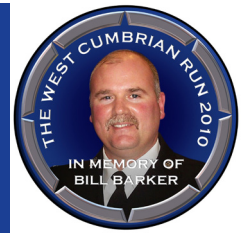




WEST CUMBRIAN RUN 2010

INTERMEDIATE 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 Intermediate runners: individuals who want to improve their performances in a 10-mile race. You should be running five to six times a week, averaging 15-25 miles weekly training. You probably also should have run one or more races at distances between the 10K and the Half Marathon. With that as background, you now need a somewhat more sophisticated schedule so as to improve. If that doesn't sound like you, you might be more comfortable using the Beginners Training Plan.

Runs: The runs of 3-6 miles on Mondays, Tuesdays and Thursdays 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. In other words, run easy.

Rest: Rest is an important part of your training. Friday is always a day of rest in the Intermediate program. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off. Specifically consider scheduling at least one extra rest day during the stepback weeks.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near 10 mile race pace. 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 build-up should be gradual, not sudden, with peak speed (near 10 mile pace) coming about two-thirds into the workout. You don't 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.

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 10 mile race? It could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training. And feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Long Runs: As an experienced runner, you probably already do a long run on the weekends anyway. This schedule suggests a slight increase in distance as you get closer to race date: from 6 to 10 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace.

THE WEST CUMBRIAN RUN - INTERMEDIATE TRAINING PLAN

Countdown	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Weeks	3 mile run & strength	4 mile run	4 x 800 5K pace	2 mile run & strength	Rest	4 mile run	60 mins cross train
9 Weeks	3 mile run & strength	5 mile run	30 mins tempo	3 mile run & strength	Rest	7 mile run	60 mins cross train
8 Weeks	3 mile run & strength	6 mile run	5 x 800 5K pace	4 mile run & strength	Rest	8 mile run	60 mins cross train
7 Weeks	3 mile run & strength	4 mile run	35 mins tempo	2 mile run & strength	Rest	4 mile run	60 mins cross train
6 Weeks	3 mile run & strength	5 mile run	6 x 800 5K pace	3 mile run & strength	Rest	7 mile run	60 mins cross train
5 Weeks	3 mile run & strength	6 mile run	40 mins tempo	4 mile run & strength	Rest	8 mile run	60 mins cross train
4 Weeks	3 mile run & strength	4 mile run	7 x 800 5K pace	2 mile run & strength	Rest	4 mile run	60 mins cross train
3 Weeks	3 mile run & strength	5 mile run	45 mins tempo	3 mile run & strength	Rest	9 mile run	60 mins cross train
2 Weeks	3 mile run & strength	6 mile run	8 x 800 5K pace	4 mile run & strength	Rest	10 mile run	60 mins cross train
1 Week	3 mile run & strength	4 mile run	30 mins tempo	4 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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