

## **Striders Training Plan**

### **Gold Coast Marathon Events - 2014**

Your training plan should be discussed and customised for you with the assistance of your preferred coach. These are generic guides only and do not cater properly for individual needs. The programmes assume that you currently do at least 3 sessions of moderately intense exercise with at least 2 sessions involving running and that you are able to at least 5kms if entering the 10km, 10-15kms if entering the half or full marathon. If you're not there yet then re-evaluate your goals and discuss this with your coach.

This training plan is based on an approach to weekly training that places a high priority on 3 key training sessions:

#### **Key Weekly Training Sessions**

- **Interval Session** – designed to increase speed, lactate threshold and cardiovascular capacity. Intervals are designed race specific – according to the race that runners are preparing for.
- **Hill Repeats** – for improving VO2max and increasing muscle strength.
- **LSD** – long slow distance (on weekends). Prepares your body for consistent output over long periods of time. Race specific distances.

#### **Secondary Training Sessions**

If you are a more serious runner, or regularly maintain a weekly distance above 50kms per week, your additional training days will be spent doing running related things. If you are a triathlete you will be concentrating on your other disciplines. If you are keen on a range of sporting activities then you can cross train (swim, MTB, gym, plyometrics, etc)

#### **Serious runners will do a range of additional activities:**

- Mid week long run.
- Monthly Time Trial.
- Recovery runs.

#### **Rest**

It is critical that you have a day of rest each week. Rest is training. No rest is injury – eventually.

### **Qualification:**

This training program is a guide only and does not constitute authoritative advice or prescription on training matters. You need to see your doctor for advice on your capacity to undertake strenuous training. Training plans, although built on sound principles, are subjective. This is a guide first and foremost and should be customised for each individual by talking to your preferred coach and taking into account at least the following factors:

- Target race distance
- Target race time
- Other physical activities
- Work responsibilities
- Family responsibilities
- Injury history.

### **Training Program Guide:**

This program assumes that the Gold Coast Marathon is the peak race that you are building up to. It is however very important to at least race a 5km or 10km in the run up to Gold Coast so that you have an indicative time from which your race pace can be calculated. Shorter races are essentially time trials, and you need to have them built into the program. Park Run is held every weekend and is a good option for a TT. Do your TT on Saturday and your long run on Sunday at a slower pace.

Your mind benefits most during training sessions, and your body benefits most in post training recovery. The mind factor works in such a way that the more you do something that you considered difficult and the easier it becomes and the longer or faster you can do it this will lead to positive thinking and strengthen your resolve to accomplish the goal. The body benefits mostly during the post training or recovery phase as this is where the muscle damage caused by tough training sessions is repaired in such a way that the muscle is stronger than before but it can only do this with the proper recovery. If you do not recover properly you will suffer a injury or at least a drop in performance in your training which will lead to doubt creeping into your mind. If sessions are missed due to additional rest being required or due to injury or other factors then do not play catch up with those sessions. Revise the training plan in conjunction with your coach if possible and if necessary but do not attempt to catch up o lost training. This will do more harm than benefit. Always remember that going into a race slightly under trained is far better than going in over trained. Liken it to a car's engine. Well-tuned it will perform well but over worked or damaged (blown) it will probably fail. There should

be peaks and troughs in the training programme along with a consistent base. Peaks mean that you build up your training progressively to a 'high mileage' week and then reduce it significantly to allow for recovery and continue that cycle. Keeping things at the same intensity all the way through the programme does little benefit and things like speed, distance, recovery time, etc. need to be varied. The effects of over training will potentially only start to show 2-3 weeks after having incurred the over training and the effect will be felt in different ways but some of the indicators are restless sleep, legs remaining sore/tight/heavy even after recovery, cold symptoms lingering, etc. Sleep is good recovery. Take note of any strange effects and research or discuss it. Watch your diet. You'll need all the good stuff for your body to recover quicker and better. The more you train the more energy you'll burn and more you'll need to replenish with proper foods. Be careful of the desire to lose weight during the programme. Your body will change as you progress but excessive weight loss should be monitored. Getting to 'race weight' to achieve your desired result is one thing but losing so much that your body loses energy stores is harmful. Remember, your body will change anyway (in a god way) during the course of the programme.

The following should be adhered to strictly in order to manage the effects of the training workload on your body and allow your body sufficient time recover and strengthen:

- Beginner or first timers – No running Sundays, Mondays and Wednesdays initially. Wednesdays can be built in during April and May depending on recovery from other sessions and reduced progressively during June.
- Intermediate - No running Sundays and Mondays initially. Sundays can be built in during March, April and May depending on recovery from other sessions and reduced progressively during June.
- Advanced – Only scheduled rest day is Friday, however, force yourself to take an unscheduled rest day in the event of aches and pains (not excuses).
- The program is time based rather than distance in order to cater for all runners depending on where you're at with regards to pace. So a beginner 50 min run will be a shorter distance than an intermediate and advanced run.
- Training pace guidelines are 30 seconds to a 90 seconds slower than the race pace you're aiming for with the bigger variances for the bigger distances so a 1 hr training run in the marathon programme will be at about 30 seconds slower than race pace while a 3 hr training run will be at about 60-90 seconds slower than race pace.
- The main target is to get to the start line in as close to 100% condition as possible. 80% and slightly undertrained is better than 80% after having blown your motor in a training run or two.
- If you attempt to follow this programme at any cost the chances are you will not start the race or go in injured. Adapt it where you need and take care of training at high intensity too often.

### **10km Strategy:**

10km runners train past 10km (up to 16km).

### **Half Strategy:**

Half marathoners train past 21km (up to 26km).

### **Marathon Strategy:**

Marathoners train to a maximum of 35km preferably 33km. It's no use being a hero and going further because you will do damage to your legs and as a result you will not be able to train as well in the run up. You race when you race (damage and recover) but train when you train (build and recover).

### **LSD Strategy:**

You put your biggest effort into your two weekly technical sessions (intervals & hills) so don't kill yourself in LSD. Time on legs is most important rather than speed or distance. Obviously you need to achieve your distances in the run up to a marathon but be careful.

### **Interval Strategy:**

Interval sessions can be the most stressful on the body and need to be 'handled with care'. Don't go hard if you're sore or tired or unwell. Make sure you recover properly from intervals and refuel properly after with water and appropriate nutrients. Intervals can be replaced with tempo type runs which provide more consistency rather than the stop start and speed rigors of the intervals. Intervals are beneficial but your reaction to them needs to be monitored and your programme adapted if required. This is not a short cut but rather smart running. The distances are indicative. We try and make our interval sessions interesting and creative, these distances are simply what the interval session is based around in terms of what runners need to achieve in their intervals. If you are doing this by yourself then you simply do the straight distances as shown. All normal interval sessions are based around 5km. Taper intervals are based on 4km.

10 km							
Week Starting	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16-Feb	50 mins	45 mins	Speed interval s	50 mins	Hill interval s	Rest	1 hr 30 mins
23-Feb	50 mins	53 mins	Speed interval s	50 mins	Hill interval s	Rest	Park Run+30 min
02-Mar	50 mins	45 mins	Speed interval s	80 mins	Hill interval s	Rest	1 hrs 45 min
09-Mar	50 mins	53 mins	Speed interval s	50 mins	Hill interval s	Rest	1 hrs 45 min
16-Mar	50 mins	45 mins	Speed interval s	50 mins	Hill interval s	Rest	1 hrs 45 min
23-Mar	Twilight 10km	53 mins	Speed interval s	50 mins	Hill interval s	Rest	Park Run+45 mins
30-Mar	50 mins	45 mins	Speed interval s	80 mins	Hill interval s	Rest	2 hrs
06-Apr	50 mins	53 mins	Speed interval s	80 mins	Hill interval s	Rest	2 hrs
13-Apr	50 mins	45 mins	Speed interval s	80 mins	Hill interval s	Rest	2 hrs
20-Apr	50 mins	53 mins	Speed interval s	50 mins	Hill interval s	Rest	2 hrs
27-Apr	Noosa 21km	45 mins	Speed interval s	80 mins	Hill interval s	Rest	Park Run+ 45 mins
04-May	50 mins	53 mins	Speed interval s	90 mins	Hill interval s	Rest	2 hrs
11-May	50 mins	45 mins	Speed interval s	90 mins	Hill interval s	Rest	2 hrs
18-May	50 mins	53 mins	Speed interval s	90 mins	Hill interval s	Rest	2 hrs
25-May	50 mins	45 mins	Speed interval s	90 mins	Hill interval s	Rest	2 hrs
01-Jun	50 mins	53 mins	Speed interval s	90 mins	Hill interval s	Rest	1 hr 30 mins
08-Jun	50 mins	45 mins	Speed interval s	80 mins	Hill interval s	Rest	1 hr 30 mins
15-Jun	50 mins	53 mins	Speed interval s	50 mins	Hill interval s	Rest	1 hr 30 mins
22-Jun	50 mins	45 mins	Speed interval s	53 mins	Hill interval s	Rest	1 hr
29-Jun	50 mins	30 mins	Speed interval s	5k	Fun interval s	Rest	Race

21.1							
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29-Jun	50 mins	30 mins	Speed interval s	5k	Fun interval s	easy 3k	rest
06-Jul	Race						

Marathon							
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