

CASE STUDY

Training for the London Marathon 2008

Amanda Holden is a busy and successful actress whose long-standing personal ambition was to complete the much-lauded Flora London Marathon. In November 2007, Amanda employed the services of motive8 and head physical trainer, Gareth Traves, to help her prepare for the 26-mile long race scheduled to take place in April 2008.

By using only long, steady state running sessions week after week, it can be easy to both pick up injuries and lose motivation; therefore Amanda's training involved mixing up these long, steady state runs with repeated hill sprints, interval sessions and high intensity, high repetition leg and core stability exercise sessions in the gym.



In addition to training with motive8 up to 4 times a week, Amanda also followed a marathon-specific training programme, provided by Gareth, in her own time. As many will know, training for a marathon can be an arduous task and as such, exercise variation was vital to the programme's success.

Amanda finished the marathon in a time of 4 hours 13 minutes and 22 seconds, making her the fastest female celebrity in 2008. This is particularly impressive due to having a little girl only a year and a half prior to the marathon and also not being able to train before starting with motive8 for a year due to long filming schedules in South Africa on the successful show 'Wild at Heart'.

Amanda continues to train with motive8 and trainer Gareth three times a week and puts the marathon down as one of her greatest achievements, she may even do it again!

“What I love most about my training with motive8 is their attitude and flexibility. My trainer works with my schedule and even though he pushes me hard, he also makes it fun.”
Amanda Holden, Actress

