

jamie's loft > running



Home

Life

Running

Photos

Musings

[Home](#) > [Running](#) > [Race Reports](#)

25K TRAINING REPORT by Jamie Pang

My first ever 25K training run proved to be an eventful morning. Read on...

[More race reports!](#)

Read [articles on running](#)

I went to bed at 10pm on Saturday night, intending to wake up at 4:15am to get ready for a 4:45am start from the Lake Gardens. My intention was to run a 25K, starting from the usual Bukit Aman car park, proceeding to the Sri Hartamas Petronas gas station by way of Bukit Tunku, return the way I came from with a detour to [Carcosa](#) and 1 lap around the Lake Gardens.

After 2 days of heavier than usual meals (my wife commented that I seem to eat much more these days), I tapered off my food intake on Saturday night. I had run a fast 4K at the KLCC Park that wet morning.

Right on schedule, my watch went off at 4:15am Sunday morning, freshened up, took a light breakfast of Post Honey Oats with Milo after briefly considering a [PowerBar](#). Grabbed my frozen bottle of [Performance](#) from the freezer and 2 PowerGels (Tropical Fruit and Chocolate with Caffeine) and stuffed all of them into my bottle belt. Brought along a small plastic bag to keep my car keys in case it rains.

A 10 minute drive (oh why can't the traffic be like this every day?) later I was at the car park limbering up and stretching. The Subuh prayers were being broadcasted from the nearby mosque.

John and his wife were already there. So was Lay (more about him later) and a handful of others who were evidently in marathon training mode. Who else are mad enough to wake up at 4-ish on a Sunday morning? Marathoners are a special breed of people. It's about discipline, or madness, depending on whose opinions you ride on.

I had wanted to do 2 laps around the lake before proceeding to the usual route but seeing that I was going to have company, I decided to hit the hills first and tackle the lake later. I started off alone running an easy pace after slurping down a PowerGel. I wanted to use this session to gauge a few things:

1. Whether my [Mizuno](#) Precision 3 are suitable for me
2. Whether the [Sofsole](#) gel inserts for the ball of the foot can do their job of alleviating my forefoot pain
3. The state of my fitness level
4. An experiment of the [Galloway](#) plan and whether it will cause me to lose too much time

But first the Galloway plan or some people called it Gallo-walking. There are 2 schools of thought with regards to this form of training/racing. The hardcore runners condemn it as unpure - walking being a taboo word. On the other hand, Gallo-walking has succeeded in getting thousands upon thousands of people across the finishing line - ordinary people who mostly don't care about their finishing time, just the satisfaction of having conquered their fears and the distance. I'm not here to take sides and just wanted to explore another means of training method. In any case I had set my watch's Interval Timer to 15/1 (ie. run 15 minutes and walk 1 minute). One condition for Gallo-walking to work is that you must start the routine from the word go, even when you're fresh in the early miles.

Anyway, John and his wife caught me somewhere along the BNM hill and being experienced racers over many marathons (local and abroad), they were running at a slightly faster pace than I. It was still early in the route and they were probably just warming up. It then started to drizzle and I thought it was a good omen - nothing like a cool morning for a tough run! I kept my pace and they remained in sight until the Duta roundabout when they veered left towards the hockey stadium. I crossed the road and hit the short climb to the IRB office. I felt comfortable and up to

this point my water bottle remained untouched in the pouch.

I think I must be the point runner at this point - no one could've started earlier than I and besides John and his wife (who had gone off in another direction), no one had overtaken me. However I know that there are a few more unseen jocks behind me and I intend to delay their passing me. I then spotted two dead Murai birds within 30 yards of each other on the road - a strange sight, what were the odds of that! I held on to the lead (if you may call that) until around the 8K mark when a runner with a towel covering his bald head passed me on the opposite side of the road. He too carried a water pouch. I've seen him before on the roads and I knew that this fellow is a hard core, sometimes running without shoes on! 10 minutes later another runner overtook me - later on I learnt that his name was Bruce. Bruce is one who runs at irregular speeds and he lands on his forefoot.

Everything was still dandy and just before the Petronas gas station, Lay caught me. The bald guy was already turning back at this point. I looked at my watch - 1:09 (OK timing for a 10K out of 25K). Bruce, Lay (1:06) and I stopped for a short breather at the station, gulping water and I took the chance to squeeze off another packet of gel and took 3 mouthfuls of water from the tap before running the water on my head. Refreshed, I chatted briefly with Lay who introduced me to Bruce.

Gallo-walking was working so far. It looked to have preserved and extended my legs for a longer period. And I didn't lose that much time. But we shall see at the end of the run.

I then started off first and Lay ran up to me a short while later and we paced together. His pace was also slightly faster and it was then that I found out that he is the husband of Sue Wong, my ex-colleague! What a small world. The SG Marathon is going to be his first too and he said that Bruce has gone through many 42Ks before, including the recent 60K Ultra Marathon in Port Dickson and the Penang Marathon in June. Lay was doing 30K today and he said he looks forward to running another 30K with me in a couple of weeks' time. Then Bruce caught up with us and offered some advice on the marathon, how we should be drinking and eating before the event. Unknowingly I had increased my pace but was still feeling good. The company I had also probably took my mind off the hills and pace. Before I knew it, I was back at the Duta roundabout. We had already met up with Lawrence (Lay's friend) who started later and Ong (also their friend).

Both Lay and Bruce ran ahead at the Bukit Tunku area and I bid my own pace. Suddenly hordes of runners came the opposite way, led by the machine-line Ken, always smiling even though running at high speed. As usual I wished all the runners good morning and most returned the greeting. Some just didn't care and some even eyed me suspiciously, especially the women. To this group of people, I say "Come on, lighten up!"

A couple of hard climbs later, I was on the downhill. I spotted a Singapore registered Camry stopped in front of the Press Club and didn't give it any thought. I ran into it again at the Lake Gardens traffic lights where quite a few cars were honking at it. When I reached closer I saw that the driver was resting his head on his hands! Either he was dead or was asleep at the traffic lights! No amount of honking could wake him up and from the number of times and intervals of the honks I heard, he must have missed 3 light changes! At the traffic lights, my split was 1:00. I ran a negative split! Whoo hoo!

Then I turned to the Carcosa climb and then I heard John shouted out at me from behind. He pushed pass me and said that his target was a 2:30 run today. He had already run to the hockey stadium, attacked the reverse double hill and was in the last leg of his run. Here I struggled a bit, having drained all of my Performance. Thankfully there was the downhill where I picked up my pace again.

I had another pleasant surprise before I concluded my run - I met my ex-colleague Chong Chin Fah near the end of the lake run. There was a small crowd of runners at the car park, so I guess most of them either did the 15K or the 10K route.

All in all this morning's run was a very fruitful outing. So how did the SofGel hold up? I'm pleased to say that except for some slippage (the adhesive wasn't that secure) they worked great. Muscle soreness was not out of the ordinary and my taped up nipples didn't hurt a bit. My pacing was good with negative splits over 20K and lastly Gallo-walking seemed to work for me. I've not decided whether to adopt it for Singapore, perhaps to employ it over the first 25K and the last 17K all out running. I am now looking forward to the 30K in 2 weeks' time. The journey continues...

Learnings:

- Fully secure [SofGels](#) to inserts to prevent slippages

- Tape up toes to prevent blisters
- To have another water bottle and 2 bananas on standby in the car when running the 30K

Sidebar:

- Precision 3 / [adidas](#) socks / Response vest / [asics](#) shorts
- Performance drink / 2 PowerGels
- Splits: 1:09 (10K) / 1:00 (21K) / 26:48 (25K) / Total 2:36

Jamie
Oct 27th 2003