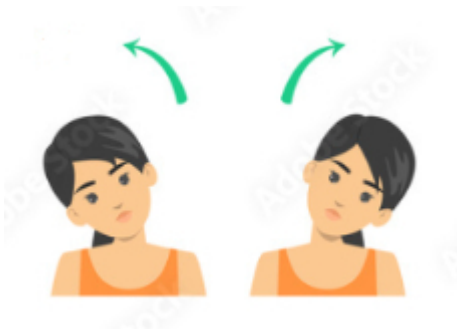


Warm up Dynamic exercises

Beginners to running and seasoned runners should all do a short warm up followed by warm up exercises prior to any exercise to warm up muscles.



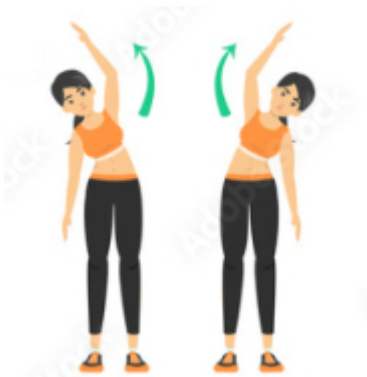
Neck bends from right to left



Neck rotations from right to left to the front only



Arm rotations forwards and backwards



Side bends



Hip twists



Leg swings and / or “open the gate”

Also, Ankle rotation in both directions on both feet

- After a 2 -3 minute walk to warm up, do these dynamic exercises with a coach or run leader to ensure the correct technique.
- Do each exercise about six times and on each side, left & right leg / arm etc.
- These exercises are a guide and will alter depending on the run leader / coach, but in time will become second nature to you.

COOL DOWN AFTER WORKOUT



Static stretches - hold each stretch for at least 10 seconds

Do each exercise, slowly and hold for a count of 10 - 12 seconds on each side, left & right leg / arm etc.

If it hurts or you're unsure of the correct technique, stop! and ask a coach / run leader for advice.

These exercises are a guide and will alter depending on the run leader / coach, but in time will become second nature to you.



Chair Stretching Exercises

These exercises can be done in the office or at home if your muscles feel tight after running.

- Do each exercise, slowly and about six times and on each side, left & right leg / arm etc.
- If it hurts or you're unsure of the correct technique, stop! and ask a coach / run leader for advice.



Carbohydrates aren't just found in pasta & pizza, they are also found in the selection above. Try to add them to your diet

For longer term energy the day before running, opt for things like

- Oats,
- potatoes/sweet potatoes,
- wholegrain cereals,
- kidney beans,
- peanuts

For fast, but short bursts of energy up to an hour before running, opt for things like

- cereal bars,
- banana,
- jam sandwich,
- dried fruit

Plyometric exercises.

At the track session I introduced plyometric exercises.

What is plyometric training good for?

Plyometric training **increases muscle strength, which allows you to run faster, jump higher, and change direction quickly.** They improve performance in any sport that involves running, jumping, or kicking.

High intensity exercise involving explosive movements. The muscle is lengthened and then rapidly shortened to develop the explosive capability of the muscle.

The exercises in my session were:

Reverse Lunges & knee ups

Star jumps

Skater jumps

Squat & jump

Spotty dogs

Squat & high knee

Remember to include these regularly in a work out, maybe once a week. 30 seconds each one with a 30 second rest between each and repeat once. (30x30x2=12mins)

The only real disadvantage to plyometric training is the **high risk of injury**. Like all exercise and sports, plyometric training is progressive, so start with light exercise and low volume and then gradually increase to gain strength, i.e. omit the or reduce the jumps and gradually increase as you get stronger, The repetitive jumping and bounding can cause stress on the joints, so not too much too soon.

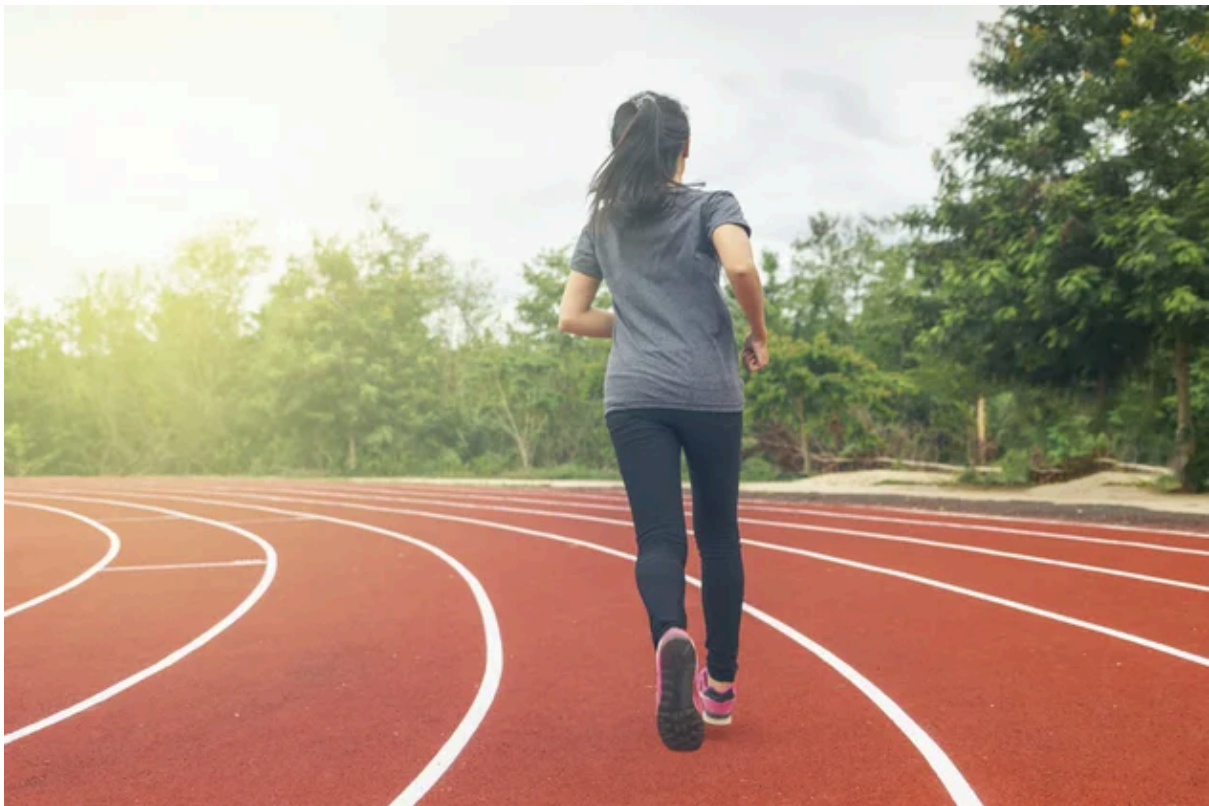
Also remember good posture, engage your core, back straight (neutral spine) by sticking out bottom. Remember the chair !

As always, any questions, ask.

If you want to improve your endurance, run faster for longer, or post a new 5k personal best, then try ‘pyramid sessions’.

The theory behind pyramid sessions is you run at a high intensity, alternated with periods of low intensity to recovery, and repeat at varying distances, all in a single session.

There is no predefined distance, and the term ‘pyramid session’ can cover any session that there is an increase in distance and mirroring decrease in distance.



For example any of these distances

A – 200m, 400m, 800m, 1200m, 1200m, 800m, 400m, 200m

B – 400m, 800m, 1200m, 1600m, 1600m, 1200m, 800m, 400m

C – 1/2 mile, 1 miles, 2 miles, 1 mile, and 1/2 mile

Distances A & B ideally should be performed on a 400m track, and session C can either be performed on the road or trails.

The main benefit of running a pyramid session is that it allows you to overload the body in different ways on different runs, and will result in improvements in conditioning, endurance, and speed.

As mentioned above, the following can be done on the track as well as on road or trails.

If you are a long distance runner, you may find that you deal better with the long mile repetitions but struggle with the shorter repetitions. If this is the case, don't just stick to the distances that you are comfortable with. Add variation into your sessions, and you will notice the benefits when you go back to your preferred distance.

Example session:

Warm-up for 10-15 minutes, easy running and include dynamic stretching.

2×400m high intensity with 200m recovery jog

1×800m high intensity with 400m recovery jog

1×1600 high intensity with 800m recovery jog

1×800 high intensity with 400m recovery jog

2×400 high intensity with 200m recovery jog

Cool-down for 10-15 minutes, easy running.

* Aim to run the 2×400m at 10% faster than your 5k pace, and run the 800m and 1600m at 5k pace.

Other sessions you may have heard of, but are not sure what they are:

Tempo runs should feel 'comfortably hard' and are run at a consistent pace – typically about 20 to 45 seconds per mile slower than 5K race pace, to figure this out, head to the Runner's World pace calculator (click link below) or the level of effort you feel you could sustain for an hour

<https://www.runnersworld.com/races-places/a60883006/5k-pace-charts/>

Intervals are short, intense efforts followed by equal or slightly longer recovery time, which might involve slow jogging, or stopping completely. A typical interval workout might be 8 x 400m reps at 5K pace, with recoveries lasting the duration of the rep.

Simple 1 min intervals

For those new to interval running, the following is a great and simple first session to try:

- 5 minute gentle jog warm-up
- 1 minute fast interval (at 8-9 RPE)
- 2 minute recovery (jogging or brisk walking, 3-4 RPE)
- Repeat 4-6 times
- 5 minute gentle cool-down jog

Parkrun session

If you are hoping to improve your 5K/ parkrun time, then try longer intervals at a lower intensity:

- Warm up with a brisk jog
- Run half a mile (800m) at your goal parkrun pace
- Jog or brisk walk for 90 seconds
- Repeat x 6
- 5 minute gentle cool-down jog

Trail Running

Trail running is an aerobic-based, long distance and endurance event

It requires balance - where arms are active especially for running over uneven terrain, around objects and down hill.

Engaged core muscles are needed for running on uneven and soft terrain. Where you need stability which also requires conditioning in the legs and body.

Running down hill

Keep it controlled

Keep feet close to the ground and avoid overstriding - shorten stride with high cadence (short fast steps)

Arms active and used for balance

Keep upright or lean slightly forward (Leaning backwards slows you down)

High hips



Trail Running cont..

Running up hill

Positive backward drive of arms excel you forward

High hips

Foot lands naturally on forefoot

Triple extension (refers to the explosive generation of power produced by the simultaneous extension of the hips, knees, & ankles.)



Summary:

An endurance event that requires an ability to change pace and adjust to different speeds

Hill running requires good leg strength

Tactically, not an event for getting PBs but more on individual or team finishing position

Trail Running cont..

To prepare for trail running - **Strength and conditioning** training is definitely recommended to prepare for unstable and soft surfaces. To gain more stability and control try the following:

- Focus on lower leg, glutes and the core
- Try doing lunges and squats, with resistance bands or weights
- Calf raises with bent or straight legs
- Ankle stability - single leg balance (eg. whilst brushing your teeth !!)

Running around obstacles running on different terrain.

Also, try incorporating drills like cariocas/grapevines, hops, jumps, hopscotch.

Any questions, ask.

I also do drills and strength and conditioning (including core work) in my coaching sessions. So come along and try them out.