

# MARATHON PROGRAM



# MESSAGES

## JAYMIE PIZARRO, TBR, FOUNDER

**W**ELCOME TO THE BULL RUNNER - SUN LIFE DREAM MARATHON 2020! You are now officially on your way to your first (or second marathon) on SUNDAY, FEBRUARY 16, 2020 in FILINVEST CITY, ALABANG. This marks the first step of your journey towards becoming a marathoner. As you may well know by now, TBR Dream is not your typical race. This is a race borne out of my passion for running and, along with TBR Dream Team, we offer you 22 weeks of training, plus a marathon experience that we hope will transform your life as it did ours. We only ask that you commit to the training, immerse yourself in the TBR community, and allow yourself to grow from this event. Should you have any concerns, feel free to walk up to me or send me a DM, I'm happy to help you reach your marathon dream!

## JIM LAFFERTY, FOUNDER

**F**irst of all would like to welcome you to the TBR Dream Marathon family, and also to congratulate you for taking on the 42.2 KM challenge. I hope you will find, like I have, that a marathon is a life-changing experience, all for the better! In crossing the finish line, you will become part of an elite group of individuals. Only 1/10th of 1% of the population ever finishes a marathon. Being able to say, "I am a marathoner" is one of life's greatest boasts. So, congratulations for going for it!

I am happy to be a part of your marathon journey. I am a former and present-day Marathon coach, and I have helped well over 5000+ first timers finish, with a 99% success rate of FINISHING. This is, in my view, the right objective for a first timer. I have seen personally too many people get hung up in time goals, end up running the race improperly, and have a poor and disappointing experience. You will have the rest of your life to run more marathons and improve and go for time goals. So use this first one to set up your training base, take your time, and have fun!

Following from these principles, you will find two TBR DREAM MARATHON TRAINING PROGRAMS enclosed as well as a guide to help you choose which one is best for you. Schedules for the BULL SESSIONS (running clinics) are built around the Beginner's program. Both programs will gradually work you up via the run/walk approach to completing in training 30 KMs. In my experience with several thousand first timers, if you can run/walk 28 or 30 KMs in training, you will be able to complete the full 42.2 KMs given race dynamics of support, motivation, and your base training. With this base and build up you will finish comfortably on race day. In the 2011 TBR Dream Marathon, we had 99% finishers and they completed only up to 28 KMs ONCE in training. We have now expanded the program at front and back end and given more advanced runners another program option to make this a SURE WINNER for each of you, and also keep you safe and healthy!

If you are more interested in some training materials, I would highly suggest the books and website of Jeff Galloway, who is inarguably the "guru" of training first timers, having coached literally tens of thousands of people successfully to finish their first marathon. This program I have written here is leveraging good physiological principles and a lot of Jeff's teachings. Also, Runners World (Runnersworld.com) is a great site for information for marathoners of all skills levels. Realize there will be some variation of philosophy (some preach you should always run a full marathon in training—I have found you do not need to do this and risk of injury is greater) so pick which program feels right to you and stick to it is the best advice I can give you.

I am honored to be a part of your first time marathon experience, a truly life-changing moment in life! I am here to help and my email is jamesmichaellafferty@hotmail.com. Happy to help. See you soon.

## LIT ONRUBIA, PRINCIPAL COACH

**C**ongratulations on deciding to join the 2020 Dream Marathon! One's first marathon is a life-altering experience and all of us on Jaymie's team are here to provide guidance and advice so that you can have the best experience possible during training and on race day.

In this Welcome Kit, we offer you two marathon programs to choose from. You will find a general guide on Page 7 to help you decide which program to follow. Both programs are very similar in its core principles: both are basic 22-Week programs for Beginners, and as such, are quite conservative in its approach. Both put heavy emphasis on the Long Slow Distance run (or LSD), because the program goal is, quite literally, "to finish the marathon" and not a specific marathon finish time. So you're not going to see many different types of training runs (i.e. tempo runs, intervals, hill repeats). You're only going to see 2 types of runs:

- 1) the aforementioned LSDs (recommended to be done on weekends); and,
- 2) Maintenance runs (recommended be done on weekdays)

While neither of the programs specify a specific pace or effort level for any of the training runs, if you do choose to follow Program 2, then you have more room to vary the paces and effort levels of the Maintenance Runs, to try and work your different running gears. (The Dream Marathon Coaches can provide some recommendations on how to do this. Just ask us!)

The main difference though between the two programs is that Program 1 is a better fit for those runners who have minimal time to run and can only really put in 3 days per week of running. Program 2, on the other hand, requires a heavier training time commitment, overall, as some of the maintenance runs on weekdays require 90 mins of training per session. Naturally, the training load is also moderately heavier in Program 2. Additionally, I would only recommend considering Program 2 if you can already run a 10K comfortably and if you're not injury prone. Otherwise, I would encourage you to follow Program 1 (but follow it religiously, as this is a "bare bones" marathon program with no room for laziness), build endurance slowly but surely, knowing that in 22 Weeks you will be more than ready to run a marathon!

Good luck to all the Dream Marathon runners and the Coaches and I look forward to meeting you in person and helping you along in your journey.



AT TBR DREAM MARATHON

# EVERYONE

WHO CROSSES THE

# FINISH LINE

IS A

# WINNER



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# THE DREAM

WE CREATED THIS RACE WITH THE FIRST TIME MARATHONER IN MIND. Below are the objectives on which our programs are based. Having said that, we know that each runner is different, so your goals may differ from those listed below. That's completely fine, too!

## Our OBJECTIVES for your FIRST MARATHON

1

To get in sufficient physical condition to complete the marathon comfortably, and make it an overall enjoyable experience;

2

To ensure you do not get injured in the course of training. Marathon training is tough on your body, and nearly 20% of marathoners do get injured in training, mainly through DOING TOO MUCH TOO FAST. This is particularly a concern for a high-powered and super motivated group like TBR Dreamers! You must exercise not only your muscles, but also restraint to stick to a gradual build-up plan.

3

Finally, to make this as time efficient as possible. You have a career, you care for your family, you love hanging out with friends, but you're also committed to conquering a marathon because you know you can! This program was made so that you can plan your running into your life and NOT the other way around!

# KEY PRINCIPLES

**OVERLOAD PRINCIPLE:** The fundamental principle of any physical training is the Overload Principle, which in simple terms means, when you ask your body to do something at a level it has never done before—lifting weights or running or anything—the body will adapt itself so that the next time it is asked to do this particular event, it will be easier. This is the driver of anything we do. We must ask your body, in GRADUAL INCREMENTS, to do more than it has done before, such that in the 48 hours post-exercise the body will undergo changes on a cellular level so that the next time you can do it better.

**GRADUAL BUILD UP:** The programs build your aerobic base for your body to sustain the motion over 42.2 KMs. We will build up slowly and gradually your body will adjust, so that over the 22 weeks we will go from 5 KMs to 10 KMs and onward to 42.2. We'll take it nice and easy. Objective is to FINISH, and leave you satisfied to want to do another one!

**THE LONG RUN:** This is the backbone of your training program. Long runs almost always done on a weekend as you will need time to do this. The sole purpose of your runs during the week is to HOLD your conditioning from the weekend run to then prepare to go progressively farther. Net, the long run IS the program and this is the part you cannot afford to miss. If you have to occasionally miss a weekday run, no issue. But the weekend long run is a no miss training. We will not be doing any advanced training techniques such as tempo runs or intervals as THESE ARE NOT NECESSARY FOR A FINISHER PROGRAM. Again, let's focus on the objective and do what we have to do to achieve it!

**RUN/WALK METHOD:** We will be following the popular "Run/Walk" sequencing, in which we have bursts of running (at a comfortable speed you can talk at) interspersed with a short walk break. The acts of running and walking use slightly different muscle groups in the legs (in running you actually go airborne, whilst in walking you are always in contact with the ground) and so when you are running, the walking muscles get a rest, and when you walk, the running muscles get a rest. This alternating style not only reduces injury risk, but allows individuals to build up to the marathon distance in a much smarter way. And as talked, the idea of, "I must run 100% of the marathon distance" is pure rubbish. Most marathoners walk a portion of the marathon. Bill Rodgers, who once held the world record, walked every water stop in Boston enroute to running a 2:09 marathon. Please tell anyone who tries to assert to you that you "must run" the whole thing to talk to Mr. Rodgers or Mr. Shorter or any other number of World and Olympic Champions who incorporated brief walk breaks into their race routines!

**2:1 BASE STRATEGY:** Our base strategy for run/walk sequences will be 2 minutes run/1 minute walk. Over time the group will naturally divide up. Some will stay with 2:1. Some will find 2:1 too challenging. Some will go to 8:1 or 9:1 or even 15:1. This is fine. The key will be to find the sequencing you can train comfortably at. This is a personal thing.

**RECOVERY WEEKS:** Both programs will gradually increase the length of the long runs until 20 KMs. Recovery weeks from the longer runs have been included to allow for full recovery and healing.

**TIME-BASED TRAINING:** We will initially go for TIME as the body does not inherently know distance. Once we are into the multi-hour long run range, we will look for some specific distances in subsequent long runs to ensure you build in the distance to prepare for race day. Weekday runs, meant to simply hold fitness levels, will always be on a time basis.

**3 RUNS PER WEEK:** The programs have a minimum 3 RUNS/WEEK. 1 long run on weekend, and minimum of 2 weekday runs. To avoid overtraining, more than 3 maintenance runs/week or a total of 4 running days is not recommended. On the off days, you can take the entire day off, OR do some sort of cross training. This is really your call and a function of your base fitness level, and time commitment. Please ensure you always take a full day off the day following your long run to recover.

**EAT WELL:** Eat a good balanced diet of proteins, healthy fats, and carbohydrates. Do not "starve" yourself leading to swings in blood glucose levels and binge eating later on. One watchout that is common among runners is under eating enough protein. When your muscles rebuild themselves following overload, they use protein as the building blocks. On your off days, and during sleep, your body is busy rebuilding muscles to make you stronger and more fit—and you need protein to do this. For a runner, the average need is 1 gram protein/kilo of body weight. If you are eating very light, too heavy on carbs, or with lots of "junk", you may find you are getting insufficient protein. Make sure you are getting around the 1 gr/kilo level. For perspective, 1 egg is 8 grams of protein. 1 skinless chicken breast is around 25 grams.

# THE PROGRAMS

IN THIS WELCOME KIT, YOU'LL FIND TWO MARATHON PROGRAMS: the BEGINNER Program, developed by Coach Jim Lafferty in 2010 and tried-and-tested for years by our TBR Dream alumni, and the INTERMEDIATE BEGINNER Program, a new marathon program created by our Principal Coach Lit Onrubia as an alternative for more advanced runners.

## WHICH PROGRAM IS FOR YOU?

Below is a chart to guide you in choosing the right program. If unsure, err on the conservative side and choose the Beginner program with the option to challenge yourself more with the Intermediate Beginner program midway through your marathon journey, if you feel the need.

	BEGINNER	INTERMEDIATE BEGINNER
Years of regular running	0 to 1 year	More than 1 year
Can run comfortably	0 to 10k	More than 10k
Injury history	Has had a serious or recurring injury	Has not had a serious or recurring injury
No. of training hours available	4 hrs or less per week	More than 4 hrs per week

## HOW DO YOU USE THE PROGRAMS?

Use this kit as your training journal. Tick off the box of each training day to keep you motivated throughout your training. We allotted space for you to take notes on each training day. Note how you feel (physical/emotional), cross training, stretching or therapy, diet, training buddies, etc.







We've marked the weeks of our BULL CIRCLES  and BULL SESSIONS 

Try not to miss these events since our coaches and guest speakers don't just impart knowledge that can be useful for your first marathon, but also because hanging out and running with your batchmates makes the marathon journey a lot more fun!

Questions about the program or your training? Email us:  
Coach Jim Lafferty: jamesmichaellafferty@hotmail.com  
Coach Lit Onrubia: litonrubia@yahoo.com  
Jaymie Pizarro: tbr@thebullrunner.com  
Coach Ken Mendola: ken\_mendola@yahoo.com








# BEGINNER PROGRAM *by Coach Jim Lafferty*

	WEEK	WEEKDAY 1	WEEKDAY 2	WEEKEND
1	SEP 16 TO 22 We will start with JUST WALKING to ease you into running. 	<input type="checkbox"/> Brisk walk 30 mins	<input type="checkbox"/> Brisk walk 30 mins	<input type="checkbox"/> Long walk 45 mins
2	SEP 23 TO 29 This will still be walking based with a BIT of running to gradually bring you into the program. 	<input type="checkbox"/> Maintenance 30 mins walk 3 mins, run 1 min	<input type="checkbox"/> Maintenance 30 mins walk 3 mins, run 1 min	<input type="checkbox"/> Long walk/run 45 mins
3	SEP 30 TO OCT 6 NOW WE BEGIN THE FORMAL PROGRAM. Target 3:1 sequence (run 3 mins, walk 1 min) but vary as you need. Key is TIME ON YOUR FEET so please be prudent.	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Long run 50 mins
4	OCT 7 TO 13	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Long run 55 mins
5	OCT 14 TO 20	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Long run 1 hr
6	OCT 21 TO 27  	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 70 mins
7	OCT 28 TO NOV 3	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 80 mins
8	NOV 4 TO 10 	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 90 mins
9	NOV 11 TO 17 	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 1 hr 45 mins
10	NOV 18 TO 24	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 2 hrs
11	NOV 25 TO DEC 1	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 2 hrs 20 mins



# BEGINNER PROGRAM

	WEEK	WEEKDAY 1	WEEKDAY 2	WEEKEND
12	DEC 2 TO 8 	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 75 mins
13	DEC 9 TO 15 	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 2 hrs 40 mins
14	DEC 16 TO 22	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 90 mins
15	DEC 23 TO 29 This is a very important week. This is our first long run that can give you the range to carry you to the finish line. We shall repeat one more longer run after this, which gives you "insurance" of an enjoyable marathon experience! 	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 3 hrs 15 mins or min distance 28 kms
16	DEC 30 TO JAN 5	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 90 mins
17	JAN 6 TO 12 	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 2 hrs
18	JAN 13 TO 19	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 75 mins
19	JAN 20 TO 26  THIS IS A CRUCIAL WEEK. We shall do the final long run then begin a standard 3 week taper. So, by all means, protect this week!	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> LONGEST RUN! Long run 3 hrs 30 mins or min distance 30km
20	JAN 27 TO FEB 2	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Maintenance 45 mins	<input type="checkbox"/> Long run 90 mins
21	FEB 3 TO 9	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Long run 60 mins
22	FEB 10 TO 16 Take Thursday and Friday OFF AND REST. No exertion at this stage. Rest your body (and your mind) to be ready for race day.	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> Maintenance 30 mins	<input type="checkbox"/> <b>RACE DAY!</b>








YOU'LL  
NEVER

FORGET YOUR






FIRST



# INTERMEDIATE BEGINNER PROGRAM *by Coach Lit Onrubia*

	WEEK	WEEKDAY 1	WEEKDAY 2	WEEKEND
1	SEP 16 TO 22 Run 1 min : Walk 1 min (1:1) 	<input type="checkbox"/> 40 mins 1:1	<input type="checkbox"/> 40 mins 1:1	<input type="checkbox"/> 50 mins 1:1
2	SEP 23 TO 29 WU: Warm Up   CD: Cool Down 	<input type="checkbox"/> 10 mins WU 40 mins 1:1 10 mins CD	<input type="checkbox"/> 10 mins WU 40 mins 1:1 10 mins CD	<input type="checkbox"/> 60 mins 1:1
3	SEP 30 TO OCT 6 NOW WE BEGIN THE FORMAL PROGRAM. Target 2:1 sequence but vary as you need. Key is TIME ON YOUR FEET so please be prudent.	<input type="checkbox"/> 10 mins WU 40 mins 1:1 10 mins CD	<input type="checkbox"/> 10 mins WU 40 mins 1:1 10 mins CD	<input type="checkbox"/> 60 mins 2:1
4	OCT 7 TO 13 2:1 from hereon. (2:1 is base strategy)	<input type="checkbox"/> 10 mins WU 45 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 45 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 55 mins 2:1 10 mins CD
5	OCT 14 TO 20 	<input type="checkbox"/> 10 mins WU 45 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 45 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 65 mins 2:1 10 mins CD
6	OCT 21 TO 27  	<input type="checkbox"/> 10 mins WU 50 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 50 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 55 mins 2:1 10 mins CD
7	OCT 28 TO NOV 3	<input type="checkbox"/> 10 mins WU 50 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 65 mins 2:1 10 mins CD
8	NOV 4 TO 10 	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 1 hr 40mins 10 mins WU 80 mins 2:1 10 mins CD
9	NOV 12 TO 18 	<input type="checkbox"/> 10 mins WU 40 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 50 mins 2:1 10 mins CD	<input type="checkbox"/> 1 hr 50mins 10 mins WU 90 mins 2:1 10 mins CD
10	NOV 19 TO 25	<input type="checkbox"/> 10 mins WU 50 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 2 hours 10 mins WU 100 mins 2:1 10 mins CD
11	NOV 26 TO DEC 2 Cut back week	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 10 mins WU 60 mins 2:1 10 mins CD	<input type="checkbox"/> 1 hr 30 mins 10 mins WU 70 mins 2:1 10 mins CD

# INTERMEDIATE BEGINNER PROGRAM

	WEEK	WEEKDAY 1	WEEKDAY 2	WEEKEND
12	DEC 2 TO 8 	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 2 hr 20 mins 18 km 10 mins WU 120 mins 2:I 10 mins CD
13	DEC 9 TO 15 	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 2 hr 40 mins 21 km 10 mins WU 140 mins 2:I 10 mins CD
14	DEC 16 TO 22 Cut back week	<input type="checkbox"/> 10 mins WU 40 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 50 mins 2:I 10 mins CD	<input type="checkbox"/> 1 hr 40 mins 14 km 10 mins WU 80 mins 2:I 10 mins CD
15	DEC 23 TO 29 	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 50 mins 2:I 10 mins CD	<input type="checkbox"/> 3 hrs or min distance 24k 10 mins WU 160 mins 2:I 10 mins CD
16	DEC 30 TO JAN 5	<input type="checkbox"/> 10 mins WU 40 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 2 hr 20 mins 18 km 10 mins WU 120 mins 2:I 10 mins CD
17	JAN 6 TO 12 This is a very important week. This is our first long run that can give you the range to carry you to the finish line. We shall repeat one more longer run after this, which gives you "insurance" of an enjoyable marathon experience! 	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> REST	<input type="checkbox"/> 3 hrs 20 mins 27 km 10 mins WU 180 mins 2:I 10 mins CD
18	JAN 13 TO 19 Cut back week	<input type="checkbox"/> 10 mins WU 40 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 1 hr 40 mins 14 km 10 mins WU 80 mins 2:I 10 mins CD
19	JAN 20 TO 26  THIS IS A CRUCIAL WEEK. We shall do the final long run then begin a standard 3 week taper. So, by all means, protect this week!	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 40 mins 2:I 10 mins CD	<input type="checkbox"/> 3 hrs 40 mins or min distance 30km 10 mins WU 200 mins 2:I 10 mins CD
20	JAN 27 TO FEB 2	<input type="checkbox"/> REST	<input type="checkbox"/> 10 mins WU 70 mins 2:I 10 mins CD	<input type="checkbox"/> 1 hr 50 mins 15 km 10 mins WU 90 mins 2:I 10 mins CD
21	FEB 3 TO 9	<input type="checkbox"/> 10 mins WU 50 mins 2:I 10 mins CD	<input type="checkbox"/> 10 mins WU 50 mins 2:I 10 mins CD	<input type="checkbox"/> 1hr 20 mins 10 km 10 mins WU 60 mins 2:I 10 mins CD
22	FEB 10 TO 16 Take Thursday and Friday OFF AND REST. No exertion at this stage. Rest your body (and your mind) to be ready for race day.	<input type="checkbox"/> 5-6km easy	<input type="checkbox"/> 5-6k easy	<input type="checkbox"/> <b>RACE DAY!</b>



# TBR DREAM CALENDAR

DATE / TIME	VENUE	DETAILS
<b>BULL CIRCLE 1</b> SEP 16, MON, 7PM	5/F Henry Sy Auditorium St. Lukes Medical Center BGC	<b>CHASING THE DREAM:</b> Chasing the Marathon Dream (Video: Jaymie Pizarro); Marathon Training 101 (Coach Ken Mendola), Special Guest: Kim Atienza
<b>BULL SESSION 1</b> SEP 29, SUN	Filinvest City, Alabang	<b>WEEK 1:</b> Long run/walk of 45 mins Assembly - 6:00AM, Start - 6:30AM
<b>BULL CIRCLE 2</b> OCT 21, MON, 7PM	5/F Henry Sy Auditorium St. Lukes Medical Center BGC	<b>GEARING UP:</b> Essential Gear for the Marathon (Coach Julian Valencia) Injury Prevention & Management for Marathoners (Dr. Marc Castro)
<b>BULL SESSION 2</b> OCT 27, SUN	Filinvest City, Alabang	<b>WEEK 6:</b> Long run of 70 mins Assembly - 6:00AM, Start - 6:30AM
<b>BULL CIRCLE 3</b> NOV 9, SAT, 6AM	British School, BGC 36th Street, University Park BGC	<b>STRONGER &amp; SAFER:</b> Strength & conditioning workout (Coach Lester Guevarra) <i>*come in workout attire, bring mat and bands, if available</i>
<b>BULL SESSION 3</b> NOV 17, SUN	Filinvest City, Alabang	<b>WEEK 9:</b> Long run 1 hr 45 mins Assembly - 5:30AM, Start - 6AM
<b>BULL CIRCLE 4</b> DEC 2, MON, 7PM	Ayala the 30th Pasig City	<b>FUELLING UP:</b> Hydration for Marathoners (Dr. George Canlas) Optimal Nutrition for Training and Racing (Harvie de Baron)
<b>BULL SESSION 4</b> DEC 15, SUN	Filinvest City, Alabang	<b>WEEK 13:</b> Long run of 2hrs 40mins Assembly - 5AM, Start 5:30AM
<b>BULL SESSION 5</b> DEC 29, SUN	Filinvest City, Alabang	<b>WEEK 15:</b> Long run of 3hrs 15mins Assembly - 4:30AM, Start 5AM
<b>BULL CIRCLE 5</b> JAN 6, MON, 7PM	5/F Henry Sy Auditorium St. Lukes Medical Center BGC	<b>HOMESTRETCH:</b> Do's & Don'ts for Your 1st 42k (TBA) Expert Tips on Going the Distance (Coach Ken Mendola) Mental Toughness (Cliff Eala)
<b>BULL SESSION 6</b> JAN 26, SUN	Filinvest City, Alabang	<b>WEEK 19:</b> Long run of 3hrs 30mins Assembly - 4:30AM, Run start 5AM
<b>SEND OFF PARTY</b> FEB 5, WED, 7PM	TBA	Cocktails, Games, Shopping, and Raffle! Exclusively for Dream Marathon participants and Pacers Registration - 6:00PM. Start - 7:00PM
FEB 16, 2020 SUNDAY	<b>RACE DAY!</b> Filinvest City, Alabang	Distance: 42.195km Assembly - 11:00PM (Feb 15) Gun start - 12:00 MIDNIGHT

*Schedule, speakers, and venue are subject to change. Confirm details at [www.tbrdream.com](http://www.tbrdream.com) before proceeding.*

## REMINDERS:

- We encourage runners to treat BULL SESSIONS like regular training runs and practice being self sufficient. We recommend you bring your own hydration, bottles / hydration belts, and nutrition.
- For Bull Sessions, GATORADE will be provided at the assembly area. Limited hydration stations on the course.
- Runners may leave their bags with our staff during the Bull Session. Please leave valuables at home. Organizers will not be responsible for any losses.
- All Bull Circles and Bull Sessions are free of charge. No pre-registration required. Friends and family are most welcome to attend.



Join **GoWell**, Sun Life's wellness community, and enjoy these benefits:

- 
- |                 |   |
|-----------------|---|
| <b>INFO</b>     | Access credible fitness and wellness content                  |
| <b>PERKS</b>    | Avail of discounts and privileges from partner establishments |
| <b>WORKOUTS</b> | Join GoWell Community Workouts for free                       |
| <b>REWARDS</b>  | Earn points and redeem prizes                                 |
| <b>MEET</b>     | Learn from fitness experts and coaches                        |
- 

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To become a GoWell member and join our events, visit [www.gowell.com.ph](http://www.gowell.com.ph)



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# DREAM

MARATHON  2020

YOU'LL NEVER FORGET YOUR FIRST

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