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30K TRAINING REPORT by Jamie Pang

Yet another milestone achieved... whew what a relief!

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Did my first ever 30K today and boy what a feeling finishing this workout! It a mixture of relief, joy and the feeling that I've come a long way literally. Nearing taper period, there were many Pacesetters heading to SG who were doing their longest runs. All looked to be in excellent condition and most were definitely not rookie marathoners. Some of them have even hit 37 to 40K distances on their training runs.

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In any case I ran the entire 30 on my own having started the earliest (about 5am) while the rest were limbering up. Reason for this is so that I can settle into my own routine rather than being drawn into other people's pace. I started very badly, felt totally out of sync and heavy (signs of overtraining?). It was only after the 5K point when I fell into the pacing mode. I surprised myself that no one overtook me even though I walked at certain spots. The weather were excellent - very cool after the rain most of yesterday. Some parts of the route were even misty.

Somewhere between the 11 to 14K I spotted Yaziz (so Azwar's not the only Malay running during this fasting month!), Ronnie and Azwar pacing together and Loong who was running very strongly (first time bumping into him). Shouted my greetings to all of them.

The nearest runners to come in at the 20K mark were Azwar and Ronnie (I believe they came in about 10 mins after me) and since they started quite late, they must've ran a superb 20K to get within 10 mins of me. When I headed out for my final 10K I had many runners who giving me encouragement - some knew I was doing 30K for the SG by virtue that I was running the same route I just returned from. The last 5K were a little tough but I still managed to finish strong.

adidas opened a foot analyses counter at the car park area and I spotted Azwar and Ronnie there. Ronnie was having his foot checked. By that time, there were already many runners congregating at the area chatting, sharing stories, etc... So the three of us hung out for a while and I chatted some of the more experienced runners. Then Lay, Lawrence and Bruce returned. They went the usual route up to Hartamas then proceeded to TTDI IBM, then Section 16 and 17 before returning back. I must find out more about this route because it certainly beats running repeats on the same starting route.

All in all a great morning. I'll be on leave tomorrow to recover - took a day off work since I still have about 16 days left. Yup, I'll need to stretch those sore muscles! Oh yes, tapering starts now with 28 days to go!

Timing: 3:07.23 (inside the targeted 3:16)

Splits: 1:07 (10K) / 58:31 (20K) / 31:22 (25K) / 30:00 (30K)

Gear: Precision 3 / asics shorts / Pacesetters-Brooks vest / adidas socks

Fuel: Post cereal with Milo as breakfast, 1/2 a PowerBar at start, 1 PowerGel at 10K, 1 PowerGel & banana at 20K, Performance in the bottles

Jamie

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