

## NWA Training: No. 6 (June, 2010)

This outline of activities is presented under 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.  
Try: Save Target as .. open on your desktop

**No. 6:** Gradual progression .. more reps. / longer LSD & Fartlek  
Look for the subtle differences

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

**know your splits** on all your regular courses.

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

1. **LSD:** 50 Mins.
2. **Speed : Intervals:** 4 x 4 x 70; build to 80-90% over final 40-50; w/b recovery;  
5-6 mins. recovery between sets; second set in spikes if on grass.
3. **Hills:** 3 x 5 x 150: 80-90% .. running fast (not fastest) .. w/b + jog recovery
4. **LSD:** 50-60 Mins.

Run continuously;  
LSD but continuous

or

50 Mins. **Fartlek**  
plan your own surges

**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](http://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

Also: NWA – 20-30 Min. Circuit ... 12 exercises .. 360 reps

Each Newsletter will direct you to a site ([www.nwaswimaths.com](http://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  
**NWA – Conditioning Ideas**  
Training Diaries (Keep it Simple)  
Time Efficient Running

**Remember**  
**Measuring Your**  
**Progression**

Plan and execute a  
re-test over your  
known course

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: Interval Training

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

**Breakdowns, Ladders, Pyramids, Up/Down the clock.** These are some of the varied terminology used to describe interval training. The one thing they all have in common is that you run for a specific distance or a Specific Period of time: this is the **interval** of running. More than likely you will do this more than once. Several intervals are referred to as **repetitions**. After each running interval a specified recovery time is taken. When a group of intervals are run, with the specified recovery between, this is called a **set**. The rest between sets is typically longer than that taken between intervals within the set. The speed at which you run each interval is referred to as the **tempo** or **pace**. It's as simple as that. More ... [www.coolrunning.com.au](http://www.coolrunning.com.au)