

# Training for 5k & 10k – A few tips



**What does it take?**





***"It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat."***



## Training Affirmation

I am a naturally talented distance runner. I have drive, determination, dedication and commitment that knows no bounds. I move with ease and efficiency, feeling strong, powerful and dynamic. I consciously feel the flow of energy through my whole being and remain relaxed and comfortable. As I glide over the ground each step simply flows. I have taken the challenge, and I am totally committed to continual improvement – I know it will not be straight forward – there will be set backs but I am tough enough to accept them and move forward. I will achieve my goal. Every training run will take me one step further - every session builds small percentage improvements, Every day I get better and each week I know I am better than I was the previous Monday. I see the finishing line of the London Marathon I will be elated feeling comfortable and strong as I cross the finishing line. I can't wait for my next training session





# *Keeping a Training Diary*

- 3 Positive Statement each week.
- Why am I a better runner this week than last week?

<b>Event</b>	<b>PB</b>
1500m	3.33.73
5000m	12.39.36
10000m	26.22.75
Half	58.55
Marathon	2.03.59

Event	Time	Date
1500m	4.05.37	01/07/01
5000m	14.29.11	20/06/04
10,000m	30.01.09	06/08/02
Half	1.05.40	21/09/03
Marathon	2.15.25	13/04/03



# Every successful training schedule has.....

- Planning
- Progression
- Patience

# Elements of Training for Endurance

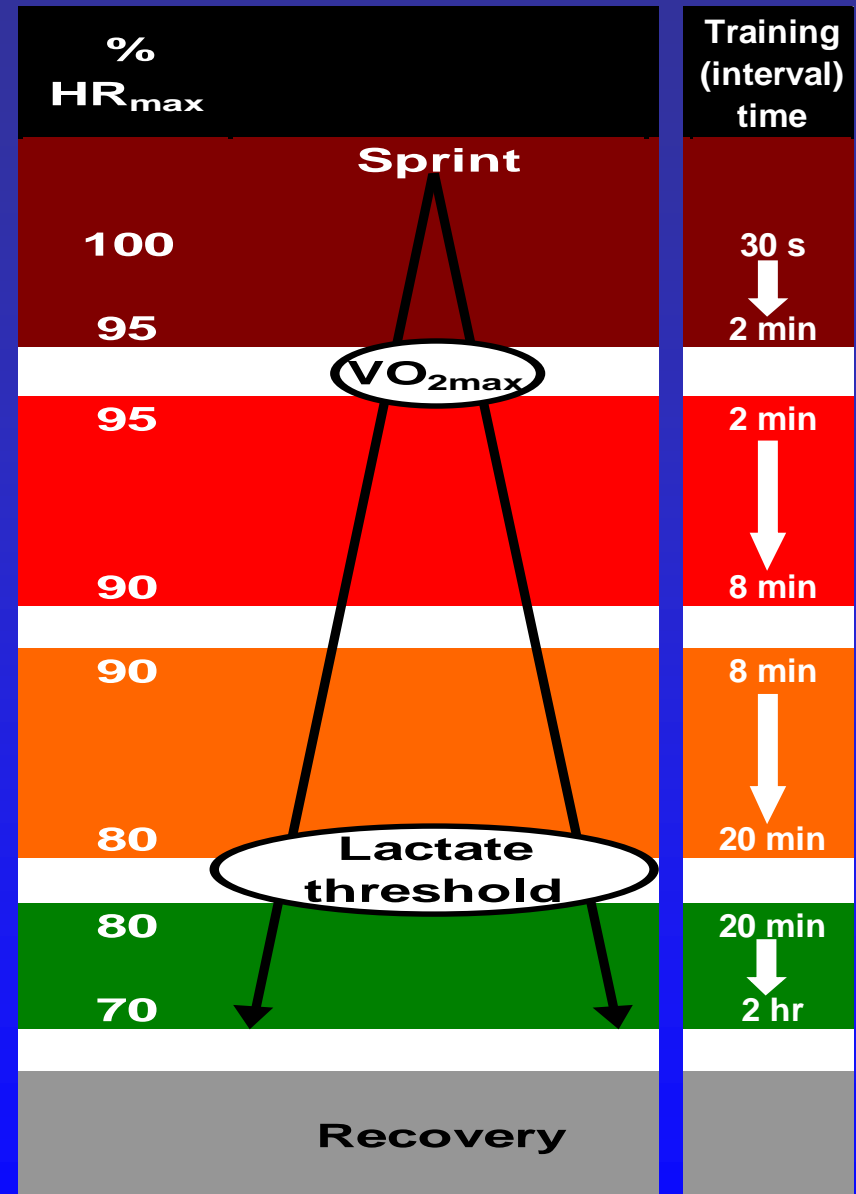
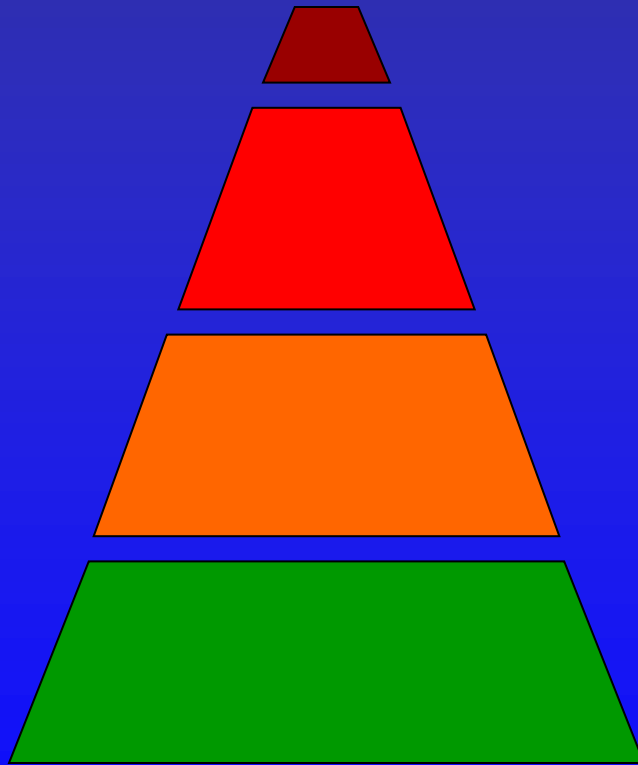
- Recovery running
- Long run
- Threshold running
- Hill work
- Intervals
- Cross Training
- Drills
- Stretching
- Body Conditioning
- Rest
- Nutrition & Hydration





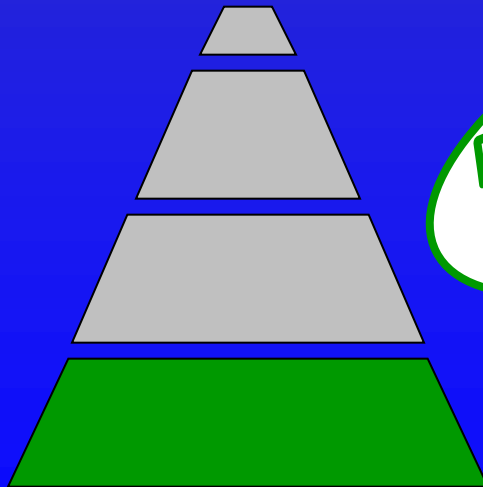
# Training Organisation

- Training zone pyramid



# Physiological Adaptations: “Endurance”

- ST fibres
- Fuel supply/use/storage
- Temperature control
- Technique



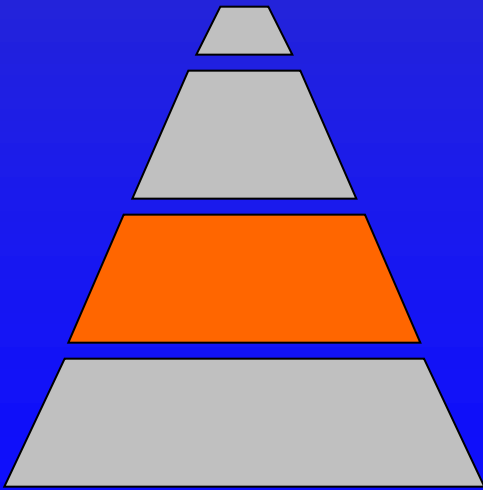
*Run longer  
Better economy*





# Physiological Adaptations: “Stamina”

- ST & FT IIa fibres
- Heart size/volume
- Fuel use (less lactate)

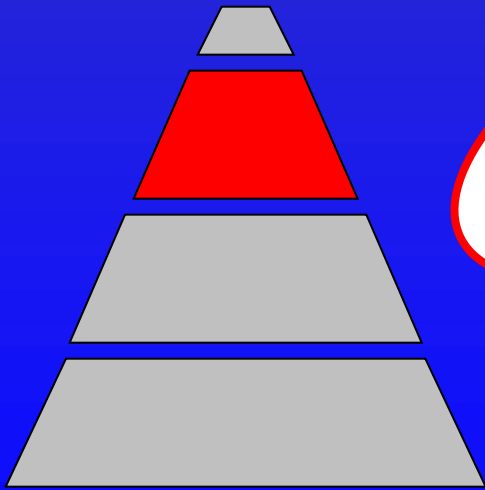


*Faster race pace  
esp. 5000m+*



# Physiological Adaptations: “Speed”

- ST & FT fibres
- Neural recruitment
- Buffer blood
- Fuel use



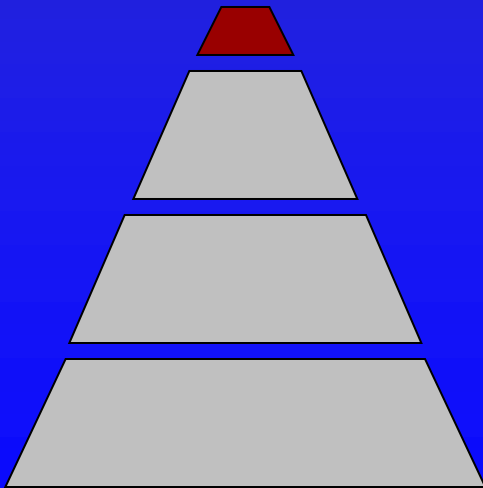
*Run faster*





# Physiological Adaptations: “Strength”

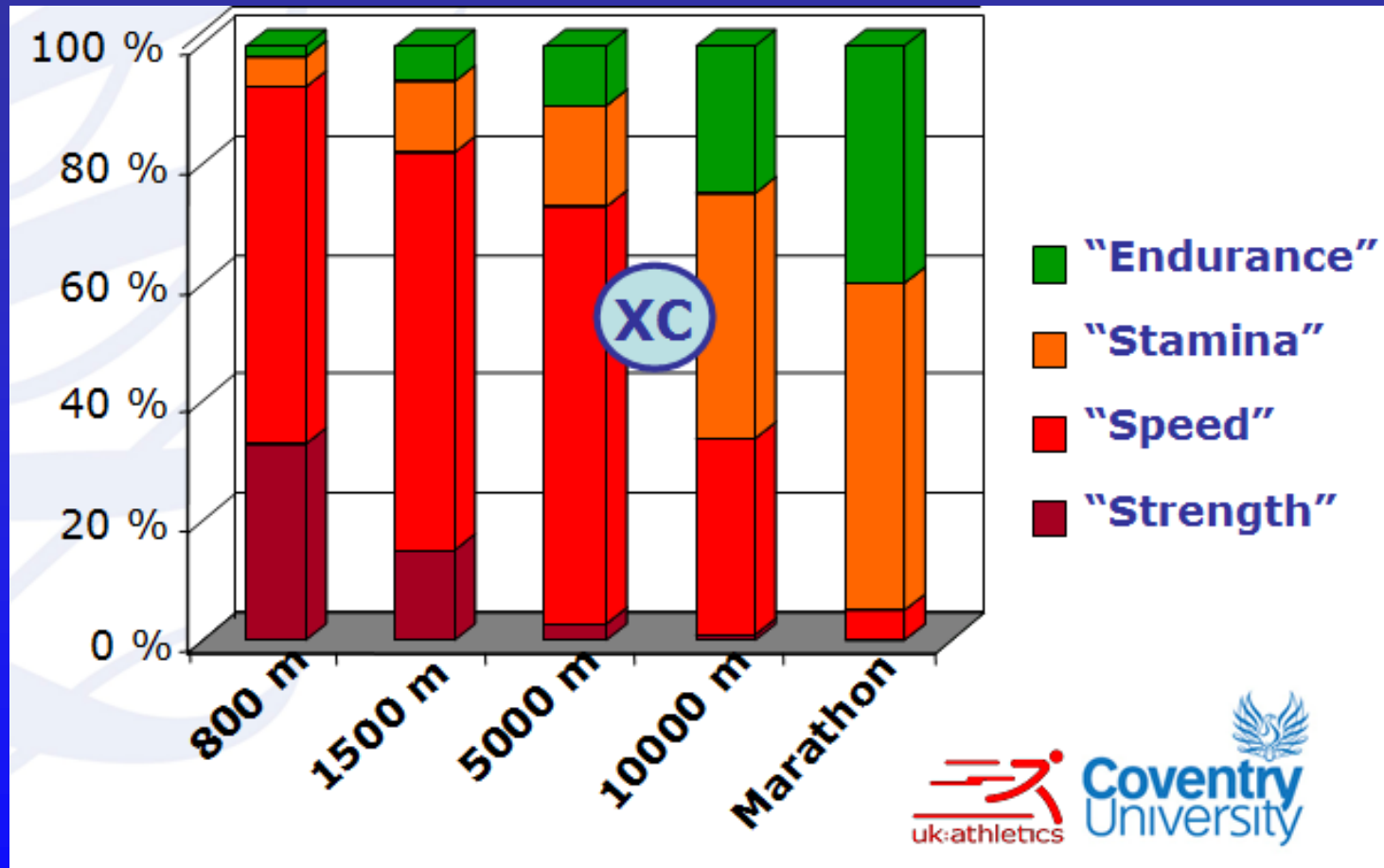
- ST & FT fibres
- Greater neural recruitment
- Greater blood buffering
- Tolerate stress of acidosis



*Run harder  
Better economy*



# Physiology of Running





# The Importance of Threshold

*“I always ensure I am in shape to run a good quality 10 mile race.”*

- Improves running economy
- Develops speed endurance

# Some Key Sessions – 10k

- 8-10 x 1km – odd Nos @ threshold/even Nos @ 10k pace (90 jog)
- 4-5k @ threshold + 5-6 x 800m @ 10k pace
- 6-10 x 400m + 4k @ threshold + 6-10 x 400m
- VO2 – 6/8 x 1k or 3 mins (75-90)
- VO2 – 6 x 1200m's

# Key 5k Sessions

- 5 x 1k @ race pace or faster.....think recovery (60....or 3-4 mins)
- 6 threshold (2-3 min rec) + 3 x (4 x 400) with 60,45,30 rec @ 5k pace
- 3 x 1 mile @ quicker than race pace .....
- 2k tempo + 2 x 1k @ 5k pace + 5 x 400 @ 1500 pace.....recoveries?



# Key Points

- Analyse your strengths & weaknesses
- Think about where you want to be in 3-4 months/1 year/2 years (5 years!)
- Cycles of training: phases/periodisation
- Be selective about your races
- Allow proper recovery from races
- Make your training specific to your end goal
- Honest review of performance

# Putting it all together: The do's and don'ts

- The balancing act of hard training and recovery
- 3-4 hard weeks and then an easy week
- 7 or 10 day cycle
- Easy, moderate, hard, easy, moderate, hard, rest
- Playing catch-up (don't!)
- The runners high and listening to your body
- Have a scheduled break every year or after every season
- Use your head to train your heart!

# Physiological Testing

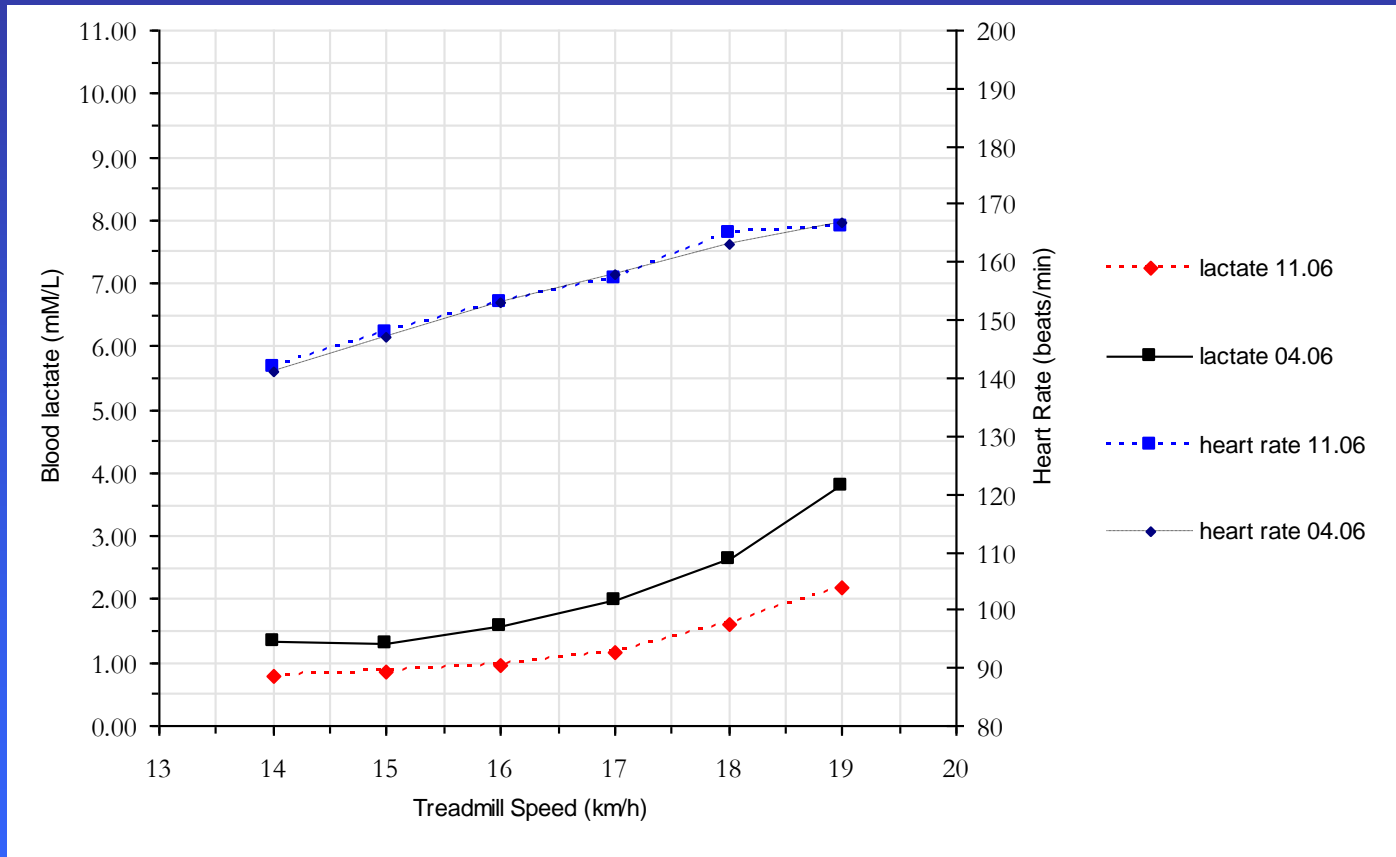
- Running economy
- Maximal oxygen uptake (VO<sub>2</sub> max)
- Blood lactate / heart rate responses (incl. 'lactate threshold' and 'lactate turn-point').
  - **relative importance will vary according event...**
  - **...will reveal physiological 'strengths' and 'weaknesses'...**
  - **...should provide insight into training focus.**





# Andy Vernon: Elite Athlete

## June & November 2006 lactate threshold comparisons



- Hurdle Drills
- SAQ Drills
- Quick foot ladder
- Improve Biomechanics



# Strength and Conditioning

- Fit ball
- Agility disk
- Medicine ball
- Own Body weight
- Quick feet
- Body awareness

