

Keep Running

Terry Marris July 2017

Introduction

You need

- commitment - an obligation, a promise binding yourself to a course of action. Drive and passion. Enthusiasm.
- discipline - systematic training to achieve well-defined goals and skills. Plan the work, work the plan.
- hard work - put in the hours, put in the miles, feel the pain, feel the gain
- a target - to run a half marathon in less than two hours ten minutes.
- a strategy - work on form, endurance and strength, then speed.

Equipment

Get kitted. Running shoes

- one size larger than normal dress shoe size - helps minimise the risk of toes getting blistered and toenails getting damaged
- suited to running gait - get advice from an expert at a specialised running shop who uses gait analysis to determine the right shoe for you
- keep toes away from front of shoe - kick heels into back of shoe before tying laces.

Socks

- double layered, or padded, running socks - helps minimise the risk of blisters and abrasions

Shorts

- specialised running shorts - supports the crown jewels and minimises risk of chaffing

Form or Running Style

Run well. Run

- upright, chest out, shoulders back
- relaxed, quietly and smoothly
- on the balls of your feet
- with bent knees
 - land feet directly underneath body
 - extend stride to the rear
 - feel the pressure on your toes as you bound from one step to the next
 - kick heels up to your butt
 - 45 - 50 steps per 15 seconds (180 - 200 steps per minute)
- with still upper body
- and elbows bent at an acute angle, lightly clenched fists moving to and fro across your chest to its centre line

Pay constant attention to form or running style - it can quickly deteriorate if you do not. Land feet directly beneath body to minimise the braking affect that comes from stepping out too far. Do not lean forward. Do not bounce. Do not stride out. Extend stride to the rear. Maintain good arm action. The aim here is to develop good stride length while maintaining good form and cadence (steps per minute).

Start

Get started. Run 120 steps. Walk 80. Repeat for 20 to 30 minutes. Three times a week. Each week reduce the time spent walking by ten steps: 80 steps the first week, 70 steps the second, 60 the third, and so on. Target: 30 minutes non-stop running.

Endurance

Keep going. Endurance - the cardiovascular ability to run over a long period of time. Run out of your comfort zone. Run fast enough to be constantly well puffed. Step, step, blow. Explosively exhale.

Four steps for each complete breath in and out. Pay constant attention to form. Target: 70 - 90 minutes non-stop running. Increase the time spent running by about five to ten percent per week.

Preventing Injury

Stay well. To minimise the risk of injury, increase the time spent running by no more than ten percent per week. Some coaches recommend a three or five percent increase per week. You do not know how much is too much too fast too soon until an injury occurs.

Apparently, when resting, the body repairs itself, strengthens itself and adapts itself to the cardiovascular and muscular stresses caused by operating beyond your comfort zone. Recovery could take two to five days depending on the severity of the micro tears in muscle fibres. Build recovery time into your running and exercise schedules. Take a rest day after a hard day's training.

Strength

Get stronger. Calf Raises. Stand with balls of feet on the edge of a step. Lower heels, then raise them. Repeat until you feel the strain in your calves. Progress onto single leg calf raises where you have just one foot on the step.

Squats. Stand with feet a few inches apart. Point feet naturally straight ahead. Keep feet flat on ground. Slowly sit into the squat. Weight on heels. Knees in line with feet and behind toes - minimises risk of knee injury. Keep back straight. Slowly up. Repeat until you feel the strain. Progress onto single leg squats.

Works the glutes and quads. Glutes pull thighs backwards when running, quads straighten them. Glutes - the muscles that form the buttocks. Quads - muscles at front of thigh.



Image from <http://www.fitforlifecoaches.co.nz/>

Single-Leg Squats are, perhaps, the single most effective leg strengthening exercise for runners. Balance on one foot, foot flat on ground. Keep other foot off the ground and behind you. Slowly sit into the squat. Then slowly straighten. Keep knee in line with the foot on the ground and behind toes. Do not let the knee wobble. Repeat until you feel the strain.

Could add intensity to the strength exercises by wearing a weight vest.

Stride Length

Speed up. Seven weeks running focussed on stride length alone. Thirty to 40 minutes. Three times a week. Start with running diagonals. Run with good stride length from corner to diagonally opposite corner. Extend stride to the rear. Push off from your forefoot. Kick your heels. Relaxed run along goal line to recover. Then progress onto road running. Target: three miles in 30 minutes.

Cadence

Run faster. Run further. Seven weeks running focussed on cadence alone. Speed a product of cadence and stride length. Maintain the stride length developed previously. Forty to 60 minutes. Three times a week. Start with at least 168 steps per minute (42 steps in 15 seconds). Work up to about 190 steps per minute (45 to 50 steps in 15 seconds). Target: six miles in 60 minutes.

Speed

Run hills. Run hard up a hill. Maintain stride length and cadence. Walk back down to recover. Repeat.

Training

Training involves overload and adaptation. Overload occurs when you operate beyond your comfort zone. Adaptation occurs during recovery when the body strengthens itself to accommodate the overload. Each week run a little further or a little faster than the previous week.

Run doubles. Two runs on the same day. Develops ability of muscles to function in a glycogen-depleted (glucose deficient) state. Run for 70 - 90 minutes in the morning and run again for 40 - 60 minutes in the afternoon on the same day. Good training for running marathons.

The Schedule

Run everywhere. Run everyday day. Run out of your comfort zone. Always. A professional runner might: Run doubles every day Monday to Friday. Work on speed on Saturday. Long run at race pace on Sunday. Leg strengthening exercises for one hour on both Tuesdays and Fridays. When the weather is cold, dress up to keep warm and help with motivation. Eat pasta, steamed vegetables and grilled chicken. Eat dark chocolate for energy. Take a recovery day after a hard day's training.

Videos

- Haile Gebrselassie running in slow motion
<http://www.youtube.com/watch?v=hykX1ZGOL4> accessed May 2014
<https://www.youtube.com/watch?v=Y41U9fms58A> accessed July 2016
- Haile Gebrselassie on a slow training run
<http://www.youtube.com/watch?v=JialF0OzGzA> accessed May 2014
- Haile Gebrselassie setting a world record in the 2007 Berlin Marathon
<http://www.youtube.com/watch?v=1dUdXkgyO9k> accessed May 2014
- Tsegaye Kebede coming from a long way behind to win the 2013 London Marathon
<http://www.youtube.com/watch?v=PqQEpJTGsGA> accessed July 2014
- Kenyans Geoffrey Mutai and Moses Mosup running in slow motion
<http://www.youtube.com/watch?v=rV7E6Qi5ifg> accessed July 2014
- James Dunne demonstrating single leg squats
<http://www.youtube.com/watch?v=zJCA7pQ1o7g> accessed July 2014
- Jo Pavey winning the 10000 metres Final European Athletics Championships 2014
<http://www.youtube.com/watch?v=EtbvWJdlQYE> accessed August 2014
- Mary Keitany <https://www.youtube.com/watch?v=L8AjlQBISrs> accessed April 2015.
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<https://www.britmilfit.com/what-we-do/exercise-classes/squats/> accessed November 2014
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Training Record

#	date	#	date
10		31	
11		32	
11		34	
12		36	
12		37	
13		39	
13		41	
14		43	
15		45	
16		48	
16		50	
17		53	
18		55	
19		58	
20		61	
21		64	
22		67	
23		70	
24		74	
25		78	
27		81	
28		86	
29		90	