

Week I **March 1- 7, 2010**

Run Healthy I **Week 7**



Focus of the week - what you need to know

Tuesday Intervals: With most of us participating in the Dolphin Club 10 K last weekend, we will return to a focus on easier running with emphasis on technique, drills and building running. Hopefully the weather is more cooperative than last week, although the 'brave-7' still had a great session. We will introduce A and B skips this week into the drill routine and begin to move from 'recruitment' to moving forward (speed generation from drills). Not a session to miss this week!

The drills are only 10 - 15 seconds each to ensure that it remains a neuromuscular stimulus - our goal is body awareness and timing so being relaxed and not 'over-thinking' will really help.

Wednesday Social Run: If you participated in the 10K I would highly encourage you to keep the effort DOWN in this run. We will still include a few pick ups within as easier run, which will help you feel better, but ensure they only last for about 7 - 10 seconds. IF your legs are fresh then don't be afraid to increase speed near the end of the run, but listen to how your body feels.

Sunday Run - a change! This weekend is one of our longer runs before the Napa Trail race, now approaching at the end of *this* month! We will aim to run a total of 90 - 100 minutes this week (with warm up / drills included) but with a twist. We will still do walk breaks (every 12th minute or so) but we will also build in a series of surges. The emphasis of the run will be a Z2 (conversational) effort but, every 7 to 10 minutes, we will pick up effort to the 10K pace you ran this weekend for a complete minute! Yes, tough. We will then settle back to our Z2 pace. The variance in speed will make it tougher and help you maintain leg speed. We will then finish with 4 x 100-150 meter fast efforts, on flat, with 2 min rest between. We will help you through this new and fun session!

Topic of the week - learn recovery/specificity from a pro's story

At Sunday's 10K Meredith Kessler strolled to a 36 minute 10K and another victory. All to be expected right? After all, she is a professional! Seeing Meredith run that fast struck a chord with me as I have seen her transformation over the last 2 years. She has competed in *many* Ironman races and always trained a lot, but when I began coaching her she was simply putting in lots of hours, with no recovery and no specificity. Train, train then go train some more. Over the last two years we changed three major components of her training approach. First, we integrated recovery into the plan (yes, this morning she was spinning easy at class - not suffering at all!) and made this *as much of a focus* as her swimming, biking and running. Second, we made each session have a purpose and goal. If the goal is to go easy, she goes easy, if it is to go hard - she is ready to go really hard! It was a tough transition in approach for her as it requires discipline and focus, but it has catapulted her from an above average amateur to professional athlete.

Obviously, Meredith has great genes, but her story relates. The run2become program is built on the same philosophy and approach as I adopt for Meredith, but tailored to people like you. To be successful in run2become it is imperative that you *follow the plan!* It sounds simple, but can be a big struggle for many. I will continue to educate on why we include specific sessions, but as we progress on this journey I urge you to not add miles, go easy when asked to go easy, and follow the intervals and walk breaks. The training plan you have is designed with a lot of thought and always works! The only time it fails is when an athlete adds extra training or decides to add ego-boosting intensity when the goal is a low intensity easy run. This is a great time to look at your plan and try to see the pattern of training that is there. It is worth noting that your *recovery* days and *easy sessions* are as much a PART of the plan as those long Sunday runs. Stick to it and you will be happily shocked as we continue on the journey.

TID-BITS OF INFORMATION

FUELING Remember that taking in calories during and following your training is a key part of any training session. Carbohydrates for the backbone of our fuel for activity, so we **must** take in carbohydrates pre-during-post every session. Here is how to do it:

PRE: In the 90 min before a session, and up to 20 min into it, avoid high-glycemic sugary calories: Better to eat a slower digesting english muffin with butter than Gatorade - this will promote fat utilization

DURING: Every 15 - 20 min have a blok, sip of energy drink or gel - YES, you need this!

POST: You **must** replenish your carbohydrates - longer sessions need something like chocolate milk THEN a carb-based meal like sandwich or ride with chicken.

If you do this well, your focus on the remainder of the day can be proteins, good oils and plenty of veggies - roll on!

We are here to help! Please email and let us know of topics you are interested in or your training questions!