

2000-01 Winter Running Club Training Guide

As a club member, you are making a commitment to winter running and training. These materials are intended to help you in reaching your goals. Included you will find:

- I. This Training Guide to help you plan workouts and set goals.
- II. A Training Plan form to be filled out in part and completed with the moderator.
- III. Your first weekly log sheet, to be turned in each Monday.

I. Here are some guidelines for filling out your training plan:

A. Write your general overall goals for this spring on the Training Plan sheet.

Some of you are Cross Country runners planning to run track. Others of you are preparing for other sports, but want to include running as a key part of your fitness program. The moderators are ready to help you whatever your goals are.

B. Write your specific performance goals for next spring on the Training Plan sheet. Do you have a goal time for a specific event? A competitor team mate you want to beat? A position on a team you want to secure? Whatever your sport is, write some specific performance goals you hope to attain.

C. Read the material below and begin thinking about a training plan that will help you reach your goals. You will finalize that plan when you meet with a moderator.

The following notes are written for runners looking to distance competition in track, but the principles apply to anyone. When we have our individual meetings, moderators will be able to help you adjust these guidelines to fit your situation.

Recommended training components for everyone in the club

1. Daily cal and stretch: Hit two sets of crunches and push ups per day. Track your progress and record your numbers. Stretch briefly after you jog and do a good stretch after your workout. Ice injuries before they become a problem.

2. Weight lifting: We will open the weight room for the members of the running club on Tuesdays and Thursdays from 4:15 until about 5:15. Get your run in first, then get your weight workout in. I recommend using the program we used in Cross Country. I can explain the program to new people. If some of you want to adjust the routine to fit your goals, I would be happy to help you design a program.

3. Cross Training: There will be some days when the weather knocks out running and other days when you just need a break from running. Swimming and biking are the easiest cross training options. Match the time you would usually run and try to have pulse up in the range for a good aerobic workout.

3. Running: There are two variables to consider as you plan your training for the winter: **volume and pace.**

A. Volume: Competitive runners ought to try and rack up as many miles as they can in the of-season. Nothing is more important than building your aerobic base. How many? That depends on your unique situation. I recommend choosing either a "**base plan**" that will get you ready for good track races and workouts or a "**varsity plan**" which will prepare you to be a leading area runner.

The Base Plan: Begin in December with 20 mile weeks, running three and four mile runs six days a week. The idea would be to begin including five mile runs by the end of the month. In January, you would move 30 mile weeks, running five miles six times a week and building to six by the end of the month. In February, you would run 40 mile weeks, running seven and eight mile runs. This would give you a grand total of about 350 miles by March.

The Varsity Plan: Begin in December with 30 mile weeks, running five and six mile runs six days a week. In January, you would move 40 mile weeks, running seven and eight mile runs six times a week. In February, you would run 50+ mile weeks, running eight and ten mile runs. This would give you a grand total of about 480 miles by March.

B. Pace: You should always run at least an aerobic training pace. Experienced runners will know what this means. Moderators can help new runners to find this pace. Basically the faster you run while still remaining relaxed, the better runner you will become. Your comfortable training pace should be much better in March than it was in December if you are doing it right. Never put two "hard" days back to back.

A few important final notes:

Always practice good running Form: Be a Zen Master of good form. ALWAYS look good. If you remember nothing else, RUN RELAXED! Every time you run you should be consciously working on form. When you feel most like "breaking" form out of fatigue, that is the moment you can learn most about the importance of good form.

Training Options: For variety you can throw in an occasional hill workout, fartlek session or even a tempo run (call me or another runner to find out about these) or road race. One very good idea is to pick a half or full mile stretch in the middle of a training run and hit it at a very hard pace and then return to the normal pace. When you time yourself on courses, record your time and pulse.

SLUH WINTER RUNNING CLUB

Weekly Log

Thursday rest pulse _____

Workout description:

Stats/ times/pace:

Comments/questions/observations:

Friday rest pulse _____

Workout description:

Stats/ times/pace:

Comments/questions/observations:

Saturday rest pulse _____

Workout description:

Stats/ times/pace:

Comments/questions/observations:

Sunday rest pulse _____

Workout description:

Stats/ times/pace:

Mileage for week:

Comments/questions/observations:

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Weekly Log

Name _____ Week of: _____

Use this sheet to record daily and weekly mileage, cal #'s, health notes, times, questions, etc. If you have questions or problems, use this sheet to let moderators know. Turn it in to folder on the bulletin board outside the theology office each Monday.

Monday rest pulse _____
Workout description:

Stats/ times/pace:

Comments/questions/observations:

Tuesday rest pulse _____
Workout description:

Stats/ times/pace:

Comments/questions/observations:

Wednesday rest pulse _____
Workout description:

Stats/ times/pace:

Comments/questions/observations:

(over)

SLUH WINTER RUNNING CLUB

Training Plan

Name _____

The winter running club exists to support you in reaching your training goals during the months of December, January and February. Obviously, we assume that running is a major part of your training plan, but you may also profit from a variety of other activities. Use this sheet to set your goals and indicate your preliminary training plan for reaching them. Only fill out what you are sure of. Leave the rest blank. Within a few weeks, one of the moderators will sit down with you to review your goals and make suggestions. As a club member, you are also agreeing to meet as often you can with other club members to train. Finally, we are also asking you to turn in your weekly journal to keep us informed about your progress and to keep you motivated. When you have completed this sheet, turn it in to the folder on the bulletin board outside of the theology office.

1. Your overall goals. Briefly describe what you are training for and why you have joined the club.

2. Your specific performance goals. List or describe as specifically as you can your performance goals including times, events, placement, opponents, skill level, etc.

3. Your Training Plan. List each of the categories of conditioning or training you plan to do on a regular basis. The list begins with running. In the open sections, write the other activities like weights, cal, swimming, races, skill drills, etc. After each category describe WHERE you will train, HOW OFTEN you plan to do the activity, your quantitative and qualitative goal for that activity, eg. 100 push ups, % of hits in batting cage etc.

A. Running: Overall mileage goal: _____ Beginning at _____ per week in DEC.
Building to _____ per week in JAN.
Finishing at _____ per week in FEB.

Pace goals: current estimated training pace per mile: _____
goal training pace by March: _____

Workout strategy: What hard workouts do you plan to do and how often?

B. Other activities and goals in you training plan:
