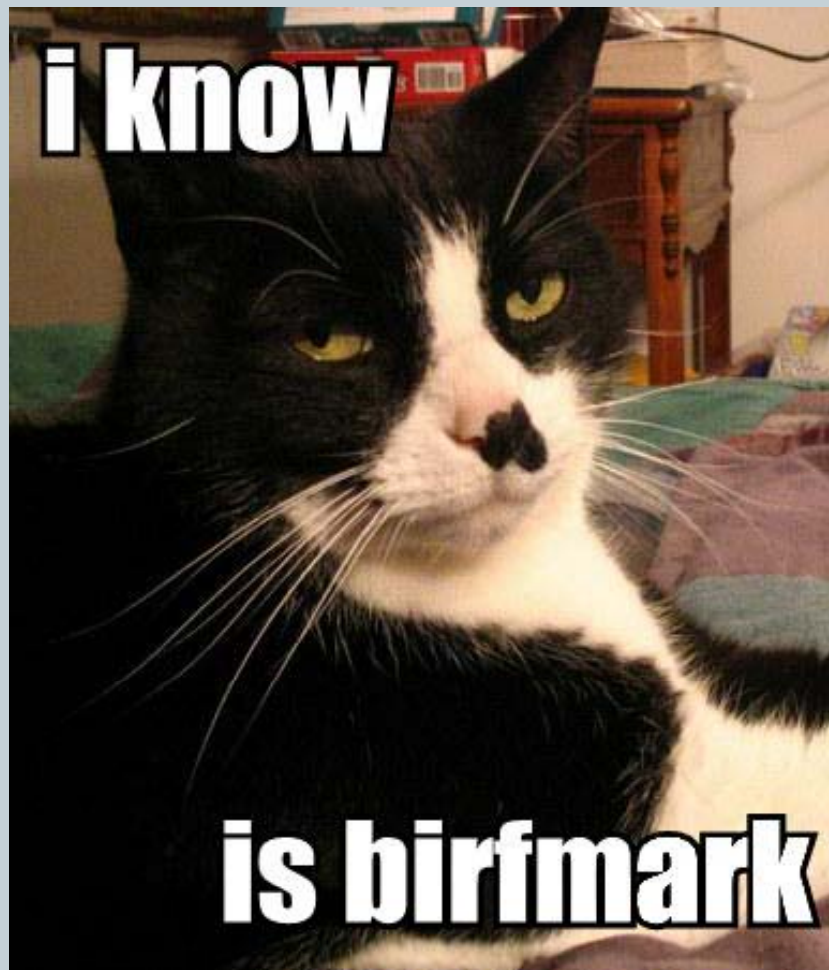
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Training



- **Min 6 months (if running regularly)**
- **Running**
 - 3-5 runs per week
 - 1 long, 1-2 pace/hill training, 1-2 easy
- **Nutrition**
 - Eat a lot, but mostly good stuff
- **Gear**
 - Good shoes, breathable clothes
- **Stretching**
 - Jen sez: do eet!

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Training



4 hr. marathon training program

miles

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1	6 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	4 miles steady run 9:30 pace	off	4 miles steady easy run
Week 2	6 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	4 miles steady run 9:30 pace	off	4 miles steady easy run
Week 3	8 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 4	8 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 5	10 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 6	10 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles tempo run 85% effort	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 7	12 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	4 hills 85% effort 2 mi warm-up 2 mi cool-down	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 8	14 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	5 hills 85% effort 2 mi warm-up 2 mi cool-down	5 miles steady run 9:30 pace	off	4 miles steady easy run
Week 9	16 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 hills 85% effort 2 mi warm-up 2 mi cool-down	6 miles steady run 9:30 pace	off	4 miles steady easy run

miles

4 hr. marathon training program

I am here!

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 10	12 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	7 hills 85% effort 2 mi warm-up 2 mi cool-down	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 11	18 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	8 hills 85% effort 2 mi warm-up 2 mi cool-down	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 12	18 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	9 hills 85% effort 2 mi warm-up 2 mi cool-down	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 13	20 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	10 hills 85% effort 2 mi warm-up 2 mi cool-down	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 14	14 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles fartlek 8:30-9:30 pace	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 15	18 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles fartlek 8:30-9:30 pace	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 16	20 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles fartlek 8:30-9:30 pace	6 miles steady run 9:30 pace	off	4 miles steady easy run
Week 17	14 miles run 10 min/ walk 1 min 10:30 pace	off	4 miles tempo run 9:20 pace	6 miles fartlek 8:30-9:30 pace	6 miles steady run 9:30 pace	off	10 miles run/walk race pace (9:05 pace)
Week 18	4 miles easy run 10:30 pace	off	4 miles race pace (9:05 pace)	6 miles race pace (9:05 pace)	off	off	2 miles steady easy run
FINALE!	26 miles RACE DAY! 9:09 pace						

LOLfox



How do I possess this amazing knowledge?



- Ran Royal Victoria Marathon 2005, 2008 (October)
- Running Vancouver on May 3rd
- Numerous half marathons, 10k's, etc.



What's it like?



- Fracking long
- Fracking hard
- ...
- (that's what *she* said)
- Keep steady pace
- Walk/run
- Drink water, eat gels

- **Stages:**

- 10km
- 20km
- 28km
- 30km
- 31, 32, 34, 36...
- 42km!

} “the wall”

LOLcat



Why bother?



- **Fitness**
- **Huge accomplishment**
- **Medal!**

Boo-boos



**Yummy Blister
aka
“the waterbed”**

LOLcat



Crazy Ultra Marathons



- **Canadian Death Race**
 - 125km (78.125mi), Grand Cache AB
- **Grand Union Canal Race**
 - 232mi (145mi), Birmingham to London
- **Badwater Ultramarathon**
 - 215km (135mi), California's Death Valley
- **Namibian 24h Ultra Marathon**
 - 126km (78.75mi), Namib desert

LOLcatz

Hovercat...



...is hovering.



**GOD SPEED
MOON CAT**

The end



Go watch your fracking show!

