



## **First marathon experience**

*Nils Olbrechts*

**Marathon Rotterdam 4:41:43**

***“Amateur!”, I thought by myself ...***

I trained intensively for six months! I bet on an finishing time of 4h10, 4h15, but it became 4h41. I was almost depressed when I noticed I didn't even run 9 km/h on average. “Amateur!”, I thought by myself... I needed to finish that marathon while I still could. I wouldn't forgive myself if I hadn't gained this experience.

Ideally my heart rate needed to remain between 162 and 165 beats per minute. But after 34 km, I lowered my heart rate to 140 beats per minute.

During the marathon of Rotterdam I could run pain-free for 32 km, but then I got a kind of convulsive feeling from the ankle towards the calf. At first it was just the right leg, then it disappeared and for the last six kilometers I had this feeling on both legs. I needed to lower my pace. I ran barely 7 to 8 km/h.

***Three times I thought of quitting, but that wasn't an option!***

Three times I thought of quitting, but that wasn't an option! I had to continue! Despite the fact that I lowered my pace, I didn't walk. Despite the fact that I ran 7 km/h, I still caught up people who started walking. Nevertheless, I also came at my rope's end!

I drank a lot of water and from time to time a sports drink. I even tried a gel, but that wasn't my cup of tea.

I'm thinking about running a second marathon. Perhaps I choose the bosmarathon at Buggenhout, because we will be running 14 km in the woods. This way the shocks get absorbed. But first a week and a half rest, so that the muscles can recover. Afterwards we will be slowly building up again.

***A marathon is heavy stuff! My second marathon has to be better!***