

## TRAINING NOTES

### Warm Up & Cool Down

Make sure each session includes a warm up and cool down period of easy jogging and if possible, drills that take your limbs through a full range of motion such as high knee lifts, butt kicks and strides.

### Training Glossary – 5km / 10km

**Cross training:** Undertaking other exercise such as gym classes, strength work or aerobic activities like swimming or cycling.

**Negative split:** When the second half of your training session is faster than the first half (eg. running from point A to B in 10 minutes, then back again in 9 minutes).

**Perceived Effort:** A measure (out of 10) of your exertion.

- 1 – 3: very easy, not puffing
- 4 – 5: comfortable, able to hold a conversation
- 6 – 7: less comfortable, able to talk in short bursts
- 8 – 9: race pace, unable to talk, increased breathing rate
- 10: flat out, a pace you could only hold for 20-30sec

**Strides:** This is a great warm up and cool down technique, where you accelerate over 100m, concentrating on form and length of stride and aiming to reach maximum speed at the end of the distance. Jog to recover then repeat.

### Training Glossary – Half-Marathon

**Tempo:** Warm up and cool down for the distance shown. Efforts should be at a consistent pace – no slowing down/speeding up – the pace should equate to your 10km race pace. Running for an extended period at this faster pace helps your body increase its lactic acid threshold and maintain speed in race situations. These are critical runs and you should plan on getting the most from them by resting or only training lightly the day before.

**Fartlek:** Varying your pace between slow, medium and fast over different distances, helping to increase your pure speed and your race endurance. After a warm up, start to include brief efforts at faster paces e.g. 200m-800m followed by slower jogs to recover. Vary the pace and distance of these speed bursts as you progress, and concentrate on your form and breathing as you run. You should be controlled and consistent during each burst, holding good technique.

**Easy runs:** These should be fun and something to look forward to at the end of the week. Do not race or time them. You should be able to converse throughout the run.

**Long runs:** These are the most important runs in the program so don't skip any of them! Keep these at a moderate comfortable pace (perceived effort: 5-6). Include hills in your long runs as there are some on the Run Melbourne course.

**Speed:** These are high speed, short-burst efforts (perceived effort: 8-9). Rather than all out sprints, you should focus on running economy by staying in control of your technique. As you become fitter, you can increase the distance and reduce the amount of rest between each effort, teaching your body to maintain speed for longer.

**Strength:** To improve the force generated by your leg muscles, it's great to include some strength bursts into your runs. These involve hill climbs (which forces longer strides and higher leg lift) followed by recovery jogs coming back down the hill.