

# Strictly RUNNING

COLUMBIA, SOUTH CAROLINA

## *Welcome to the Camp!*

At Strictly Running our number #1 goal is to help you accomplish your running goals and to make your training and racing experiences **POSITIVE and FUN**. We will work together to accomplish your goals and have **a lot of FUN** in the process.

To get us started, this handbook will provide general information on the program and specific instruction about each type of workout.

## **General Information**

The goal of this camp is to have fun and to be a springboard to success for your upcoming cross country season! This camp will focus on perfecting your running form and building your running foundation for the upcoming Cross Country season. We will use tools such as videography, gait analysis, breathing and stretching lessons, and more!

You will learn how to run your goal pace and will gain knowledge from established coaches on how to become an overall better runner!

## *Special Guest*

Every day we will provide a guest to help you physically or mentally learn your body.

- **A variety of topics will be covered, including: race strategy, nutrition, the importance of taking care of your body, recovery, and more!**

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## Hard/Easy

For the body to improve its functional capacity, its current capacity must be challenged. But you already know this. To improve your endurance, you challenge the limits of your endurance by going for a weekly long run. The same is true for all athletic training. Stress a muscle or energy system and it will adapt to a higher functional level. But the key factor that many athletes miss is that the adaptation does not occur during the stressful workouts. It occurs during the rest/recovery periods. (Who came up with this method of training first?

Ans: Bill Bowerman, the Nike Guy)

In your training program, you will notice that the flow of the schedule provides stress followed by rest.

***Correct Stress and correct Rest equal Progress!***

## Adapting your schedule

The schedule that you receive is not in stone but is a work in progress. Follow the general flow of the program, hard/easy approach, but adapt it as necessary. Everyone has other commitments during the week. If you **have to move a workout to another day**, just do it. However, **do not stack key workouts back to back**. You can adjust your daily mileage, just try to stay in the weekly mileage range.



### Specific Instructions for Workouts:

Recovery runs (RC) are very easy jogs with the purpose of allowing the body and mind to recover from the previous hard effort. The slower you jog your recovery runs, the greater the adaptation of the body and more you will get from your next hard effort. Remember, the improvements in performance come during the recovery.

Easy Runs(ER) is your normal daily runs where you maintain a “conversational” pace. They serve to maintain the endurance benefits of your endurance workouts.

Steady state runs (SS) work to improve your long-distance stamina (your lactate threshold pace). They are steady longer runs lasting 20 minutes to an hour and a half at a pace between your ½ marathon and 30k race pace.

Tempo runs (TP) are slightly more intense than steady state runs and are designed to increase your stamina. They last between 10 and 30 minutes and are between 1k and ½ marathon race pace. They are meant to be “comfortably hard” – try to run even pace here.

Cruise Interval (CI) is a broken-up tempo run. Comfortably hard efforts (8k to 12k pace) but only lasting 3 to 8 minutes followed by short recovery intervals (45 seconds to 2 minutes). Keep it under control and work on a smooth, fast rhythm.

Aerobic Capacity Intervals (ACI) are what most of us think of as speed work. They last between 400m to 2000m and are run between 3k and 8k race pace. Because the pace is faster, you must take a recovery jog of about ½ the distance of the repeat. **Example: run 1200m, jog 600m to recover.** Allow you to maintain speed over a longer period of time.

Anaerobic Capacity Intervals (ANCI) work to improve your sprinting stamina. They are short repeats lasting 100m to 400m, run at about your mile race pace effort with very long recovery intervals. The goal is to flood the muscles with lactic acid and then let them recover. Your leg strength and ability to tolerate lactic acid build-up will improve, allowing you to sprint longer.

Strides Work (SW) to improve your sprinting technique by teaching the legs to turn over quickly. They are short and sweet 50m to 200m and require 30 seconds to 1:30 recovery jog. Allow you to practice good form with a quick effort. Great for the finishing kick during a race.

Hills(H) improve your cardio respiratory capacity, your leg strength and your ability to run hills well. To perform a hill workout, find a hill with medium slope that takes you 45sec -90sec to ascend. Run up at an effort equivalent to your 5k race pace effort. Focus on good form with powerful push off and strong arm swing. Jog down the hill slowly to recover.

### Straights & Curves (S&C)

The S&C workout is designed to help develop your stride rate (leg turnover) and to work on your running form. To perform, go to a track and jog the curves and stride the straights. Begin the strides at a medium speed and get faster and faster with each stride.

### In's & Out's (I&O)

The I&O workout is just like the S&C workout except that the strides and jogs are longer (200m). At the track, you will stride for half a lap and jog for half a lap. Same effort and form as the S&C workout but the I&O takes it to a new level.

### Warm-up/Cool-down(WU/CD)

Preface each workout with a thorough warm-up 15-30minutes of easy jogging. End each workout with a cool-down 15-30minutes with **stretching**.

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This symbol indicates that the speed of the repeats should increase throughout the workout.

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This symbol indicates minute(s).

### Pace Range

You will notice that for every workout there is a goal pace “ranger” given. Try to keep you time within the range on good days and bad days.

How will this class improve your Running performance (Economy)?  
Explain, VO2 and Lactate threshold Training

What is VO2max?

The Maximum Oxygen Uptake Capacity is the amount of oxygen we can breathe in one minute while working at full capacity. It's a measure of fitness expressed in milliliters per kilogram per minute.

World class runners have a figure of 80 (male) and 70 (female).

For those who run about 15:37 for 5K, (about 15 minutes for 4,800 meters) the VO2 max is 66.5.

VO2 max workouts:

1. Short Intervals in the following distance (100m up to 800m)

What is Lactate threshold?

Two type Lactate threshold workouts:

- 1) continuous tempo runs
- 2) long repeat with very short recovery jogs

By raising your lactate threshold, you be able to

1. run longer at the same pace
2. run the same pace with less effort
3. run the same distance with less effort