

NWA Training: No. 1 (May, 2011)

This outline of activities is presented: www.nwaswimaths.com > RESOURCES.
Under **Presentations** and **Programs** you may find additional things of interest ..
e.g. there are over 200 programs divided into sections (Athletics, Swimming, General).

If you have Broadband, the files should open easily .. if not, they may take some time.
The NWA Training outline is presented in simple format so they should open easily.

Twice each month I will add a new set of suggestions .. it's up to you, but if you miss direct contact at NWA sessions, you can follow the advice.

No. 1: Plan your weeks .. fit the runs in with your other activities

Prepare and use a simple **Training Diary** .. see Programs .. Athletics Programs – Training Diaries

Runs are in addition to Football / Netball / Soccer / Basketball .. or any sports activities

3 Runs per week .. wear a watch .. running is about time; know your time on all courses:
know your splits on all courses

1. LSD: 30 Mins.
2. Fartlek: 30 Mins. (Surges in seconds: 5 – 10 – 15 – 10 – 5)
3. LSD: 40 mins.

10-15 Mins. stretching ... **every day**; 10-15 Mins. Drills - three times a week (can be as warm-up
before your runs, or, special self-organised sessions)

If unsure about anything, give me a call: 03-54-801-705 nwa@iinet.net.au

Coming: Push-Up and Sit-Up Progressions // Bar Circuits

Each Newsletter will direct you to a site (www.nwaswimaths.com) to review:
e.g. Programs .. Dealing with Nervousness
Evaluate, Never Judge
Ins and Outs .. Outs and Ins
Cross Country .. Building Your Capacity

Newsletters will also identify training session dates, times and venues .. if in doubt, call.

If it's measurable and recordable ... measure it / record it; **keep it simple**: 5 mins. max. / day

Records are the measure of human progress;

your records are the measure of **your progress**.

Finally: Don't let others pull you down to their level of comfort ... if you want to run .. run
(real friends will offer real support)

Running is Fundamental
to performance in most sports

- it assists fitness for **all** sports;
- it can be done within **your**
(any) training plan.



Do NOT run alone

Be sure parents know
where you are going, and,
how long it should take

**Agility & Co-ordination
Challenges**

(e.g. ladder drills)
Include in every warm-up.
(and warm down)

**What does not kill you,
makes you stronger**

**Don't make excuses
DO IT !!!**

Your running training activities (run, circuits, etc.) are specific activities:

They are NOT "instead of" activities, nor are other activities, a replacement for your running

**If it's too hot, go to the pool, run early in the day .. if you want to achieve your goal, don't make
excuses .. do it; find a way .. others do.**