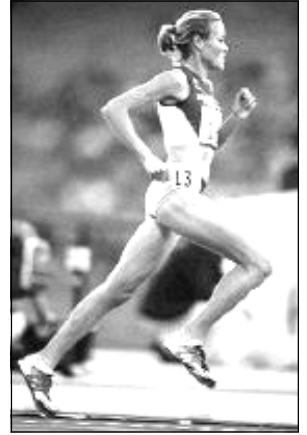




North West Athletics

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Four Runs

plan your training .. 4 runs = 7-10 days

1. 20-40 Mins. LSD + 10 mins Drills (choice) .. i.e. a very "easy" run

2. Hills: (3-5%; 150m, or, about 20-25 seconds at 90% effort)

Warm-Up thoroughly

4 x Hill (80-90%) .. walk-jog back

Recovery: Jog/Walk/Drill for 5-8 mins.

4 x Hill (80-90%) .. walk-jog back

Recovery: Jog/Walk/Drill for 5-8 mins.

4 x Hill (80-90%) .. walk-jog back

Warm Down: 10-15 mins. easy (LSD) run

Hills: You must be able to run **fast** .. little impact on fast running posture
3-5% = 3-5m rise in every 100m



3. Fartlek .. 40-50 min. run .. total run time; i.e. Easy (LSD) Run + Surges + Recoveries

(Surges = extend pace to 80-90% effort .. jog recovery for at least 30 secs; then resume LSD pace before next surge .. you choose when/where to surge.)

Surge Pattern 1: 10 – 15 – 10 – 15 – 10

Surge Pattern 2: 5 – 10 – 15 – 20 – 25 – 20 – 15 – 10 – 5

Surge Pattern 3: 20 – 30 – 20 – 30 – 20 – 30

YOU are in control
Challenge yourself progressively over successive weeks

4. Longer LSD RUN .. 50 – 75 mins. Easy pace; continuous.

Younger athletes: 30-50 mins.

Do **not** run alone .. and, be sure parents know where you are going; arrange drink stations if necessary (every 15-20 mins. on longer runs) .. practice drinking on the run (a mouthful at regular intervals is usually adequate).

Drills are important .. **MUST** be done properly .. should be part of all warm-ups and warm downs

Stretches .. important, but must be done every day (15-20 mins.) to maximise benefit

See back of sheet for samples

Challenge yourself .. follow a **run-rest-run-rest-** ... daily cycle,
but

Use your common sense .. plan your weeks. Don't make excuses, but, take account of how you feel

If in doubt .. I am only a phone call or email away

Training Diary ... if you will commit to filling in a diary (5 mins./day), I will provide. It's up to you .. ask **if** you **will** use it.