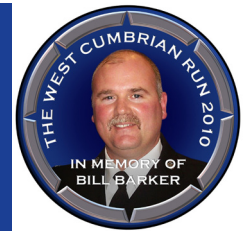


WEST CUMBRIAN RUN 2010

ADVANCED TRAINING PLAN

The West Cumbrian Run Organisers recommend that new runners consult their doctor before embarking on any fitness regime, such as this training plan.



This schedule is for Advanced runners: individuals who compete regularly in races that far or beyond and who want to improve their performances. You should be capable of running 30 to 60 minutes a day, five to seven days a week and have a basic understanding of how to do speedwork. If that sounds like too much training, and this is your first 10 mile race, you might be more comfortable using one of the programs designed for Beginner or Intermediate runners.

Runs: The runs of 3-5 miles on Mondays, Thursdays and Fridays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum.

Rest: Rest is an important part of your training. On Fridays you are offered the option of resting or taking an easy 3-mile run. Be realistic about your fatigue level and don't feel guilty if you decide to take a day off. Specifically consider scheduling at least one rest day during the stepback weeks (4th and 7th weeks of the plan).

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near 10 mile race pace. In this program, tempo runs are scheduled for Tuesdays. A Tempo Run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden, with peak speed (near your 10 mile pace) coming about two-thirds into the workout. You don't need to maintain peak speed for the entire middle of this workout, since that would involve too much stress. You can do tempo runs almost anywhere: on the road, on trails or even on a track.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace. Interval training where you alternate fast running with jogging or walking is a very effective form of speedwork. The training schedule includes interval training featuring 800-meter reps (repeats) every other week, alternating with the tempo runs discussed above. Run the 800s at about the pace you would run in a 5K race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the road or on trails, either by using measured courses or by running hard approximately the length of time you would run a 400 or 800 on the track.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts and pace workouts. Most Novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an Intermediate runner, you have a slightly different goal, otherwise you wouldn't be using this program, so warm up before you run fast. A usual warm-up is to jog a mile or two, sit down and stretch for 5-10 minutes, then run some easy strides -100 meters at near race pace. And don't forget to cool down afterwards by doing half of the warm-up.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it--particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a Fitness Club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule Stretch & Strengthen on any day that is convenient for your business and personal schedule.

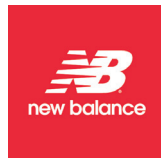
Pace: A lot of runners look at training schedules and ask, "What do you mean by 'pace'?" When the plan says "race pace," it means the pace at which you expect to run the 10 mile run. Saturday workouts include some running at race pace to get you used to running the pace you will run in your race. However, somewhat like in the tempo runs, you want to start and finish easy. Obviously, you need to run on a course that has been pre-measured. If you can't find an accurately measured course or don't own a GPS watch, use your car mileometer to at least approximate the mile splits, realizing that car mileometers are invariably somewhat inaccurate.

Long Runs: As an experienced runner, you probably already do a long run of around 60-90 minutes on the weekends anyway. The schedule suggests an increase in distance as you get closer to race date: from 5 to 13 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace 15 to 90. If Sunday isn't a convenient day for your long runs, feel free to do them on Saturday--or any other day of the week for that matter.

THE WEST CUMBRIAN RUN - ADVANCED TRAINING PLAN

Countdown	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Weeks	3 mile run & strength	30 mins tempo	6 x 400 @ mile pace	3 mile run & strength	Rest or 3 mile run	3 mile race pace	5 mile run
9 Weeks	3 mile run & strength	35 mins tempo	3 x 800 @ 5K pace	4 mile run & strength	Rest or 3 mile run	4 mile race pace	6 mile run
8 Weeks	3 mile run & strength	40 mins tempo	7 x 400 @ mile pace	5 mile run & strength	Rest or 3 mile run	5 mile race pace	7 mile run
7 Weeks	3 mile run & strength	30 mins tempo	4 x 800 @ 5K pace	3 mile run & strength	Rest or 3 mile run	3 mile race pace	4 mile run
6 Weeks	3 mile run & strength	40 mins tempo	8 x 400 @ mile pace	4 mile run & strength	Rest or 3 mile run	4 mile race pace	9 mile run
5 Weeks	3 mile run & strength	45 mins tempo	5 x 800 @ 5K pace	5 mile run & strength	Rest or 3 mile run	5 mile race pace	10 mile run
4 Weeks	3 mile run & strength	30 mins tempo	9 x 400 @ mile pace	3 mile run & strength	Rest or 3 mile run	3 mile race pace	5 mile run
3 Weeks	3 mile run & strength	40 mins tempo	6 x 800 @ 5K pace	4 mile run & strength	Rest or 3 mile run	5 mile race pace	12 mile run
2 Weeks	3 mile run & strength	45 mins tempo	10 x 400 @ mile pace	5 mile run & strength	Rest or 3 mile run	6 mile race pace	13 mile run
1 Week	3 mile run & strength	30 mins tempo	3 x 800 @ 5K pace	2 mile run & strength	1-2 mile run	Rest	WEST CUMBRIAN RUN RACE DAY

The race organisers recommend that new runners consult their doctor before beginning training. Always stretch before training. Remember to drink frequently during training to avoid dehydration.



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