

TRAINING PLANS

Following on from John Skevingtons talk about training programmes we've put together a bit of a guide for you to think about. Most of you are probably doing this already without really thinking but it might help to see it written down.

1 – THINK OVER A YEAR not over a few weeks or months

- Identify **one or two** specific races or **dates** if you don't race when you want to peak.

You can't run at 100% all year round, it's not possible, so chose a few specific races or just dates at different times through the year to target for peak performance.

2 – DON'T DO THE SAME THING ALL THE TIME

- After the initial improvements you see, simply from running more, you will hit a natural plateau. After the plateau is reached you **have to vary** what you do in order to get better.
- It get's very boring doing the same stuff all the time.

2a – ASPECTS TO INCLUDE IN YOUR TRAINING

- **SPEED / SPEED ENDURANCE**

Speed work gets the fast twitch fibres in your muscles working. When you get older these muscle fibres become less effective than the slow twitch fibres used in long distance running.

Speed Endurance increases your ability to run faster for longer.

This sort of training works for distance runners as well as sprinters. You are training your body to tolerate a build up in lactate and slow down the rate at which it accumulates in your muscles.

- **TEMPO (INTENSIVE / EXTENSIVE / CONTINUOUS)**

Tempo running trains your body to use Oxygen more efficiently by increasing the point at which the body gets tired.

During exercise metabolic activity produces lactate and Hydrogen ions which turn the muscles acidic – leading to tiredness.

Tempo running enables your muscles to tolerate a higher concentration of lactate and to use it better – meaning you can run faster for longer.

- **ENDURANCE**

Long runs build endurance but they don't help you run quicker for longer.

- **Long runs** increase **endurance**. **Speed work** helps you **run faster**. **Tempo runs** bring the other two elements together and are considered the **MOST IMPORTANT** type of training for distance runners.

3 – SOME THINGS TO THINK ABOUT

SPEED TRAINING

- Short Distances - up to 60M
- Intensity – 95 to 100%
- Reps - 3 or 4 per set
- Sets – 3 or 4
- Recovery – should be 2 to 3 mins between reps and up to 10 mins between sets because your working hard
- The whole session should be **short** (maybe only 400M in total) and **sharp** (you should be knackered)

SPEED ENDURANCE

- Short Distances – up to 150M
- Intensity – 95 to 100%
- Reps – 4 or 5 per set
- Sets – 2 or 3
- Recovery – up to 5mins between reps and 10 mins between sets.
- Again your maybe only running a couple of Kms but your should be working hard

INTENSIVE TEMPO

- Middle Distance – up to 1000M
- Intensity – 80 to 90%
- Reps – 5 to 10 per set
- Sets – up to 3
- Recovery – up to 5mins but don't recover completely between reps and up to 20 mins between sets again without completely recovering.
- This is a longer session (up to 5Km) and will consequently take more time.

EXTENSIVE / CONTINUOUS TEMPO – some ideas

- You could incorporate intense periods (up to 80% of your maximum pace) in to a longer run. For example jog for 15mins then work hard for 10mins then jog again for 15mins to cool down.
- You could try and do the first half of your run at your normal pace then pick it up and maintain a faster pace for the second half
- You could intersperse several quick Km or 5min runs in to a long run.

ENDURANCE

- This is what most people do anyway. Build up the distance / time your out for over a period of time.
- Try to vary the route and topography as you feel your endurance improving.

4 – RECOVERY

- You can't run all the time **make sure you have rests between sessions** and think about having a **complete break** during the year

5 – WARM UP AND COOL DOWN

- **Very important** – dynamic warming up is considered the best option before running with some static stretches thrown in. Static stretches after running help you recover for the next time

6 - FOOD AFTER TRAINING

- **Very important** – apparently you should try and get some sort of protein in to you (even if it's just a glass of milk or a handful of nuts) within an hour of finishing your training as it helps the muscles recover.
- **Always stay well hydrated**

When you can run with other people it seems to make you naturally work harder and it's usually more enjoyable.

If you need more advice there are plenty of helpful experienced runners in the club you can talk to.