

THE RUN DOWN

A woman with her hair in a ponytail is running on a paved path through a forest. She is wearing a bright orange short-sleeved athletic top with a small Asics logo on the chest, dark grey leggings with a small Asics logo on the left thigh, and bright orange Asics running shoes. She is captured in a dynamic running pose, looking slightly to her left. The background consists of dark, dense foliage and trees, creating a natural, outdoor setting.

**THE OFFICIAL SYDNEY
MARATHON MAG**

Issue 3. April 2024

**THE ULTIMATE
CORE WORKOUT
FOR RUNNERS**

**HOW TO STEP UP
TO THE MARATHON**

**3 ESSENTIAL
RUNNING PLAYLISTS**

**AUSSIE OLYMPIAN
IZZI BATT-DOYLE:
SHARES HER BEST
RUNNING TIPS**

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With limited tickets available, the Sydney Marathon 10km and the all-new Sydney Mini Marathon 4.2km. are perfect for those chasing a personal best, or wanting to spend an unforgettable day with friends and family.

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THE WARM UP

ALL THE LATEST GEAR, NEWS & EVENTS FROM THE RUNNING WORLD



FOLLOW IN ANCIENT FOOTSTEPS

After a four-year hiatus, the spectacular Great Wall Marathon is back! Held in Huangyaguan, China on 18 May 2024, this scenic marathon travels up 5,164 steps through small villages and lush countryside along the ancient 500-year-old wall. Start training for next year!

great-wall-marathon.com

RUN LIKE AN OLYMPIAN

Tested by over 100 world-class athletes around the world, the new unisex ASICS Metaspeed Edge Paris are stylish elite road racing shoes, designed for established runners looking to improve their performance.



\$330, asics.com



THE BIGGEST CHALLENGE WITH THE SYDNEY MARATHON IS THE LIKELIHOOD THAT YOU'LL HAVE A SORE NECK, BECAUSE EVERY STEP OF THE WAY, THERE'S JUST THESE ICONIC VIEWS!

Jeff Adams, Marathon Tours (see page 12)

NEED A PROTEIN HIT?

Studies show that protein helps with exercise recovery, tissue repair, injury prevention, immune function and the production of oxygen-carrying red blood cells. That's everything a runner needs! So, if you need a quick snack, this Yopro Salted Caramel pouch. It's super tasty, high protein and has no added sugar.

\$3, woolworths.com.au



SAFETY FIRST

This handy rechargeable personal SOS alarm is small enough to pop in your running bag or leggings pocket, yet powerful enough to make a loud noise that can be heard up to 300 metres away. Genius..

\$24.95, koalaoutdoor.com.au



SMOOTH AS

Avoid rashes and raw skin with this tried and tested anti-chafe and anti-blistering balm. It's sweat and water resistant, and made out of organic ingredients.

\$44.95, goochgoo.com



SPOTLIGHT ON: MAD RABBIT CREW

HAVING STARTED MAD RABBIT CREW IN THE MIDDLE OF THE PANDEMIC, CO-FOUNDER JAIME XIE HAS SEEN THE MELBOURNE-BASED RUNNING CLUB GROW FROM 10 TO OVER 500 COMMUNITY MEMBERS (& 200 REGISTERED ATHLETES) IN JUST FOUR SHORT YEARS.

Jaime! Can you tell us a little bit about the origins of MRC?

“Our club started in November 2020 when a group of friends (me, Alice, Kyo, Winson, Jie and Jack) decided to meet up for an evening run. At the time, only 10 people were allowed to gather due to the lockdown. When restrictions were lifted it took six months to grow to 150 members, and in 2022, we decided to incorporate and affiliate with Athletics Victoria (AV).”

MRC is the largest Chinese-based Aussie run club, but can anyone join?

“Many of our members are from Chinese (Asian) backgrounds, but our club vision is inclusivity, and we welcome runners of all diverse backgrounds. Our vibrant and welcoming culture is central to our way of being. We have kids joining weekly parkruns, and grandparents joining long runs, with every age and gender in between.”

Last year MRC were the largest interstate club at the Sydney Marathon...

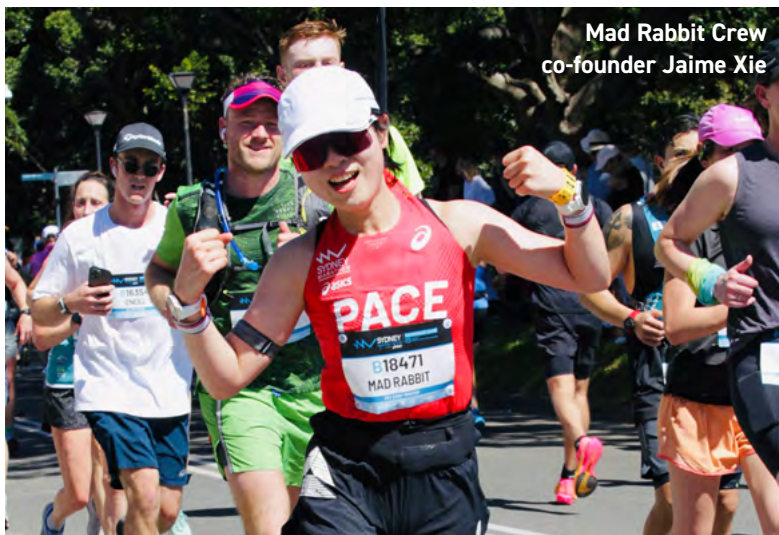
“Yes, and this year we already have close to 300 people in our Sydney Marathon group chat! Our focus is to help the Sydney Marathon become a World Major. Every club member and friends in the running community around the globe are all rallying to get behind Sydney!”

What are your top tips for first-time Sydney Marathon runners?

“Sydney Marathon is unique in that it is a hilly course and if the weather is similar to last year, it can get a bit hot. But that’s what is so good about it! It’ll become one of the toughest courses on the World Major scene. So, a tip for first-time runners is to get your hill training in and make sure you get on top of your fuelling strategy, especially additional fluid intake when the weather gets warm.”

Jaime, our last question is... what is your dream marathon?

“This year I’ve got an entry to run at the Paris Olympic Mass Start Marathon, which follows the actual Olympic course, and I cannot wait! That’s what is so good about running, our sport gives us so many opportunities to see the world and challenge us at the same time.”



Mad Rabbit Crew
co-founder Jaime Xie

3 PLAYLISTS FOR YOUR NEXT RUN

Grab your earphones and find the beat with these Spotify playlists for runners.

1. RETRO RUNNING

If you like to sing as you run, this retro playlist has a stack of belt-it-out classics from the past five decades to get you going.

 [Get Playlist](#)

2. TRAINING TUNES

Our high-octane running playlist was composed from the tried and tested requests from the Sydney Marathon online community.

 [Get Playlist](#)

3. RUN THIS TOWN

Bringing a tonne of R&B and hip-hop beats to your training, this playlist will take you to a new PB.

 [Get Playlist](#)



OpenRun Pro headphones
\$269, [Shokz.com.au](https://www.shokz.com.au)



STEP UP... TO THE MARATHON

If you enjoyed our Sydney Marathon 21km last year and are thinking of signing up for the full marathon this year (go, you!), you aren't alone. In 2023, nearly 50% of our marathon runners had never even attempted that distance before, and we expect many more runners to set their sights on marathon glory this year, too. But, while you may have mastered the longer runs in training and on race day, according to ASICS's Running Expert Sam Hopper, running a marathon is more than just lasting the distance.

"As we become fitter, we can often be tempted to push the envelope running more often or running faster," he explains, "but there needs to be a logical plan behind *when* and *how* you do those things so you have a positive and enjoyable experience on race day."

To get a better understanding of the difference between running a half and running a marathon, we asked Sam to share his best advice for runners who want to challenge themselves a little more this year.

Firstly, Sam, what's the biggest difference between running a half and running a full?

"One of the key differences from both a preparation and race-day experience is... nutrition. Your training will need to incorporate an increase in carbs and hydration to ensure your body can adapt to the demands of the race. This prep will also support your mental state, particularly in those last 12km, where the body starts to feel the distance."

And in terms of mindset and strategy, how does it differ?

"You need to bring patience to a marathon training program. A marathon pace is naturally much slower than a half, so adjusting your patience and pace expectations is essential. The first 60-70% of the marathon (up until the 30km mark) should be at a steady, slower pace so you aren't burning the candle too soon. Part of this is tapering your runs in the days leading up to the event, helping your body to feel refreshed and ready for the race day excitement! Race day energy can often have you running faster than you may have planned, so keep track on your smartwatch to ensure you don't suffer in those last few kilometres."

What do most people get wrong about training for a marathon?

"A common mistake is insufficient preparation from a goal setting perspective. Thinking you are going to run a certain time can have a significant impact on your mental resilience come race day if you are not realistic."

What extra physical training is needed in order to sustain ourselves during this distance?

"Time is hard to come by when training for a marathon, so the single biggest addition I would suggest is incorporating regular strength work to help with load management and injury risk. With the increase in running volume, strength work helps the body adapt by strengthening the muscles that surround tendons and joints."

SO, YOU'VE RUN A HALF AND NOW YOU'RE EYEING OFF A FULL? HERE'S HOW TO LEVEL UP THIS YEAR



HON!

How long before the next marathon do I need to start training, especially if I actually haven't run for a while?

"If you've just comfortably finished a half marathon, then around 12 weeks of specific training is common practice

among runners. However, if you're coming from a baseline of little-to-no running, or you're just getting back into running after a break, then you need to allow at least 16-20 weeks (or even longer if you have it) to avoid injury risk and to build the stamina you'll need to get you on race day."

What are some myths about nutrition for a marathon?

"Carb-loading is often mistakenly thought to be a single pasta dinner the night before the event. However, you should be loading up on more carbohydrate servings in the days throughout the taper week. This allows for glycogen stores to be topped up adequately before your stores are depleted. Understanding how and when your body requires refuelling during the race is really important; being disciplined and sticking to a regular interval of having nutrition (for example, gels), can help to avoid any early signs of hitting the wall."

What are some of the mistakes you see runners make?

"Going out at a pace that you haven't trained for is guaranteed to haunt you in the later kilometres! Another mistake is skipping nutrition because you're not feeling thirsty or hungry. It's important to stick to your schedule to see you through the finish line. Finally, the old adage 'nothing new on race day' stands true. Trying new nutrition, shoes, clothes, or tactics is a recipe for disaster."

Lastly, what parting words of wisdom do you have for newbie marathon runners?

"Respect the distance and enjoy the training process. The marathon is a journey, and preparation and dedication are needed to get to the start line. But remember, there is more to the marathon than just a finish time!" **SM**



The 2024 Sydney Marathon is filling fast. If you're interested, register at sydney-marathon.com

THE ULTIMATE CORE V for Runners

NOTHING IS MORE IMPORTANT TO PERFORMANCE THAN A RUNNER'S CORE, SAYS CENTR TRAINER LUKE ZOCCHI.

Not only does he train Thor (yes, Mr Hemsworth himself), but Luke Zocchi is also one of the fittest Aussies we know. We recently caught up with the famous personal trainer to find out exactly why we should be paying so much attention to our abs. “Well, firstly, your core is not just the abs you see at the front, but also the complex group of muscles that connect your upper body and lower body,” he explains. “A strong core can improve movement and power, balance, and even help prevent back pain.” A well-conditioned core can also improve stability, he adds, while stabilising your core helps other parts of your body fatigue at a slower rate. Both of which are essential if you’re running long distances. But it’s not just about doing a quick plank every morning, says Luke. “It’s also important to really slow down when you’re doing core exercises so you can activate the muscles properly with every rep and train close to muscle failure,” he explains. We asked Luke for his favourite workout for runners who want to blast their cores. This is what he came up with. Ready?

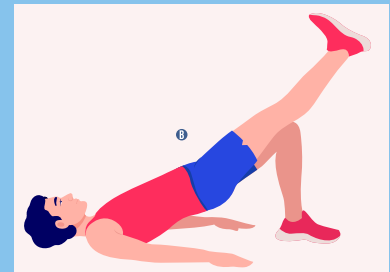
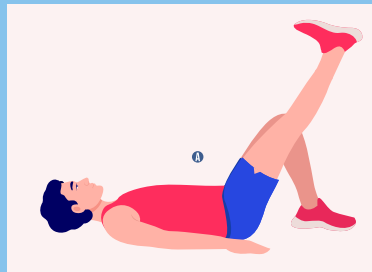


Luke Zocchi training actor and Centr founder Chris Hemsworth.

WORKOUT



LUKE ZOCCHI'S 20-MINUTE AB-BLASTER FOR RUNNERS



1 SINGLE LEG GLUTE BRIDGE

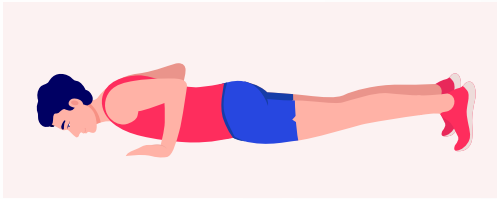
Aim for: 10 reps x 3 rounds, 30 seconds' rest

Why it's good for you:

"Single leg glute bridge is great for strengthen your glutes and activating your core and stabiliser muscles. Having strong glutes increases your running power and helps with injury prevention," says Luke.

1. Lie on your back on a mat with your knees bent and feet flat on the floor, hip-width apart. Your arms can be relaxed by your sides with palms facing down
2. Extend one leg straight out in front of you, keeping it in line with your hip.
3. Engage your core muscles by drawing your belly button towards your spine.
4. Press through the heel of your grounded foot and engage your glutes.
5. Push through the heel of your foot that is on the ground as you lift your hips off the ground until your body forms a straight line from shoulders to knees.
6. Keep your extended leg lifted off the ground, parallel to the floor, and in line with your hips.
7. Pause at the top of the movement and focus on squeezing your glutes to maintain stability.
8. Ensure your hips remain level throughout the exercise.
9. Slowly lower your hips back down to the starting position, maintaining control throughout the movement.

2



PLANK & SIDE PLANK

Aim for: 20 seconds on each plank with a five-second transition time, 3 sets, 30 seconds' rest

Why it's good for you:

"Planks are great for building lateral strength, glute strength, hip strength, pelvic floor and core strength which all helps with running."

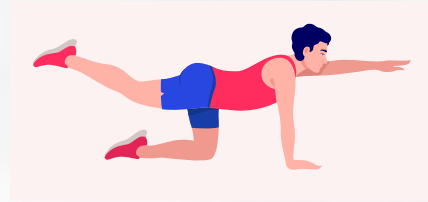
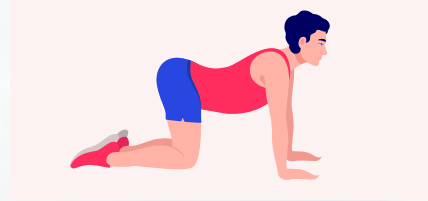
Plank:

1. Begin by getting into a push-up position with your hands placed directly beneath your shoulders and arms extended.
2. Your body should form a straight line from your head to your heels.
3. Engage your core muscles by drawing your belly button towards your spine.
4. Keep your neck in line with your spine, with your gaze focused on the floor just in front of your hands.
5. Ensure your shoulders are directly above your wrists, and your elbows are straight but not locked.
6. Focus on breathing steadily throughout the exercise, inhaling deeply through your nose and exhaling through your mouth.
7. Tighten your core muscles, glutes, and thighs to maintain stability and prevent your hips from sagging or lifting too high.

Side Plank:

1. Begin by lying on your side with your legs straight and feet stacked on top of each other.
2. Place your lower elbow directly beneath your shoulder, positioning your forearm on the floor perpendicular to your body.
3. Engage your core muscles by drawing your belly button towards your spine.
4. Lift your hips off the floor, creating a straight line from your head to your feet.
5. Keep your body in a straight line without letting your hips sag or rise too high.
6. Ensure your shoulder is directly above your elbow, and your head is in line with your spine.
7. Focus on stabilizing your body and engaging your core and side muscles to maintain the position.
8. Remember to breathe steadily throughout the exercise.

3



BIRD DOG

Aim for: 10 reps x 3 rounds, 30 seconds' rest

Why it's good for you:

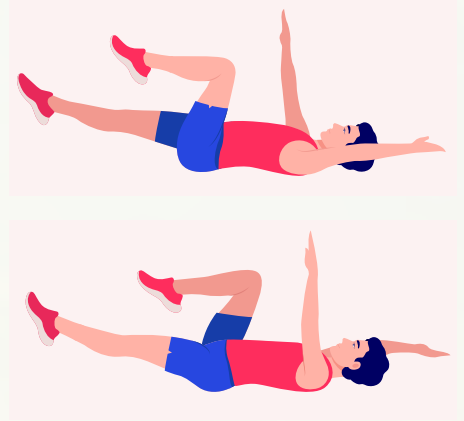
"Bird dog works your hamstrings, glutes obliques and posterior chain which builds functional core strength. This all goes hand in hand with becoming a better runner and is a great exercise for injury prevention."

1. Begin on your hands and knees on a mat, with your wrists directly beneath your shoulders and your knees directly beneath your hips.
2. Engage your core muscles by drawing your belly button towards your spine to maintain a neutral spine position.
3. Simultaneously extend your right arm straight out in front of you, parallel to the floor.
4. Keep your arm in line with your shoulder and avoid letting your shoulder hike up towards your ear.
5. While keeping your core engaged and hips level, extend your left leg straight out behind you, parallel to the floor.
6. Focus on lengthening through your heel to create a straight line from your head to your heel.
7. Hold the extended position briefly, maintaining stability and balance.
8. Keep your gaze fixed on the floor to help with balance and alignment.
9. Slowly lower your extended arm and leg back to the starting position, returning to the hands-and-knees position.
10. Repeat the movement on the opposite side, extending your left arm and right leg.

**LUKE'S TIPS
FOR A SUPER
STRONG CORE**



4



DEAD BUG

Aim for: 10 reps x 3 rounds, 30 seconds' rest

Why it's good for you:

“Dead bug mimics arms and legs moving at the same time, while engaging your core and stabiliser muscles. This exercise can also be great for injury prevention and lower back pain.”

1. Lie on your back on a mat with your arms extended toward the ceiling and your legs bent at a 90-degree angle, knees directly above your hips.
2. Engage your core muscles by drawing your belly button towards your spine to maintain a neutral spine position.
3. While keeping your core engaged and your lower back pressed into the mat, slowly lower your right arm and left leg toward the floor simultaneously.
4. Lower your arm and leg only as far as you can while maintaining contact between your lower back and the mat.
5. Keep your movements slow and controlled to prevent arching your back or straining your lower back.
6. Engage your core muscles to bring your arm and leg back to the starting position, returning to the 90-degree angle position.
7. Repeat the movement on the opposite side, lowering your left arm and right leg towards the floor while keeping your core engaged and your lower back pressed into the mat. **SM**

Find more workouts like this at [centrx.com](https://www.centrx.com)

1 **Train different muscles so your core is strong in all areas through your obliques, abdominals, pelvic floor, and erector spinae.**

2 **Practice how to engage your core while doing exercises and breathing at the same time.**

3 **Challenge the muscles to make them stronger through exercise selection, adding resistance, and increasing reps and sets.**

RUNNER PROFILE: JEFF ADAMS

MEET THE MAN WHO HAS RUN 44 MARATHONS, WAS AWARDED AN ABBOTT SIX-STAR MEDAL (TWICE) AND IS PART OF THE SEVEN CONTINENTS CLUB.

When we finally chase down Marathon Tours CEO Jeff Adams, he's just back in his Massachusetts home after six weeks on the road with clients. "I was in Tokyo, then I went straight to Buenos Aires and then I hosted two ships to [experience the] Antarctica marathon," he explains. "I think I've had three weekends off so far this year. It's just a blistering pace, which thankfully I like!"

If you could bottle Jeff's energy and motivation and sell it... well, you'd be looking at a pretty good P & L statement. It's so infectious that after we chatted with him for this interview, we started planning our next running holiday... with [Marathon Tours](#), of course.

Jeff, before you were CEO of Marathon Tours, you were a client first, right?

"Yes, my prior career was with a financial firm, Morgan Stanley, and we were the largest tenant in the World Trade Center. So, for the 10th anniversary of 9/11 I wanted to do something to recognise all the colleagues who thankfully survived that day. And one was a mentor of mine.

He was not in the building that day because he was in France running the Medoc Marathon. That's a marathon where you dress up and then stop at 22 different chateaux along the way, and instead of Gatorade, you're drinking wine!"

Well, that sounds different...

"Yes, I couldn't think of a better way to celebrate the colleagues that made it. Then, later that year, I booked through Marathon Tours to run the New York Marathon for colleagues that did not make it, as well as all the first responders. After those two experiences I was hooked."

And what was your running capability at that point?

"Back then I was a climber. I had trained to climb Mount Rainier [in Washington State]. But I found climbing up rocks or ice is a lot like running a marathon. You've got to pick your course, you've got to pace yourself, it's up to you. So, mentally, it was very similar, but physically it was very different. And, I was at the stage where I wanted to challenge myself."

So how did you end up going being CEO of Marathon Tours then?

"I still don't remember how I found Marathon Tours in the first

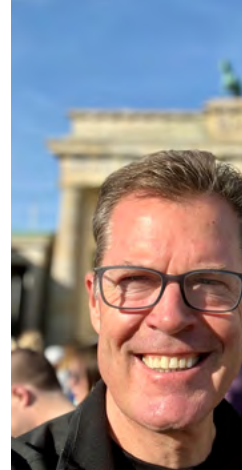
place, but thankfully I did, as I was able to accomplish my goals. I enjoyed running some other races with them, before becoming friends with the founder. Ultimately it was his path to retirement when I took over day-to-day operations in 2016."

When you accompany your clients on their travels, do you run the races as well?

"In a regular year, yes. Normally, I run six to eight races a year. Clients like it when we walk them to the start area, stretch with them and then they see us on the course before celebrating together afterwards. However, a year ago, I tore the meniscus in my left knee, both vertically and horizontally. I'm just getting clearance to start running again."

What's been your proudest running achievement?

"I was one of the first people to earn the Abbott Six-Star medal, which is where you complete six World Marathon majors. And then because I'd enjoyed that journey, which finished in Berlin in 2016, I continued on and in 2019, I finished running a marathon on all seven continents. I was surprised how emotional it was when I finished in Cape Town, my seventh continent."





From top: In Berlin Jeff's Berlin Marathon medal and Abbott Six-Star medal, and at the Antarctica Marathon.

What are the trends you're seeing right now in the world of running?

"Obviously the Abbotts Majors are the dominant trend. The elite runners are still very important, but the majority of the people out there are amateur runners. And what's interesting, if you think about it, is there's no other sport where you and I get to compete on the same field of competition, on the same day, at the same time as the most elite athletes in that sport."

What are some of the benefits of travelling with Marathon Tours?

"Our goal with all of our trips is to take as much stress out of the logistics as possible. You just have to show up and run, and you'll do it at a price that you couldn't do on your own. And if you're not worried about what you've spent and you're not stressed, then you get to relax and enjoy the camaraderie of travelling with other like-minded people. So those are our three goals. Camaraderie, stress-free, great value."

So, you don't just cater for experienced runners...

"No, not at all. Our demographic is really all ages, all genders, all ethnic groups."

And how did you find the Sydney Marathon when you ran it?

"The biggest challenge with Sydney is the likelihood that you're going to have a sore neck at the end of the race, because there's iconic views every step of the way! I don't think I thought about the race or how I was feeling once because my head was on a swivel. And I even saw the Abbott CEO and the other six race directors in the Recovery Area, with the Opera House, Sydney Harbour Bridge and the finish line in the

background, and they were taking selfies! It's most likely the most beautiful finish line that any of them had ever experienced. And then you throw in the crowd and everything else..."

How will becoming a major change Sydney for you and your clients?

"I mean this is a really exciting time for the Sydney Marathon and the sport. The interest in coming to Sydney to run the race is going to be just off the charts next year. We're still working off of a three-year waitlist for Tokyo, and Tokyo was the last race to become a major! The excitement just keeps building, and it's rippling over into the other Australian races, too. Australian runners have always been so good at travelling. It's nice to see that's going to flip the other way and they're going to get to host more often."

Any advice for first timers?

"Whether it's your first race or your hundredth race or your first time in Sydney, my advice is always to just enjoy it. You've done all your training so give yourself permission just to enjoy and high five the kids and carry your camera with you! Sydney, especially, it's really a magical race." **SM**

INTERESTED IN MARATHON TOURS?

If you'd like help with entry to your next marathon, transport, accommodation, local reps on the ground to help during your trip, and everything in-between, contact marathontours.com

8 RUNNING tips FROM AN OLYMPIAN

NOT ONLY CAN SHE SMASH OUT A 5000M AND 10,000M RACE AT SPEED, SHE'S NOW A WEAPON AT THE MARATHON. YEP, OLYMPIAN AND ASICS ATHLETE IZZI BATT-DOYLE KNOWS A THING OR TWO ABOUT RUNNING. HERE ARE HER TOP TIPS...

1. DON'T BE AFRAID OF CARBS (SERIOUSLY)

"An adequate carb load should take three-to-four days of eating low-fibre, high-carbohydrate foods. You will likely need to eat more than you think, and more than might feel comfortable... However, if you get the carb load and the in-race fuelling right, you should be feeling strong in the second half of the marathon and not hit a wall at 30km."

2. FOCUS ON WHAT YOU CAN CONTROL

"I love the marathon because you have to focus on yourself and the things that you can control and not so much your competition and race tactics like you do on the track. It's not only a test of your fitness and physical capabilities but also your mind, mental strength and resilience too."

3. TRICK YOUR BRAIN INTO BEING MOTIVATED

"If I really need to get myself out the door I'll put on a podcast or good playlist. I also find that switching up my running routes and putting on fresh shoes or new running apparel is a nice boost to my motivation."

4. FIND YOUR RUNNING TRIBE

"Join a local running group or coach to keep you motivated and accountable. Or at the very

least a friend who you can run with. My partner Riley and I started RunAsOne in 2020 (we support the Sydney Marathon Run Club in Adelaide, too), and I am continuously amazed by the amount of progress our runners make by being a part of the group. We keep it fun and social and offer the support and guidance of qualified and experienced running coaches. Ideally, it's great to find this in a real-life community setting, but if that's not possible, being a part of an online community and having support can still be just as important."

5. LOOK AFTER YOUR BODY OUTSIDE OF TRAINING

"This could be getting a regular massage, physio treatment or just something to make sure you're staying ahead of any niggles.. Having some form of strength or Pilates in your weekly routine is helpful too."

6. BE NIMBLE AND BE FLEXIBLE

"I believe the biggest difference between runners who thrive on race day and those who struggle mainly comes down to the mental side. It's great to have a plan but a flexible mindset is more important to make the most of race day. If you are mentally prepared and can be adaptive and stay positive, you should be able to handle whatever is thrown at you."

6. PROTECT YOUR FEET WITH GOOD SHOES

"This is a hugely important one when you're training for a marathon as you'll spend plenty of time hitting the pavement. Some of my favourite shoes in my weekly rotation are the ASICS Novablast 4, ASICS Gel Nimbus 26, ASICS Superblast and my race day shoe, the ASICS Metaspeed Paris Edge."

8. KEEP LEARNING

"There are a lot of factors that play into a marathon, and it's hard to nail them all - I still don't think I've done it just yet!" **SM**

You can follow Izzi's achievements trackside at [@izzibattdoyle](https://www.instagram.com/izzibattdoyle)



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