

NWA Training: No. 3 (May, 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. 4: Time to increase your commitment ...

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

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

know your splits on all your regular courses.

1. **LSD:** 40 Mins.
2. **Hills:** 2 x 5 x 150: 80-90% .. running fast (not fastest) .. walk back, or, w/b + jog recovery
3. **Fartlek:** 40 Mins.
(Surges in seconds)
10 – 20 – 10 – 20 – 10
4. **LSD:** 50-60 Mins.

Run continuously;
LSD but continuous

Hills <3% (i.e. 3m in every 100m) .. so, a slight uphill;
you can run fast, but without changing your running posture;
e.g. if you are a 30 sec. 200 runner, 150m uphill should be about 28-30;
you have to judge for yourself .. fast / good posture / challenging;
it's the **final 20m** of each run that is the **most important**.
Recoveries: walk .. walk & jog .. a set time; progression as with runs.

At this stage, short-fast hills
are best coach-supervised

10-15 Mins. stretching ... **every day**; 10-15 Mins. Drills ... 3-4 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
 - Four Runs**
 - 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?

Tough Times Don't Last ... Tough People Do

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.

Know your sport .. ?? Identify the **World Superstars**
Present and Past



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