

### Run Everyone – Bitesize Tips

\* Easy does it: It can be tempting to get straight out of the door and push yourself until your short of breath and struggling straight away. Most runners aim to run a bit too quickly when they first start.

Try this - Learn to run at the speed of chat. Slowing down your runs allows you to build more volume and make running feel that bit easier. Imagine you are running with a friend - you should be able to talk and chat.

\* Build your strength: Runners who are more robust and who can hold their posture and technique even when tired in a race. Getting into a good routine of a weekly core session is a great goal as you build towards your goals.

Try this - Simple exercises such as planks, lower abdominal exercises, single leg squats bridging can be a great place to start. If you are ready to push on consider a good local Pilates class. Check out our strength and conditioning tips too [www.runningwithus.com/strengthtraining](http://www.runningwithus.com/strengthtraining)

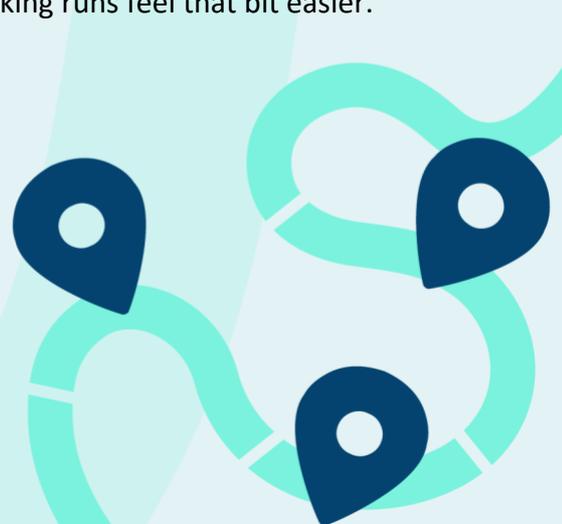
\* Up and down: Hill training is fantastic for building strength and endurance. Not only will they work your cardiovascular system but also condition your quads, hamstrings, glutes and calf muscles.

Try this - Whilst you can run specific hill sessions where you aim to run fast up hill and recover down you might try just varying the terrain on your easy and steady runs, that alone will give you a great stimulus.

\* Mix it up: Mixing up the surfaces on which you run will really help prevent injury. Consider also mixing your running training with other forms of cardiovascular cross training such as a static bike, swimming or elliptical trainer.

Try this - Running between 40-60% of your training on trails or grass will both reduce your injury risk but also help build strength and balance. Consider a pair of trail shoes with a bit of extra grip, forget the pace on your watch and run to effort.

\* Get friendly: 10 weeks of training can seem a daunting experience on your own. Training in a small group can make a huge difference both in sticking on your pace but also making runs feel that bit easier.



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The fact you already have a virtual goal is definitely the first step, this gives you the motivation and the determination to see it through to the end. You're already ahead of the game if you start the journey now, you are giving yourself a good amount of time to get used to the training, allowing your body to adapt to the training etc. Experience and lifestyle need to be considered with your training, we all lead very busy lives with family and work commitments so don't pile too much on yourself if you know you can't stick to it, that said, you need to be exercising around 3 times a week to notice the benefits. However, some of these sessions could be in the form of cross training, it doesn't have to just be running, if this is what your body responds well to (for example if you are prone to injury)

'The Three P's' Planning, Patience & Progression!

HAVE A PLAN! How many times a week will you run? What days? Could you make short term goals?

BE PATIENT! Fitness takes about 6 weeks to bed in, you won't see or feel instant results but with time and consistency you will! Ensure that your plan allows for PROGRESSION. As your body gets used to running, with rest it is able to adapt, it is then able to have a little bit more added on and that's how you progress. It's wise to consider a slightly easier week running every 3-4 weeks to allow your body even more time to recover and adapt ready for another phase/load of training.

One thing 'The Three P's' will mean you can avoid are 'The Terrible Too's' - too much, too soon, too fast. This is a sure fire way for an injury to occur, the body can't handle too much in one go...be sensible!

Get yourself in the right kit, appropriate running apparel, hi-vis gear if necessary and trainers to suit YOU (this is really important). Get yourself down to a recommended running shop that offers gait analysis so they can watch how you run and advise you on the right pair, trainers that work for one runner won't necessarily work for another so make sure you try on a few pairs to ensure the ones you do pick are comfortable and supportive enough for you.

Remember to enjoy it! Don't allow running and your training to become a chore, make your runs social, this will help with motivation, perhaps you could plan to run with a friend or have a training partner. Be sensible but keep your runs interesting. Choosing routes that incorporate lots of 'off road', such as grass and trail alongside tarmac running is most desirable as the softer surfaces are kinder to the body and joints. Make sure to keep hydrated, eat well, stretch regularly and you will be in a perfect position to run a strong virtual event!



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## Think time and effort

A lot of information out there suggests to run to certain paces and distances, whilst this can work sometimes, we find focusing on time and effort a far better way to train...your body doesn't know the pace it is running or the distance it has covered, it does know however how hard it is working and how long for!

To start with, focus on two different efforts: easy and threshold. Your easy pace should be exactly that! Easy! Make sure it is fully conversational and you don't feel too tired at the end of these types of runs. Easy efforts work well with recovery runs and your longer endurance runs. Threshold is where a lot of fitness and speed can build, this works on your speed endurance. This is the type of effort is what we call, 'controlled discomfort' - you're definitely working hard but you're in control of it, you have a couple of gears left in you to ramp it up if you needed to! Think 'cruising at speed' - it should be an effort that's just on the 'threshold' of controlled effort. It's about 8/10 perceive effort. Consider running threshold efforts in blocks of time, perhaps starting at 3 minutes building your time up over the weeks, a session could be: 5 lots of 3 minutes threshold effort with 2 minutes jog recoveries between efforts.

Work to time with your runs, for example, a good place to start would be 30 minutes of running (or run/walking) which you can build up over time.

