

North West Athletics

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Building Your Capacity: An Introduction

Presented are three (3) simple endurance enhancing runs / activities that can be selected from and completed in your own time, in addition to weekly group training.

DO NOT run alone; be sure your parents know all details of your movements.

Keep a record of your times over courses that you can repeat; your records (pb's) are your measure of your progress.

Try to complete two (2) extra runs each week .. these runs will build your capacity to:

- perform better at cross country throughout the winter;
- build your strength and capacity to better perform as a track athlete in the 2004-2005 spring / summer.

If you have any doubts or questions, remember I am only a phone call or email away.

Building your own endurance base will enable us to train in a more precise manner at our (group) sessions; you do not need me to be present for all runs, especially LSD runs.

Key: **LSD** = Long Slow Distance (comfortable runs, "conversational" pace; perhaps with a limited number of surges);
Fartlek = continuous runs of variable pace: e.g. jog - surge (fast striding) - jog recovery, etc. w/b = walk-back;
Stretches = separate sheet ...
(don't stretch cold muscles; find and apply the 2-3 stretches that best suit your needs)

All runs should be preceded by a warm-up and followed by a warm down.

Warm-Up: Short Jog + 2-3 stretches + Drills + 2-3 accelerations (50-70m), w/b.

Warm Down: Short Jog + 2-3 drills + 2-3 stretches + walk

1. LSD: 20 / 25 / 30 / 45 Mins.

Over a period of 3-4 weeks, try to increase the length / duration of your LSD runs. It will not be long before you can run 60 minutes continuous.

2. Fartlek Runs: 30 / 40 / 50 Mins.

e.g. Surges: 2.1 10 / 15 / 10 / 15 / 10
2.2 5 / 10 / 15 / 20 / 15 / 10 / 5
2.3 20 / 15 / 10 / 15 / 20

Write the surges you intend on the back of your hand; as you grow in confidence you will select and apply surges according to your needs / the course you are running; e.g. you may sight and run fast up a hill, to a telephone pole or tree, etc.

3. LFR's: Longer, Fast Repeats .. select a course on which your runs can be repeated.

Warm-Up .. complete 2-4 x the course **FAST**, timing each repeat and recovery.

Aim to improve your repeat times and/or reduce your recovery times.

Course distance: you select, but can be in the range 600 - 1000m (Similar to 208 1km. course)

Think ahead .. Plan your time !!

Weekly Plan

(e.g. **Run** .. Rest .. **Run** .. **Run** .. Rest .. **Run** .. Rest, *or*, **Run** .. **Run** .. Rest .. **Run** .. Rest .. **Run** .. Rest)

Your Recovery Sessions (Rest Days) are your most important training sessions;

You grow stronger when you are resting.

Rest Days may be complete rests **or** an alternative activity (recreational or sporting).

Discuss your intentions (your weekly / monthly program).

Your aim must be to establish a lifestyle routine that contributes everyday to success.

It is not just about working harder .. it's about working smarter.

There is time for almost everything **if** you plan your time.

(I suggest you keep a simple training diary to help plan your runs and record your efforts; Group sessions will focus upon speed, hills, time trials, and intervals.)

Read

What is the stitch?

Stretches
(informal practice?)

Drinks?

- Frequency
- Types
- During runs

A Modified Program will be presented to younger and/or less experienced runners

Note!! While some other sports/activities can complement or assist your performance, they should not often be viewed as a substitute for runs.

No opportunity is ever wasted ... others take up what you let pass