

Training for Running

Evaluate and implement a training plan that is best suited to you as an individual

Objective

- Provide you with information that will help you think about your own training goals
- Understand the benefit of making your training highly individualized
- Survey the range of training plans and the situations they best serve
- Demonstrate the use of an online training plan that I have found quite useful

Key Elements

- Above all else, avoid injury
- **P**atience – don't push too far, too fast, too soon or too much volume (miles per week)
- **C**onsistency – find a level of training that you can sustain over a period of months or years
- **V**ariability – running surface, shoes, terrain, outdoor or TM, intensity, distance

Definitions

- Training is the repeated cycle of applying stress followed by recovery in order to achieve adaptations in pursuit of a performance goal
- Exercise typically has a non-performance goal (weight loss, general health, etc.) with better performance as a side effect
- Training focuses on improved performance (faster, farther, etc.) and non-performance benefits are secondary

Structure of a Training Plan

- Progression (improving performance)
- Periodicity (weekly, events, personal schedule)
 - Step backs, taper pre-race, recovery post-race
- Specificity (to the performance goal)
- Flexibility (illness, travel, holidays, etc.)
- Recovery (active & passive)
- Typical training workouts
 - Long run
 - Speed intervals
 - Tempo & threshold runs
 - Cross training
- 80/20 rule for easy & hard workouts

Identify Bottlenecks

(for best return for effort)

- Cardiovascular system (most rapid adaptation)
- Skeletal Muscles (most focus on adaptation)
- Connective Tissue (slow adaptation)
 - Very little blood circulation
 - Become very careful here: injury risk
- Bone (very slow adaptation, stress fracture)
- Mental (a response to stress all its own)
 - ‘Brain Training for Runners’ by Matt Fitzgerald

A Delicate Balance

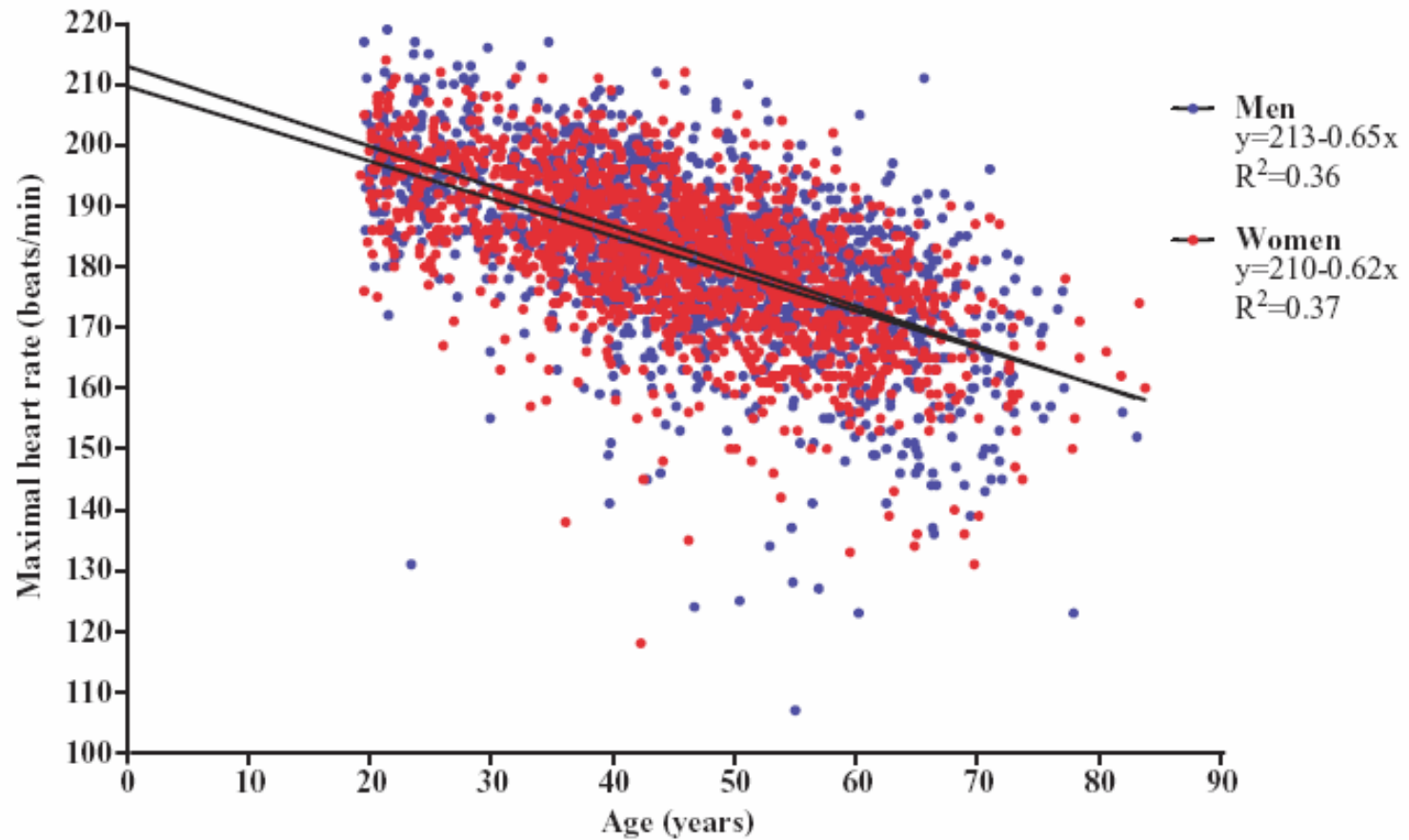
- Finding the 'goldilocks' level of stress
 - Adequate to stimulate adaptation
 - Allow for recovery, consolidate gains
 - Below the threshold for injury & over training
- Variety of methods
 - 'Run by feel', Borg RPE scale 6 – 20, 1 – 10, 1 - 5
 - Talk test, rhythmic breathing rate
 - Heart rate (pulse count, HR monitor) 'zones'
 - Training plan driven (pace & distance)

Know YOUR Numbers

(220 minus your age)



Your Real Numbers



Max HR for your training

- The 220 minus age will be here a long time
 - Easy to calculate in your head
 - Safe for health professionals (very conservative)
 - Embedded in cardiology protocols for decades
- Both are about 200 at age 20, but by age 70, for example, the difference is 168 vs. 150 which can lead to serious undertraining – slow or no progress!
- Further, notice the large standard deviation in the data
- Finally, the standard ‘training zone’ (70% - 85% of max HR) is not necessarily your best training zone
- <https://www.ntnu.edu/cerg/hrmax-info>

Range of Plan Options

- Walk/Run as in the beginner training plan
- Internet search & download (free or paid)
- Join a training group
- Construct your own (tables in books)
- Interactive plan subscription (next up!)
- Hire a coach or coaching service
 - Via the internet or in person

Runcoach.com Training Plan

- Interactive via the internet
- Continuous updating for races, results, days off, changes in preferences
- Automatic sync with most GPS devices
- Daily email with workout
- As with any tool, you learn how to use it
- Usefulness increases with more data entries
- Discount available to club – 50%

Runcoach Training

- <https://runcoach.com>
- 6 mos. \$99.95 & 12 mos. \$129.95
- 50% club discount:
 - https://promo.runcoach.com/index.php?option=com_php&Itemid=584
- Test drive:
 - Create your profile
 - Set a goal race
 - Explore modifications on-the-fly

Summary

- Your training plan needs to suit your life
- Learn your critical numbers
 - Max HR, HR training zones, VO₂max, vVo₂max
- Find your training ‘sweet spot’
 - Avoid injury, especially connective tissue & bone
 - Challenge yourself & have fun in accomplishment
 - Stay open to all modes of training
- Explore the mental side of training