

# jamie's loft > running



Home

Life

Running

Photos

Musings

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

**A Marathon With 1 Month's Training??!!** by Jamie Pang

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**IPOH MARATHON - July 4th 2004**

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Riding the marathon wave with Penguin-6 and Vincent Wong

### 1 Month and Counting

Huh??? What happened to the 6 or 4-month marathon training program? There's simply no time for that. 2 weeks off after [my surgery](#) had put paid to my fitness and stamina and coupled to the running of the club's 2 major event, left me pretty much on the empty in terms of mileage count. So it's been down to 1 month or so. What's even more amazing was this inaugural marathon has a completion time limit of 5 hours!

In any case, I've paid the race fees and the hotel room - there's no turning back!

### Don't Repeat The Same Mistakes

With that kind of timeline what am I to do? I supposed, chuck all speedwork aside and concentrate in getting the aerobic fitness back pronto. It's all about survival now - get to the finish line in one piece and don't bother about the finishing time (a mistake I committed in [Singapore 2003](#)). The formula is simple - get the long runs in, do a 2.5 week taper (during which continue to run 3 days a week) and pace smartly. By pacing smartly, I meant doing the LSDs at between 1 to 2 minutes slower than race pace. This pace has been strongly advocated by experienced racers to extend the training miles while saving the legs. Another area which requires some attention would be to ensure no sickness befall me during this 1 month.

### Getting It Up

This had nothing to do with the much-publicised Erectile Dysfunction (ED) in the press. Rather this is about getting into the marathon mood. This pretty much covers the anticipation of the training runs, dieting, strategizing, and very soon tapering. I tried many ways to get the excitement back, so I dug out my [preciousss](#) Badwater Ultra-Marathon DVD ("[Running On The Sun](#)"), the 2003 Singapore Marathon VCD, the many Runners World mags plus some other running books. Sufficiently aroused, it's time to get down to the dirty business of training.



### The Usual Suspects

The [Penguin horde](#) will be there and so will the gang from [Pacesetters](#). Almost everyone would be releasing their pent-up energy and frustration on the cancellation of the Penang Marathon during this coming Ipoh race. So the crowd would be a good and familiar one. Couple this contingent from KL with the expectedly large one from Ipoh Road Runners Club, I expect the 42K category to be well supported.

### The Unusual Suspects

For the first time, my wife and son will be tagging along in this outstation trip north. The hotel room's booked. Refer to [map of Peninsular Malaysia](#) at the top right of this page for location of Ipoh in reference to KL where I live. I decided I might as well turn on the psychological warfare of hoping to convert my wife and son to runners and where else to expose them to the running spirit. Having them at the finish line will hopefully provide a boost as well. Besides, the food in Ipoh is too good to experience alone.

### The Good News

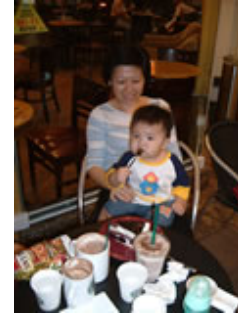
I received a piece of good news from Penguin-6 just yesterday that the cutoff time has been extended to a more reasonable 6 hours. That alleviates the stress somewhat, but there's still the dark cloud of DNF...

*The journey continues...*

*Jamie Pang, June 3rd, 2004*



Who is Kaiser Soze?



The Unusual Suspects digging in