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# TREAD MILL TRAINING

## We have received this question several times, so we added an article to the website.

### Question: Can I train using a treadmill and still compete in races?

### Answer: Absolutely.

In fact you can train for marathons using a treadmill.

We thank Terry for providing this superb input to our web site.

Michael Warden, a racing Phenom from marathons to the 6 day run across the Sahara does a lot of his training on a treadmill. And not that long ago a woman living in Alaska made the American marathon team doing all her training on a treadmill.

First, you have to get comfortable with the treadmill and be able to run on it normally without holding on the rails. Holding on will cause you to alter your gait and cause injuries.

Next, you need to learn the controls and how to read your pace. For example, 6 miles per hour must be converted to 10 minutes per mile pace. Likewise, 9 minute miles are 6.7 miles per hour and 8 minute miles are 7.5 miles per hour etc. You will need to convert km per hour into minutes per km in a similar manner. All this is necessary because when you actually go the race you need to know how long it took to run miles/ km.

Another issue is doing longer runs on a treadmill. Here it can be very boring running for an hour or more if that is in your training plan. Having a TV or just a window to look outside can be very helpful.

One advantage of treadmill training is you can set a specific pace and know you are running at that pace. There is no guess work with how fast you are running. Also, the distance you have run is displayed and accurate at all times during the training run.

If you are running for longer time such as 1 to 2 hours, another tip is to vary the pace. For example, if you have a goal of 8:30 per mile pace, after warming up you can increase the pace by 0.1 miles per hour in increments and then reduce it in the same manner. This way you can hit your average pace goal but have some variation throughout the run.

Even when you can go outside to run the treadmill can be very useful for sessions where you will repeat the longer distances of 1 or 2 miles for speed workouts. It will maintain your goal pace and accurately measure your recovery times.

It is probable each individual will need to learn what works for them. And likewise, some might say some amount of road work prior to a race can be beneficial to "get one's road legs". But there is no doubt treadmill training can be a useful tool, and you may even be able to run quite successfully with little to no pre-race road work.