

## Marathon Dynamics “Winning Edge” Guarantee (WEG) - Conditions & Restrictions

- 1) All current PB’s must have been established within the **previous 4 years** (and verifiable via online results), set at **accredited races**, and are **subject to IAAF record restrictions** (ie. start/finish line less than 50% of race distance apart, less than 1 metre per km of elevation drop). If those conditions are not met, we can still establish a mutually acceptable (more conservative) improvement target, to which the WEG will apply.
- 2) The WEG is reduced by 33% (i.e. from 3% to 2% improvement) if any of the following conditions are met:
  - Any of your current PB’s are faster than:
    - o **Marathon – Men/3hrs, Women/3:10**
    - o **1/2 Marathon – Men/1hr24min, Women/1:32**
    - o **10K – Men/38min, Women /42min**
  - You’ve run for **more than 10 years**, and/or have completed **more than 10 races of goal distance**
  - You’re running a **new race distance**...if so, the WEG is as per above, for an equivalent time (for said distance, based on standardized conversion tables) to your current PB at the closest race distance.
- 3) You must keep **detailed and accurate training log records** of ALL running for the season (and ideally any/all aerobic x-training as well) for the WEG to apply
- 4) You must **complete at least 90+% of the training volume, at 95+% of speed/intensities** (adjusted for climate as required) prescribed in your training plan, for the WEG to apply. If not, an alternative target time will be established based on the training you DID do, and the WEG will apply to the new target.
- 5) You must **complete at least 1 mid-season race** (at shorter than goal race distance) for the WEG to apply.
- 6) **Race day weather conditions must be acceptable to ideal** for the WEG to apply:
  - Humidex must not exceed +16C during race
  - Windchill must not exceed -16C during race
  - Average Wind Strength must not exceed 20kph
  - Footing must not be compromised by snow/ice/heavy rains
- 7) You must **follow our agreed upon Race Pacing Strategy** for the WEG to apply
  - use the pacebands we provide
  - record at least half of your km/mile split times (including 1<sup>st</sup> one)
  - not exceed cumulative split times by more than 1 minute at any point during first half of the race
- 8) In case of **accidental injury** (in training or on race day), the WEG does not apply
- 9) In case of pre-race or race-day **severe sickness, injury or emotional duress, or unforeseeable circumstance which negatively impacts your race performance**, the WEG does not apply
- 10) You must **communicate w/MDI coaches re: any circumstance** (physical, mental, emotional, situational) **that negatively impacts your training and/or race readiness**. Failure to do so negates the WEG.