



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
Halifax Nova Scotia • Halifax Convention Centre
APRIL 4 - 6, 2019

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SESSION 349

Running in Medicine - Lessons Learned Qualifying for Boston

The main goal of this presentation is to discuss a practical approach to marathon training with a focus on improving finish times. It will be appropriate to runners of all levels, including those interested in the sport. It will be appropriate for health professionals and their spouses. I am hoping for the presentation to be light hearted and interactive, with plenty of time for questions and discussion from the audience. I hope we can all learn from the collective wisdom in the room.

1. Describe components of a successful marathon training plan.
2. Discuss strategies and time lines for reasonable goal setting.
3. Learn how to select a reasonable goal marathon finishing time.
4. Review how to avoid injury.
5. Discuss practical examples of how to train as a busy rural physician.