

Q&A with U.S. Olympic Marathoner Kara Goucher

KARA GOUCHER | SEPTEMBER 22, 2012 | BY: LORA JOHNSON |



Kara Goucher made her marathon debut in 2009 at the Boston Marathon, where she took third place.

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Minnesota-native [Kara Goucher](#)

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has evolved into one of the premier distance runners in the United States, fueled by her debut third-place finish at the [Boston Marathon](#) (<http://www.examiner.com/topic/boston-marathon>) and most recently, a **strong 11th place finish** (<http://www.examiner.com/article/women-s-olympic-marathon-results-ethiopia-takes-gold-team-usa-falters>) at the Olympics in August.

Since then, Goucher [announced](#)

(<http://running.competitor.com/2012/06/news/shalane-flanagan-desiree-davila-kara-goucher-bound-for-boston-marathon-53924>) that she will be [running](#) (<http://www.examiner.com/running>) the Boston [Marathon](#) (<http://www.examiner.com/topic/marathon-43>) in April and spending the next few months preparing herself

for the upcoming training season. Today, she joined thousands of New Yorkers as they ran down the iconic Fifth Avenue in Manhattan in the [Fifth Avenue Mile \(http://www.nyrr.org/races-and-events/nyrr-fifth-avenue-mile\)](http://www.nyrr.org/races-and-events/nyrr-fifth-avenue-mile), sponsored by Nissan. Goucher served as emcee for the women's pro race at 12:45 p.m.

Before the race, I had the opportunity to chat with Goucher to learn more about her upcoming races and training perspective:

With a strong showing at the Olympics, what did you learn from that race? How will it help you prepare for future races?

I learned that I need more strength. I ran a ton of mileage to build up, but I think the training plan was a few weeks too long. In training for Boston, my training will be three weeks less. I feel like the marathon is tricky -- the more you run, the less you know it.

There have been a few articles noting that you are focusing on more speed workouts this fall and shorter races. How do you feel this will help prepare you for future marathons?

I am trying to build some speed and turnover and bring back the "pop" in my legs. I will increase my mileage again in January as I train for the Boston Marathon.

I will be running the [Dash to the Finish \(http://www.nyrr.org/races-and-events/nyrr-dash-to-the-finish-line-5k\)](http://www.nyrr.org/races-and-events/nyrr-dash-to-the-finish-line-5k) the day before the ING NYC Marathon and am considering other runs this fall. I will also be running the [San Antonio Half Marathon \(http://runrocknroll.competitor.com/san-antonio\)](http://runrocknroll.competitor.com/san-antonio) and a 10K in Australia this December.

Do you think the everyday runner should integrate speed/tempo into their training regimens?

It's really good to vary things. While long runs are important, it's also important to shake it up and do something different. For the everyday runner, it's important to take a step back and not get into the doldrums of long runs and mileage.

What's the one piece of advice you have for everyday runners?

For the everyday runner, it's important to know that running is a journey; you'll have good and bad days. There are days you'll hate it, and others you'll love. Just like life, it has ebbs and flows... but it is a journey worth taking.

To learn more about Kara Goucher and her upcoming training plans, visit the [Nissan Innovation for Endurance blog \(http://innovationforendurance.msn.com/\)](http://innovationforendurance.msn.com/) for updates on her training plans and goals. The blog features posts written by and about Goucher and her training partner, Shalane Flanagan, as well as other [elite \(http://www.examiner.com/topic/elite\)](http://www.examiner.com/topic/elite) athletes including Ryan Hall, Ryan Lochte and Chris Horner.



Lora Johnson, Brooklyn Running Examiner

Lora Johnson is an avid runner who has been running for the past 15 years. She started running marathons five years ago and understands the complexities -- and joys -- of running. You may follow Lora on Twitter, read her personal blog, or contact her with your comments and questions.