

NWA Training: No. 2 (April 2008)

This outline of activities is presented under Resources.
Under **Presentations** and **Programs** you may find additional things of interest ..
e.g. there are over 150 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.
Try: Save Target as .. open on your desktop

No. 2:

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

Be sure to W/U; w/u is not included in sessions details

1. **LSD:** 40 Mins.
2. **Hills:** 2 x 5 x 150 ... 80% .. running fast (not fastest) .. walk back, or, w/b + jog recovery
3. **Fartlek:** 40 Mins.
(Surges in seconds)
10 – 20 – 10 – 20 – 10

What is a surge?

Hills <3% (i.e. 3m in every 100m) .. so, a slight uphill;
you can run fast, but without changing your running posture.

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

DO NOT stretch cold muscles .. some
jogging and/or drills before stretches

Push-Up and Sit-Up Progressions & Bar Circuits

Check out: www.nwaswimaths.com .. Programs ► General Programs ► Push-Ups and Sit-Ups
If you are serious, it's time to start .. e.g. 10 PU + 10 PU

Each Newsletter will direct you to a site (www.nwaswimaths.com) to review:

- e.g. **Programs** ► **Athletics Programs** ►
- NWA – Introducing Cross Country
 - Dealing with Nervousness
 - Evaluate, Never Judge
 - Ins and Outs .. Outs and Ins
 - Cross Country .. Building Your Capacity
 - Training Diaries** (Keep it Simple)

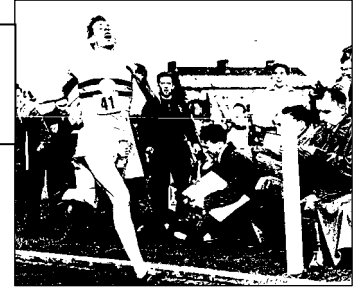
Records are the measure of human progress ... **your records** are the measure of **your progress**

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)

Google: What is fartlek?

Fartlek is a form of road running or cross country running in which the runner, usually solo, varies the pace significantly during the run. It is usually regarded as an advanced training technique, for the experienced runner who has been using interval training to develop speed and to raise the anaerobic threshold. However, the 'average' runner can also benefit from a simplified form of Fartlek training, to develop self-awareness and to introduce variety into the training program.

A special
moment in
running history
.. who / why?



Do **NOT** run alone

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

Incorporate
into your
training plan

Athletics
Programs
**Measuring
Your
Progression
(Athletics)**

Running
performances are
measurable
So,
Measure &
Record
Your
Progression