

Team CdLS Saratoga Palio ½ Marathon & 5K Training

Tips for the Week of 8-1-2011

There are 7 weeks to go before the Saratoga Palio Half Marathon & 5K. It's rest week #2 - sweet!

Keeping Up With the Training Schedule

Inevitably, sometime during the ½ marathon training season, vacation, work, family, or bad weather will conflict with your training schedule. If you can't rearrange your schedule, you may end up missing a workout. It may even be the weekend long run or a pace run. A tendency of some runners is to try and make up the missed workout during the next week. This will cause an excessive increase in weekly mileage, which can then lead to stress and injury. You're better off letting it go. It's *water under the bridge*.

Because of our recent hot weather or because of a low mileage base coming into the training program, some runners may be having trouble keeping up with their weekend long runs. If this applies to you, here are a couple of suggestions for getting through the workouts.

Don't feel bad about slowing down. The weekend run is supposed to be long and slow.

Another option is to take walking breaks every few miles.

Most runners prefer to run continuously. "The best results come when you train to a comfortably tired state, knowing as you finish that the training could have been harder. Keep always in mind that you can never run too slowly but you can run too fast." – Arthur Lydiard (renowned running coach)

How can I increase my speed without having to run 5k & 10k's?

There are many ways to increase your speed. They all boil down to stress followed by rest leading to a variety of changes, giving greater running speed with the same effort. Does this mean going out and just hammering a training run once each week? I don't think so. The key is to gradually build up the volume and pace of the harder efforts during the "speed" session, and perhaps gradually decrease the rest interval. There are many types of speed play to choose from:

Fartlek:

Running on a route (roads, trails, etc.) where you occasionally pick up the effort/pace for short time periods (often 30 seconds to a few minutes), with recovery between the pickups. You can decide when to run the harder pickups based on terrain and/or how you feel (i.e. is your breathing and heart rate recovered down below a normal "long" run effort). This type of workout can be done anywhere, alone or with a group.

Hill Repeats:

Running a hill of length 150 to 800 or so meters, with a grade of a few percent (can be on trails, fire roads, paved roads), running up the hill at about 10k effort, and recovering at an easy jog down the hill.

Intervals:

Running set distance and/or time on flat terrain (track or pavement) at a fast pace, with stipulated rest periods of slow running between each fast interval, can have all the intervals the same length/time, or different length and/or paces - many people find this type of work out is easiest done with other people. It will help you to develop a smoother running form, and ability to handle anaerobic work.

Hill Fartlek:

Running a given route (on rolling hilly terrain, dirt roads or pavement are best) by running several of the up hills at a harder effort, with recovery going down the following down hills. Like the hill repeat workout, this will develop running strength, and a more efficient uphill stride.

Tempo Run:

A run where you do a couple or three warmup miles at normal pace, then do a period of faster running (typically at 10k pace) followed by a cool down at normal pace. This teaches one how different effort levels "feel" and works on increasing the running speed of your anaerobic threshold.

These are some of the speed runs that you can put into your schedule to improve your speed. It will take a few weeks before you see any changes though so be patient. If you are just starting (or getting back to) speed training, I would do one session every other week. Start with just a few of the intervals/repeats, say as a Fartlek, do: a 2 mile warm up, Fartlek pickups at your 10k pace, 6 minute total of pickups (30 seconds. to 2 mins. each) recovery time after each pickup then a 3-4 mile cool down. Choose a route with fairly flat terrain for this run.

Another good beginner workout is hill repeats, substitute 5 x 1 min. uphill at 10k effort for the above Fartlek pickups. The Fartlek and short hill repeats are easier on the body than longer/faster intervals on a track, so I do these early on in my speed program, and after several sessions graduate to intervals and tempo runs.

Have fun with these speed runs, do a good warm up before, cool down after, and stretch **after** the session. Varying the number of hard efforts and pace will be more fun. The day after the speed workouts do just a short, easy run, or a short cross training session. Give your body a chance to recover, and build up based on the stress you put on it in the speed session. Unfortunately, speed workouts also cause injury...so please listen to your body.

Note: As a reference to speed work, check out the Competitive Runners handbook by Bob Glover, or Jeff Galloway's book, or most issues of Runners World. You can probably find these at your local library.

Second Pair of Shoes

If you don't already do this, consider buying a second pair of running shoes and alternate your pairs from workout to workout. Even identical models of shoes will have a different wear pattern. The result will be to vary the stress during your runs on different parts of your feet, legs, and hips. Shoes will lose much of their cushioning and support after several hundred miles. Keep track of your mileage in each pair of shoes and replace them before they cause problems. I write the purchase date on the inside of the tongue. Your shoes should be replaced between 300-500 miles or approx. every six months, depending on your individual wear patterns. Running is a relatively inexpensive sport. Don't cheap out on the most critical piece of equipment – your shoes.

Suggested Week 7 Training Schedule

Below are suggested workout schedules for the three types of ½ marathon runners for this rest week.

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Miles
Type of Runner	8/1/11	8/2/11	8/3/11	8/4/11	8/5/11	8/6/11	8/7/11	
1st Timer, Novice Runner	3 Miles Easy	Rest	2 Miles Easy	2 Miles Easy	Rest	3 Miles Easy	Rest or Cross Train	10
2nd Timer	Strength & 2 Miles Easy	3 Miles Easy or Tempo	Rest	3 Miles Easy	Strength & 2 Miles Easy	5 Miles Easy	Rest or Cross Train	15
Experienced ½ Marathoner	Strength & 2 Miles Easy	3 Mile Tempo	Rest	4 Miles Easy	Strength & 2 Miles Easy	6 Miles Easy	Rest or Cross Train	17

Experienced & Veteran ½ Marathoners:

This week's speed workout is 1/4 mile hill repeats. You should run 5K pace up the hill and jog down (in a serpentine manner – like a snake. This reduces the shock to the knee when jogging straight down a steep decent). This workout is continuous running. When you reach the bottom of the hill, you go right into the next uphill repeat. Include a mile or two at an easy pace for the warm up and cool down.

The number of hill repeats you do is dependent on your weekly mileage.

- Mid 20's: 4 repeats
- High 20's to Low 30's: 6-8 repeats
- 35 Miles or more: 8-10 repeats

Here's a good article on hill running technique 101 by Jeff Galloway:

http://www.internetfitness.com/articles/running_hillrunning.htm

Enjoy & stay hydrated!

Coach Marc