

**John Stanton**

MARATHON TIPS

## Get hydrated, stay hydrated

**R**unning gets you sweating and depletes your body of water and salts.

The harder you breathe, the more water escapes through your respiratory system. As your body runs low on liquids and you become increasingly dehydrated, your total blood volume drops.

Your heart must pump at a higher rate to circulate the same amount of blood, diverting needed blood and performance energy from your large running muscles.

Sweating keeps you cool and must be replaced or your performance will be affected. The clear message is to drink water, roughly one cup for every 15 minutes of running.

Wear a torso pack with your water bottle in the winter. Be sure to drink prior to your run and throughout the day as well.

Water is also one of the best ways to suppress your appetite and cut back on unnecessary calories.

Do not wait until your thirst mechanism kicks in — this will be too late. Staying well hydrated will increase your energy level, help you sleep better and even improve your memory so that you do not forget to drink water.

# Finding enough time to train

## BUSY LIFE: Family, work, other commitments part of schedule

BY HOWARD TSUMURA  
SPORTS REPORTER

Back in the day, when Andrew Lenton was a distance runner of such renown that he captured the unofficial U.S. indoor high school title at 3,000 metres, he never gave a second thought to the freedom he had to train and achieve at the highest levels.

But fast forward some 19 years and ask the teacher at Port Coquitlam's Terry Fox Secondary what it's like these days and the answer you get is tinged with the perspective that only life's journey can bring.

"I guess I have a real appreciation of what I did in terms of training and my performance when I was competing," says Lenton, 37, who is currently training to compete in his first marathon as a member of *The Province's* 2006 BMO Bank of Montreal Vancouver Marathon team.

"Not only the workload, but the intensity at which I was able to train. And as I have reflected back, just valuing the fact that at that time of my life I was able to train at a decent hour."

That's right. Life happens. Says Lenton, who went on to compete at both SFU and the University of Tennessee, now a husband (his wife Alana Kripps is a former NAIA indoor 800-metre national champ) and father of two young children: "I guess my typ-



**Province marathon team member Andrew Lenton, a former track star, at home with his family in Maple Ridge.** JON MURRAY — THE PROVINCE

ical day is similar to millions of moms and dads."

Dropping off son Jorin and daughter Jade in the morning, heading off to his teaching job at Terry Fox, picking up the kids and taking them to activities, from piano and swimming lessons to gymnastics and skating.

"I'll be reading to them while they're in the bath and before I know it, it's after nine," he says. "It's then that I'll head out the door to do my training."

"I'm getting used to it now," he continues. "But for the first few months it was difficult getting home at 11:30 [p.m.] and then

doing some marking. My life is a lot more complex than it was 20 years ago and I really get an appreciation for that time in my life when I was able to pull out all the stops and do the things I needed to do to be successful."

Yet Lenton will admit that carving out windows of time to pursue his goal of running a marathon are filled with moments of self-satisfaction.

"[*Province* team coach] John Stanton said to us that training for this race would change our lives," says Lenton. "And for me it has."

"Even after the marathon [on May 7] I will continue to do this because it has become a habit for me again."

But Lenton sighs when he's asked about the figurative mountain he climbed over the past few weeks.

While completing his master's degree in educational leadership from the University of Oregon, he also battled a rash of injuries brought on by his training.

Once, to try and ease the pain of a finicky calf injury, he iced himself so long that he suffered second-degree frostbite on one leg.

"Red and sore as hell," he laughs. "Sometimes I have said to myself, 'I should just bloody well quit.'"

But through it all, his voice is animated and his words come with barely a breath in-between. He sounds like a kid again.

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### April 2-8 training schedule

#### Sunday

■ 23-k walk stroll, 10:03-11:09 pace

■ 3:45 23 k: 5:45-6:30 min/k pace run 10 min/walk 1 min

■ 4:00 23 k: walk/run 6:30 pace run 10 min/walk 1 min

■ 4:30 23 k: 7:07-8 min/k pace run 10 min/walk 1 min

Monday — rest day

Tuesday

■ 6-k tempo run, 8:46 pace

■ 3:45 6-k tempo run

5:25 min/k pace

■ 4:00 6-k tempo run

5:50 min/k pace

■ 4:30 6-k tempo run

6:20 min/k pace

Wednesday

■ 10-k fartlek

■ 3:45 \*\* Speed, 9 k: 4:10 min/k

pace, 2 x 1.6k, 4:35-k pace

■ 4:00 10-k fartlek run, 85% effort

■ 4:30 10-k: fartlek run, 6:30-7:10 min/k pace

Thursday

■ 10-k steady walk, 10:03 pace

■ 3:45 8-k steady run, 5:35 min/k pace

■ 4:00 10-k steady run, 5:55 min/k pace

■ 4:30 8-k steady run, 6:30-7:10 min/k pace

Friday

■ rest day

■ 3:45 10-k fartlek run

5:05-5:30 min/k pace

■ 4:00 rest day

■ 4:30 rest day

Saturday

■ 6-k steady walk, 10:03 pace

■ 3:45 6-k steady run

5:35 min/k pace

■ 4:00 6-k steady run, 5:55 pace

■ 4:30 6-k steady run

6:30-7:10 min/k pace

KEY

The four marathon race-paces are 3 hours 45 minutes; 4 hours; 4 hours 30 minutes; and "walkers".

\*Hill repeats: Repeated runs up and down a 600-m hill. Run hard going up; easy coming down. This distance comprises total run time including hills.

BMO Bank of Montreal

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May 7, 2006

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