

5 Misconceptions of Marathon Runners

- By Erik Ammon | For Active.com

Marathon runners seem to be the target of some common misconceptions. Below are some examples, followed by their clarifications. Which of these misconceptions do you believe?

1. "You must run all the time."

Although this may seem true, it's not. Marathon runners do not run high mileages every week, as this can lead to injury. Instead, they build up to key races, tapering at times with reduced miles.

When not training for a race, marathoners may reduce their miles to give their bodies a rest before building back up again. Training may involve a long run on the weekends, with days off, easy recovery runs, and speed work during the week.

Long runs can take anywhere from two hours to five hours. During the week, shorter recovery runs may only be 30 minutes to one hour. [Long distance runners](#) don't run "all the time."

2. "You must lose a lot of weight."

Actually, some people gain weight during training. There's something about long runs that trigger your appetite. Plus, marathon runners may take in more calories after a workout to reward themselves.

Overall, marathoners know their bodies very well. They seem to be able to eat just the right amount of food and maintain their weight even through heavy training periods.

3. "You must be really fast if you can run that far."

Marathon runners may do less speed work than those training for [5K](#) or [10K distances](#). Some just love to run far, no matter what the speed.

There are those who are gifted enough to be able to run far and fast, but not everyone can. For a marathoner, building up endurance is usually more important than building speed.

4. "If you run that far, you must get injured often."

Marathon runners get aches and pains, but they usually know to take care of themselves to avoid serious injury. Although some runners suffer from plantar fasciitis, shin splints, and a few other common injuries, marathoners may add yoga or strength work to their training to reduce their chances of injury.

Marathon runners may also work to improve flexibility and strengthen their core to stay healthy, or they may take ice baths after a long run. An ice bath can help soothe aching muscles and speed up recovery.

5. "You must not spend very much time with your family."

Many hit the road after their kids have gone to bed, or early in the morning before anyone else is awake. Others find time at work during their lunch breaks. Running at these times helps minimize absences.

Involving family while running is another way marathoners can spend quality time with their loved ones. Some run with strollers, or plan a family weekend vacation around a [marathon event](#).

Completing a marathon is an incredibly rewarding experience. Don't allow these misconceptions to hold you back.

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