



Remember Measuring Your Progression

Plan and execute a
re-test over your
known course

NWA Training: (June, 2011)

This outline of activities is presented under Resources.

Under **Presentations** and **Programs** you may find additional things of interest ..
e.g. there are over 250 programs divided into sections (Athletics, Swimming, General).

The NWA Training outline is presented in simple format so they should open easily.

Try: Save Target as .. open on your desktop

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.

1. **LSD**: 50 Mins.

2. **Speed : Intervals**: 4 x 5 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 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 26-28; you have to judge for
yourself .. fast / good posture / challenging;
it's the **final 20m**, each run that's the **most important**.
Recoveries: walk .. walk & jog .. decrease the recovery
time as you improve..

Do **NOT** run alone
Be sure parents know where you are
going, and, how long it should take.
Better still: accompany you

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 0438-318-528

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 a progression .. e.g. 10 PU + 10 PU

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

Distinction is reflected by the extra things you do, not by conformities you adopt.

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

NWA – **Conditioning Ideas**

Training Diaries (Keep it Simple)

Time Efficient Running

Warm clothes to wear after all
sessions .. especially in winter

Warm Down slowly

Jog .. Drills .. Walk

Never run without a watch

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

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