



**FUNDING
RESEARCH,
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**Training Guide:
Running**



IT IS GREAT THAT YOU HAVE DECIDED TO TAKE ON A CHALLENGE FOR ACTION FOR A-T. THANK YOU

It is hugely appreciated by everyone at Action for A-T and money that you raise will allow us to continue funding vital medical research to find a cure or a treatment that will delay the disabling effects of A-T.

A training program must consider many factors: gender, age, strengths, weaknesses, objectives, available time and training facilities etc. As all athletes have different needs, a single program suitable for all athletes is not possible. But we have detailed some general advice and sample training plans which can be adapted to your own specific requirements.

Getting started

One of the great advantages of running is that you don't need much to get started. You don't have to find a group of people to run with (though you may want to do this later on) and you can run at any time of day that suits you.

Seeking Medical Advice

If at any point you answer YES to a question below, you may need you to contact your doctor;

- Has your Doctor ever said you have had a heart problem?
- In the past month have you had any chest pain while exercising or resting?
- Are you currently taking any medication?
- Do you suffer from any bone or joint problems?
- In the past year have you had any major illness or surgery?
- Have you ever been diagnosed with diabetes, epilepsy, asthma or other health problems?
- Are you pregnant or have recently had a baby?
- Do you ever lose your balance because of dizziness or loss of consciousness?

- Have you been physically inactive for a long time?

If none of these are true for you, lets get started.

Stretching

- There are lots of stretching guides on the Internet.
- Find one and make sure it becomes part of your training.
- It will help you avoid injuries and recover quicker between runs.
- Remember to use dynamic stretches for warming up (6-10 seconds) and static stretches for cooling down (15-30 seconds)

Where to run

Look at a map of your local area and look for footpaths and parks.

Look on the internet or ask members of your local running club for routes.

If you want a weekly 5k run. Check out www.parkrun.org.uk (it's free)

How to measure the distances of your routes

There are running websites such as MapMyRun on which you can mark out your route.

You can buy GPS watches which track how far and how fast you have run.

You can download software, which is often free, to a smartphone which tracks your route.

You can predict the route if it is on the roads.

Goals and motivation

Effective goal-setting is an important part of increasing your motivation and commitment.

Make your goal as specific and positive as possible.

Make a long term, medium term and short term goal. For example, if your target is a marathon, complete a 10k and half marathon as part of your training or a race.

If you are not sure what goal to set yourself for a race, seek advice from more experienced runners about what you might realistically achieve.

Promise yourself a reward when you achieve your goal.

Write your goals down. You may want to stick a reminder on the fridge.

Don't become obsessive, or put your goal above your family, friends, or health.

Review your goals regularly and adjust them if necessary.

Training Diary

A training diary, whether in a notebook or on a computer, will record your weekly training routine, will help track your progress and help you stay motivated. It is extremely useful when tracing the origins of an injury or improvement.

There are also many online training diary services.

What to record in a Training Diary

How far you ran.

The time you ran for.

The time of day you ran.

Where you ran.

How you felt.

Which shoes you were wearing (to track how many

miles the shoes have done so that you know when to replace them)

Your average and peak heart rate (if you measure it)

Any other relevant information e.g. weather conditions, weight, how much sleep, who they ran with, their menstrual cycle, and so on.

Running clubs

The great thing about running is that you can do it alone.

But there are also a number of benefits from being a member of a running club:

You will be encouraged to run regularly, and this will make it easier to stay motivated;

you'll get advice from experienced runners;

you will meet people with a similar passion for exercise and running;

you get discounts at running shops and on race entries.

Some clubs provide access to physiotherapy

They link runners with other runners.

Don't be daunted about joining a club. Everyone has been a beginner at some time.

The best places to get information about running clubs is from a local specialist running shop. You can also get contact details from UK Athletics, or on the internet.

Shoes

There is no such thing as a better "brand" or "model" of shoes. A good pair of running shoes is one that suits your particular running style; and a bad pair is one that does not.

Make sure you get a decent pair of running shoes fitted in a professional running store. Unlike all-round trainers,

running shoes are designed to allow your foot to strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, which reduces the slipping and sliding that can lead to blisters.

How long do shoes last?

Typically a shoe will last between 300-600 miles depending on your weight and running style. If you can no longer compress the mid-sole then it is time to replace the shoes. It shouldn't be determined by the amount of tread left. If you begin to get any kind of ache or pain in your ankle or knee, check that your running shoes don't need replacing.

Please note: You should not put your running shoes in the washing machine or use very hot water to clean them. The hot water damages the shoe.

Clothes

You don't need to rush out and buy a whole new wardrobe of running gear. But if you run regularly, you are likely to end up buying clothes specifically for running.

The most important lesson about buying clothes for running is to steer well clear of cotton. When cotton gets wet (from sweat, or from rain) it gets heavy, irritates the skin, does not insulate well and dries slowly.

Sports bras

All women should wear sports bras when they run. The Cooper's Ligaments which support the breasts can be permanently stretched and damaged if the breasts are not properly supported during exercise. This leads to droopy breasts, and cannot be reversed. A good sports bra provides support for your breasts to prevent them from bouncing while you run.

Socks

You can also invest in socks that are specifically

designed for running. You probably won't need these unless you run long distances. You may not notice a seam which rubs your feet over 5 or 10 miles. But by the end of a marathon, you will be painfully aware of every seam, and could well have blisters where your socks have rubbed.

Clothes for cold weather

In cold weather, the best approach is to dress in many light layers. In general you should have a synthetic base layer which wicks sweat away from your skin, with a windproof or water resistant top layer. On very cold days, you may need an additional thermal layer in between.

You may also want to use some light gloves. In general, the thin nylon type work well. You can get gloves for runners which are fluorescent yellow, or which have reflective material for running in the dark.

You may also want a hat. A regular woollen hat will do, or a baseball cap made of synthetic material. You can get water resistant caps, which are useful if it is drizzling; and you can get bright and reflective hats which ensure that you are seen in traffic.

When you choose a raincoat or gillet, take into consideration, its breathability, it's weight and the extent to which it is waterproof. Fully waterproof materials, such as Gore-Tex, are too heavy for running. They are also insufficiently breathable. So my preference is a raincoat or gillet which is windproof and shower-proof.

You may also want to consider running tights, a thermal long sleeved top and thermal underwear

Clothes for hot weather

In hot weather, make sure you protect your skin from the sun. On long runs, remember to refresh your sunscreen regularly, in case it is being washed away by sweat. If possible, block the sun using a sunhat.

As for your clothes, technical t-shirts will wick sweat away, which will keep you cool and help to prevent sweat from irritating your skin.

Clothes for racing

In a race, you are working harder and producing more energy. In general, you should feel a bit cold when you line up at the start of a race. If you are not cold before the gun goes, you will probably be too warm once the race is under way.

One tip is to take an unused rubbish bin liner with you, in which you cut holes for your head and arms. You can wear this while you are waiting for the race to start to keep warm and dry. Just before, or just after, the race begins, you can dispose of it. This enables you to wear suitably cool clothes for the race, without getting too cold or wet before you start.

You should always have warm dry clothes with you to change into after a long run or a race.

Other kit

Most runners need a watch with a stopwatch function to measure how long you run. Look for a watch with the following features:

- A large display, so that you can see it while you are running
- A light so that you can see it in the dark
- A stopwatch with a lap function
- Water resistant, for running in the rain
- Easy to press buttons

Heart rate monitors

Heart rate monitors can be used to track your progress as you become fitter.

They are, however, expensive; and they are certainly not a necessary piece of equipment unless you choose to base your training on heart rate training zones.

GPS watches

You can now buy watches that measure your speed and distance using GPS satellite signals.

These watches are expensive, and you definitely do not need one to start running.

Apart from shoes, clothes and a watch, there is not much that a runner needs.

However, other useful products are:

- A wrist or small shoe wallet to carry a car or door key and some spare money for emergencies
- A bottle for carrying water on long runs
- A reflective vest and wrist and ankle reflective straps (for running at night)
- An identity tag to identify you in case of emergency, including any emergency medical information
- Specifically designed plasters for blisters
- Vaseline (or another lubricant) which is used to prevent chafing in long runs.

NUTRITION

What you should eat

It is important to eat and drink the right things before, during and after running.

The main rule for a balanced diet is to eat from a wide range of unprocessed foods.

The main nutrients for human beings are carbohydrates, fats, protein and water.

Carbohydrates

Carbohydrates are mainly used for energy. Foods that are high in carbohydrate include potatoes, pasta, rice, bread, fruit, cereals, pulses and anything sugary

Fats

Fats are found in oily food, especially animal products, and food cooked in oils.

Saturated fats can lead to Heart disease and an increase in cholesterol. Foods high in fat are Butter, lard, cheese, animal fats, biscuits, cakes, pastry and coconut oil.

Monounsaturated fats are food for you. They can reduce harmful cholesterol. They are found in Olive, rapeseed, groundnut, hazelnut and almond oils. As well as avocados, olives, nuts and seeds.

Polyunsaturated fats can reduce both good and harmful cholesterol. Found in most vegetable oils and oily fish.

Protein

Proteins are the building blocks of the human body. About 20% of your body weight is protein. It is mainly needed for growth and repair of body tissues. It also plays an important role in the health of your blood system.

If you exercise regularly, and especially if you do strength training, you need a bit more protein than if you are sedentary, to enable you to rebuild and repair muscles.

The current recommended daily intake of protein for a sedentary person is 0.75g of protein a day for every kilogram of body weight; whereas people who exercise need around twice this amount of protein a day for every kilogram of body weight.

Eating a balanced diet

Your energy intake should come from a mixture of carbohydrates, fats and protein, made up roughly as follows:

15-25% of calories from fat

60-70% of calories from carbohydrates

15-25% of calories from protein.

Within this basic structure of your nutrient intake, try to eat at least five portions of fruit and vegetables a day.

Vitamins, minerals and water

Vitamins and minerals are not a source of energy, but they are needed by the body to maintain your health.

If you eat a balanced diet it is likely that you are getting enough of the key vitamins and minerals.

Many people choose to supplement their diet by taking a multi-vitamin supplement. This provides insurance, in case the vitamins are lacking from the food you eat.

But, It is possible to take too much of some vitamins and minerals. Make sure you do not take doses of vitamins or minerals significantly above the recommended daily allowance without first seeking medical advice.

Water

Water is by far the most important nutrient in a runners' diet.

You should probably drink more water than you do right now. This is for two reasons. First, most people – even if they don't do any exercise – don't drink enough water. Second, as a runner you need more water because you lose water through sweat.

Water is important because it helps to regulate your body temperature (through sweating), and it makes up 82% of blood and determines its viscosity. Water is also stored with glycogen in your muscles, so if you don't drink enough water your body will not be able to store energy. High water intake will also help your body to regulate toxins, and keep your skin healthy.

Drinking water

You need approximately $0.03 \times \text{kg}$ (body weight) of water a day. You will need extra when you are exercising (500ml per hour) or it is hot or humid.

Try to get into the habit of sipping water frequently throughout the day.

Coffee, tea, caffeinated drinks such as cola and alcoholic drinks are diuretics. You should aim to increase your water intake by at least the volume of the diuretic drink.

(So if you have a 350ml can of cola, try to drink 350ml extra of water as well.)

Rapid weight loss and urine colour are good indicators of dehydration. If you weigh yourself after a workout and find you have lost a lot of weight, then you should not congratulate yourself, but go to the kitchen and get yourself a pint of water or a sports drink.

Hydration, drinking while running

In general, you need to drink water and consume carbohydrates while running during runs that are longer than one hour or 10km. For shorter runs, you are unlikely to need to eat or drink, unless it is very hot in which case you may need water to prevent dehydration.

Drinking before you run

One way to minimise dehydration is to ensure that you begin a long run fully hydrated. In the days before a big race, it is a good idea to sip as much water as you can to keep your body topped up.

On the day of the run, drink up to two hours before the start. Most experienced runners stop then, to avoid the need to urinate while they are running.

You can begin drinking again immediately before the start.

Drinking while running

Drinking while running is a skill, and you need to practise it during your training to work out what works best for you. Some tips are:

- Drink little, often as as you feel inclined, which should be about 500ml every hour. If you are running a marathon and aim to complete it in four hours, this means about half of a paper cup of water every mile but don't force yourself to drink too much;
- Run on past the water station before you actually drink from the cup. Take time to walk for a few steps

to enable you to drink comfortably;

- Practise drinking from cups during your training; the best way to do this is to enter one or two local races for training runs.

Drinking after running

When you have finished running, you should aim to replenish the fluid you have lost. After a long run, you should try to drink at least 500ml immediately, and then the rest in slower time.

Sports drinks

There is a growing range of drinks which can be used before, during and after exercise.

The main reasons for drinking sports drinks (as opposed to water) are:

sports drinks are an effective way to replenish your body's energy levels by providing easily digestible carbohydrates;

they may replace essential minerals (e.g. sodium, potassium, magnesium, chloride) which you lose when you sweat;

dilute sugar solutions are absorbed by the body more quickly than plain water, so sports drinks can (depending on the concentration – see below) accelerate fluid replacement;

drinks containing sodium increase the urge to drink and the palatability of the drink, thereby encouraging you to drink more.

Sports drinks are especially useful for endurance runners during long training runs and races (any run longer than an hour); and for shorter distance runners who want to replenish their energy stores after a tough workout.

Types of sports drinks

There are three kinds of sports drinks

Isotonic – the same concentration as normal bodily fluids and so easily absorbed; commercial isotonic drinks typically contain 4g – 8g of carbohydrate per 100ml. Isotonic drinks balance the need for rehydration and refuelling;

Hypertonic – more concentrated than normal bodily fluids; usually containing more than 8g of carbohydrate per 100ml; because of their concentration they are absorbed more slowly than isotonic drinks;

Hypotonic – less concentrated than normal bodily fluids; typically less than 4g of carbohydrate per 100ml. Absorbed faster than plain water, but containing less carbohydrate than isotonic drinks.

If the weather is hot, you should give more priority to fluid replacement, and choose a hypotonic or isotonic drink; in cooler conditions, you may find a hypertonic drink beneficial.

Try to avoid drinks which contain sweeteners such as aspartame or saccharine, since these taste sweet but are not digested (which is why they are low calorie). These may confuse the blood sugar regulation system.

Injuries

Experience shows that many people who are new to running end up with minor injuries in the first six months of running. These injuries are frequently related trying to do too much, or having the wrong shoes. For many runners, injury comes just at the time when they are beginning to love their new sport, and it can be very frustrating to have to ease off or stop completely.

- Build up slowly; never increase your weekly mileage by more than 2 miles or 10%, whichever is greater;
- Get proper running shoes from a specialist running shop;
- Run on grass where possible rather than roads and pavements;

- Get advice from experienced runners;
- Ignore the feeling in your first three months that you could be doing more;
- Gradually build up your training to allow your joints, ligaments and muscles to become stronger and your cardiovascular fitness to increase. Your overall fitness level and energy can increase faster than your joints have adapted. So just be patient.
- If you do sustain an injury, make sure you seek professional advice. Your recovery can be accelerated.

Types of runs

Different types of runs have different training benefits and will depend on your fitness level and previous training. By keeping your runs varied you will be able to use different routes, continually improve your times and keep your training plan enjoyable

Steady runs/easy

These are the base of your training plan. You will be running a fairly reasonable pace over a reasonably comfortable distance. Your fitness levels will rise during your training and so you can expect these to increase over time.

The long run

These are normally done once a week and usually at the weekend. Over the course of your training plan these will become longer and longer until a few weeks before your race when you will be almost up to the race distance. If you are training for a marathon the longest run you will do in training should be around 20miles.

The recovery run

This comes straight after the long run – the day after! It gives your body a chance to recover and should be a short distance and at a slower pace. Instead of a run you could try another light exercise such as swimming, cycling or walking. This will exercise your muscles in a different way to running. Don't push yourself too hard on these days. I have only included recovery runs in the marathon training plans.

The threshold run

This isn't the one for the absolute beginner! You should have completed at least a month of steady runs before you tackle this one. Initially you will feel physically drained and is most likely to cause injuries. It's not one to take on lightly but if you complete a threshold run once a week or two, it is a very good way to increase running times.

Fartlek

This is Swedish for 'speed play' and you just change your speed as you go along. You can start at your 'steady pace' and then pick a point a couple of hundred meters away and run at it faster than your normal pace. Then drop back down to your 'steady' pace and do it again. This type of run is great for building up speed and keeping you interested in your training programme.

Hill Training

Hill running has a strengthening effect as well as boosting your power. To reduce the possibility of injury, hill training should be conducted once the athlete has a good solid base of strength and endurance.

Hill training offers the following benefits:

- Helps develop power and muscle elasticity
- Improves stride frequency and length
- Develops co-ordination, encouraging the proper use of arm action during the driving phase and feet in the support phase

- Develops control and stabilisation as well as improved speed (downhill running)
- Promotes strength endurance
- Develops maximum speed and strength (short hills)
- Improves lactate tolerance (mixed hills)

Interval runs

Interval training alternates between high intensity burst and longer phases of active recovery.

It improves your speed and cardiovascular efficiency.

I have detailed some interval training examples.

Sample interval sessions:

1. Mile repeats

6 x 1 mile at 10km pace
Rest 90-120 seconds between each

2. Fast miles

3 x 1 mile at 3km pace
Rest between efforts: 3 minutes

3. Kilometre repeats

5 x 1km at 5km pace
Rest between efforts: 2 minutes

4. The Pyramid

400m, 800m, 1200m,1600m, (this will hurt!)
1200m, 800m, 400m
Recovery half of effort time.

5. 25 x 200m

Recovery is 30 seconds rest between reps

6. 800 metre repeats

8 x 800m at 5km pace
Rest between efforts: up to 120 seconds

7. Eight, six, two

3 sets of 800m, 600m, 200m
Rest between sets: 1 lap jog

8. Ouch!

4 sets of 1,000m at 3km pace plus 300 metres hard
Rest between efforts: jog forward 100 metres after the 1km efforts; jog forward 200 metres after the 300 metre efforts

9. Killer Tempo Run

25 laps, alternating between marathon pace and 5km pace
25 continuous laps (10km) with no rest.

10. 8 laps continuous (approximately 3 mins per fast lap)

4 slow, 4 fast

11. Decreasing pyramid - Maximum effort

600,500,400,300,200,100
3 mins recovery between each

12. 300's - Maximum effort

8 x 300m
2 mins between each

The later intervals (6 onwards) shouldn't be performed until a good few weeks into your training

Message me for training paces!

Training

There are many factors that affect our optimum or ideal mileage.

lifestyle constraints, such as family and work commitments, other leisure activities and the distances we want to race (marathon runners need a higher weekly mileage than 5km runners)

Recommended maximum weekly distances (miles)

Race distance	Beginner	Intermediate
5km	10-20	15-25
10km	15-25	20-30
Half marathon	20-30	25-35
Marathon	30-40	40-50

You don't need to run these distances all year round: these are weekly averages in the peak weeks before your race. You should take regular breaks during the year – reducing your mileage, and then build up again.

How rapidly to increase your mileage

You should not increase your weekly mileage too rapidly if you want to avoid injury or illness. A good rule of thumb is that below 20 miles a week you should not increase your weekly mileage by more than 2 miles a week; above 20 miles a week, you should not increase your weekly mileage by more than 10% a week.

This is a very important guideline. All experience shows that excessively rapid build-up in training mileage is one of the most common causes of injuries. Many new runners think that they can be the exception to the rule, because they feel they can go further than this.

How many times a week to run

If running is your main exercise, you should aim to run 3-4 times a week, in order to reap the full health benefits. But runners who set themselves more demanding performance goals will need to run 5-6 days a week, giving themselves one or two rest days a week.

The length of the long run

The long run should be between one quarter and one third (certainly less than half) of your weekly mileage. So if you are running 10 miles a week, your long run should be around 3-4 miles.

Recommended distances for Long run distances (miles)

Race distance	Beginner	Intermediate
5km	3-6	5-8
10km	5-8	6-12
Half marathon	10-13	11-15
Marathon	18-20	18-20

Training phases

A simple training programmes can be built up using four distinct phases:

Base

Every programme needs a solid foundation of aerobic fitness and endurance. During the base period, you build up to about three quarters of your peak weekly mileage and long run distance while concentrating on aerobic running. This phase typically lasts from 2 to 8 weeks. During the end of the base phase, runners may start to include some light hill training, fartlek and threshold runs.

Strength

In the next phase, we add hill training, and if necessary leg strength training in the gym, to build up strength and reduce the risk of injury. In this phase we begin to increase the threshold run and fartlek training. This phase lasts 2-4 weeks.

Speed

The focus then shifts to speed sessions, including one or two interval training sessions each week, while maintaining your threshold runs; if necessary, you may cut back a little on aerobic running. Beginners should beware of doing too much speed work at first because of the risk of injury. This phase lasts 3-6 weeks.

Peaking and tapering for racing

During this period, you reduce training volume, but maintain the quality of running (for example, by maintaining the same speed but running shorter distances). The length of the taper varies from a few days for a 5km to 3 weeks for a marathon.

Note that while these training phases are not wholly distinct, there should be a clearly recognisable change in balance in your training over time.

The following table shows roughly how long each phase should last.

Easy weeks

Most runners benefit from cutting back for an easy week. In these weeks, the runner should reduce the mileage to about 75% of normal weekly mileage, while maintaining the speed and quality of the sessions. These easy weeks aid your recovery time. If you try to train continuously for more than 12 weeks, without some respite, the chances are that you will get ill or injured. It is much better to plan to take an easy week than have one forced upon you.

Training programmes

5km

The 5km is now a popular distance, especially for charity runs.

They are suitable for beginners because they don't require an enormous level of fitness; but they are also an excellent test for more experienced runners.

Training for a 5km race

Although the distance is relatively short, you still need a good base of endurance running and strength for a 5km training programme.

Your programme should begin with a base period; then strength training before you start the speed work.

When you get to the speed work, do plenty of short, fast intervals. While beginners should not do more than one speed session a week, for more experienced runners it is helpful to include a second speed session during the week if possible.

5km training programme: beginner

Phase	5km	10km	Half Marathon	Marathon
Base	2-6	2-6	3-8	4-8
Strength	2-4	2-4	3-5	3-6
Speed	2-4	3-4	3-6	3-6
Peak	2-6	3-6	2 week taper	3 week taper
Total	8-20	10-20	11-21	13-23

5km races

You need to warm up thoroughly for a 5km race – run at least a mile at moderate pace. Dress in cool clothes, because you will get hot quickly in fast races. It is not necessary to eat or drink in a 5km race.

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	12		2 easy	3 threshold			3 easy	4 slow
2	Base	14		3 easy	4 threshold			3 easy	4 slow
3	Base (easy)	10		2 easy	3 threshold			2 easy	3 slow
4	Strength	15		3 hills	3 easy	3 threshold		3 easy	3 slow
5	Strength	17		3 hills	4 easy	3 fartlek		3 easy	4 slow
6	Strength (easy)	13		2 hills	3 easy	3 fartlek		2 easy	3 slow
7	Speed	18		3 threshold	4 easy	3 interval		3 easy	5 slow
8	Speed	20		4 fartlek	4 easy	4 interval		4 easy	4 slow
9	Speed (easy)	14		3 fartlek	4 easy	2 interval		2 easy	3 slow
10	Peak	17		3 fartlek	4 easy	4 interval		2 easy	4 slow
11	Peak	11		3 fartlek	4 easy	1 interval			3 slow
12	Race	10		3 easy	2 easy	2 easy			RACE

5km training programme: intermediate

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	16		3 easy	4 threshold			4 easy	5 slow
2	Base	18		4 easy	4 threshold			5 easy	5 slow
3	Base (easy)	14		3 easy	4 threshold			3 easy	4 slow
4	Strength	20		4 hills	4 easy	4 threshold		4 easy	4 slow
5	Strength	22		4 hills	4 easy	4 fartlek		4 easy	6 slow
6	Strength (easy)	18		3 hills	4 easy	4 fartlek		3 easy	4 slow
7	Speed	23		4 threshold	4 easy	4 interval		4 easy	7 slow
8	Speed	25		3 fartlek	5 easy	4 interval		5 easy	8 slow
9	Speed (easy)	19		4 fartlek	4 easy	3 interval		3 easy	5 slow
10	Peak	22		4 fartlek	4 easy	5 interval		3 easy	6 slow
11	Peak	16		4 fartlek	4 easy	1 interval		3 easy	4 slow
12	Race	13		4 easy	3 easy	3 easy			RACE

10k

Training for a 10km involves more mileage, and less speed work, than training for a 5km. To race at this distance, you need to be running between 20 and 60 miles a week; and you need a long run of at least 7 miles, and preferably more like 12 miles, at least once a fortnight.

10k training programme: beginner

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	16		4 easy	3 threshold			3 easy	6 slow
2	Base	18		4 easy	4 threshold			5 easy	5 slow
3	Base (easy)	12		3 easy	3 threshold			3 easy	3 slow
4	Strength	17		2 hills	3 easy	3 threshold		3 easy	6 slow
5	Strength	20		3 hills	4 easy	4 threshold		3 easy	6 slow
6	Strength (easy)	14		2 hills	3 easy	4 fartlek			5 slow
7	Speed	21		3 threshold	4 easy	3 interval		3 easy	8 slow
8	Speed	20		3 fartlek	4 easy	3 interval		4 easy	6 slow
9	Speed (easy)	16		3 fartlek	4 easy	2 interval		3 easy	4 slow
10	Peak	21		4 fartlek	4 easy	5 interval		3 easy	6 slow
11	Peak	16		3 fartlek	4 easy	1 interval		3 easy	5 slow
12	Race	14		3 strides	3 easy	2 easy			RACE

Racing the 10km

You should warm up well before a 10km. Make sure you drink plenty of water the night before, and up to 2 hours before the race. Faster runners will not drink at all during a 10km race. But if you do need to drink, you won't need a lot in a race of this duration.

The key to running a good 10km is running the first mile at the right speed. You should aim to run the first mile a few seconds a mile slower than the overall speed you need for your target time.

In the middle stage of the race, try to concentrate on your form and your breathing, and maintaining a steady pace. This will conserve your energy for the later stages.

10k training programme: intermediate

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	21		5 easy	3 threshold			5 easy	8 slow
2	Base	23		5 easy	4 threshold	2 easy		5 easy	7 slow
3	Base (easy)	17		4 easy	3 threshold			4 easy	6 slow
4	Strength	22		3 hills	5 easy	3 threshold		5 easy	6 slow
5	Strength	25		4 hills	5 easy	4 threshold			12 slow
6	Strength (easy)	18		2 hills	3 easy	3 fartlek		3 easy	7 slow
7	Speed	26		4 threshold	4 easy	3 interval		5 easy	10 slow
8	Speed	29		5 fartlek	5 easy	4 interval		6 easy	8 slow
9	Speed (easy)	22		4 fartlek	4 easy	2 interval		4 easy	8 slow
10	Peak	21		4 fartlek	6 easy	4 interval		6 easy	10 slow
11	Peak	19		4 fartlek	4 easy	1 interval		4 easy	6 slow
12	Race	16		3 strides	4 easy	3 easy			RACE

Tapering

Reduce mileage before the race

Your training schedule will show increased mileage over time. However when training for a half marathon and marathon you will need to reduce your mileage, a process known as tapering, to ensure your body is as fresh and recovered as possible.

Get some rest

Don't use your reduced training load as an excuse to catch up on DIY. Especially in the last few days, don't do anything too strenuous. Try to get 7-8 hours sleep per night as research has shown that how well rested you are in the week before the race is more important than the shut-eye you get the night before.

Half marathon

The half marathon is an essential stepping stone for anyone interested in running a full marathon. It builds confidence and racing experience, and helps you to judge what you will be able to achieve in a longer race.

Training for the half marathon

If you want to train seriously for a half marathon you will need to do at least 16 weeks of training, beginning with at least a month of aerobic running. Speed training for a half marathon inevitably involves slower, longer repetitions than the 10km, with efforts between 800m and 3km. It is a good idea to race a 10km in the build-up to your half marathon, to test your endurance and sharpen your speed.

You should reduce your running considerably in the last two weeks before a half marathon race. This tapering will help you to build muscle glycogen and rehydrate, and ensure that your legs are fresh for the race.

Racing the half marathon

Because this is a long race, you don't need to warm up much before the start. Your task is to preserve your stored energy. You may want to jog for half a mile before the race to loosen up your muscles and get your metabolism going, but you should not do any intense running before the start.

All runners should drink during a half marathon. Don't wait until you feel thirsty to start drinking.

The half marathon is long enough to give you plenty of time to catch up if you start slowly. The pace of a half marathon will generally seem slow at first, because you are used to running faster for short runs. But if you go off too fast, you will pay the price in the closing stages of the run. You are racing at your aerobic threshold – if you push too fast you will kick into anaerobic metabolism and lactate build-up, and once you have “blown” you will find it very difficult to regain your equilibrium.

So go out slowly, and ease in to the race. Try to get in step with some other runners who are going at about your pace. Let runners go past you for the first few miles: you will probably overtake them in the last few miles. After the second or third mile (not before) you should reach your target pace, which you can hold for most of the race. Try to avoid sagging during miles 6-9. Don't just keep pace with the runners around you, because they might well slow down during the second half, just when you should be speeding up.

At the ten mile mark, you have only the equivalent of a 5km to complete. Begin to increase your pace, identify runners ahead of you and begin to close them down. Don't accelerate too much – try to remain on the right side of your threshold. In the final mile, push hard, and remember all the speed work you have done on the track.

1/2 marathon training programme: beginner

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	24		6 easy	4 threshold			6 easy	8 slow
2	Base	26		6 easy	5 threshold			6 easy	8 slow
3	Base	28		7 easy	5 threshold			6 easy	9 slow
4	Base (easy)	18		5 easy	3 threshold			4 easy	6 slow
5	Strength	24		3 hills	5 easy	3 threshold		5 easy	8 slow
6	Strength	26		3 hills	5 easy	3 fartlek		5 easy	10 slow
7	Strength	29		4 hills	5 easy	3 threshold		4 easy	13 slow
8	Strength (easy)	21		4 hills	3 easy	3 fartlek		3 easy	8 slow
9	Speed	31		4 threshold	4 easy	3 interval		4 easy	14 slow
10	Speed	30		5 fartlek	5 easy	4 interval		6 easy	10 slow
11	Speed	33		4 threshold	5 easy	4 interval		5 easy	15 slow
12	Speed (easy)	24		4 fartlek	4 easy	2 interval		6 easy	8 slow
13	Peak	32		4 fartlek	4 easy	4 interval		6 easy	14 slow
14	Taper	24		4 fartlek	4 easy	2 interval		6 easy	8 slow
15	Taper	21		4 fartlek	4 easy	1 interval		6 easy	6 slow
16	Race	24		3 strides	4 easy	4easy			RACE

1/2 marathon training programme: intermediate

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	20		5 easy	3 threshold			4 easy	8 slow
2	Base	22		6 easy	5 threshold			6 easy	8 slow
3	Base	24		6 easy	6 threshold			6 easy	9 slow
4	Base (easy)	15		5 easy	3 threshold			4 easy	6 slow
5	Strength	20		2 hills	4 easy	3 threshold		5 easy	6 slow
6	Strength	23		3 hills	4 easy	4 fartlek		4 easy	8 slow
7						threshold			
8	Strength (easy)	16		2 hills	2 easy	4 fartlek		2 easy	6 slow
9	Speed	25		3 threshold	4 easy	3 interval		3 easy	12 slow
10				Fartlek					
11	Speed	25		5 threshold	4 easy	4 interval		4 easy	8 slow
12	Speed (easy)	18		3 fartlek	4 easy	2 interval		3 easy	6 slow
13	Peak	26		3 fartlek	4 easy	4 interval		3 easy	12 slow
14	Taper	21		4 fartlek	4 easy	2 interval		3 easy	8 slow
15	Taper	18		4 fartlek	4 easy	1 interval		3 easy	6 slow
16	Race	20		3 strides	2 easy	2 easy			RACE

Marathon

If you are new to running. Why not try a training plan for 5km or 10km. When you have built up, start on the 16 week marathon plan.

A marathon can be the most rewarding challenge for many runners. If you want inspiration, just take a look at the finish line of the London marathon.

To make you fulfil YOUR potential, you may need to go beyond your physical limits so build up slowly and above all, enjoy it!



Marathon training programme: beginner

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	25		6 easy	3 threshold			6 easy	10 slow
2	Base	27		3 easy	6 threshold	3 easy		3 easy	12 slow
3	Base	29		6 easy	4 threshold	4 easy		3 easy	12 slow
4	Base (easy)	23		6 easy	4 threshold	4 easy		3 easy	6 slow
5	Strength	29		4 hills	6 easy	4 threshold		5 easy	10 slow
6	Strength	31		4 hills	6 easy	4 fartlek		5 easy	12 slow
7	Strength	33		3 hills	6 easy	4 threshold		5 easy	15 slow
8	Strength (easy)	22		2 hills	4 easy	4 fartlek		3 easy	9 slow
9	Speed	33		4 threshold	6 easy	4 interval		5 easy	14 slow
10	Speed	34		4 fartlek	4 easy	3 interval		5 easy	18 slow
11	Speed	35		4 threshold	5 easy	4 interval		3 easy	19 slow
12	Speed (easy)	26		4 fartlek	6 easy	4 interval		3 easy	9 slow
13	Peak	35		4 fartlek	6 easy	2 interval		3 easy	20 slow
14	Taper	25		3 fartlek	6 easy	1 interval		3 easy	12 slow
15	Taper	18		2 fartlek	4 easy	1 interval		3 easy	8 slow
16	Race	34.2		3 strides	3 easy	2 easy			RACE

Marathon training programme: intermediate

Week	Phase	Miles	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base	30		5 easy	3 threshold	5 easy		5 easy	12 slow
2	Base	33		4 easy	6 threshold	4 easy		5 easy	14 slow
3	Base	35	2 easy	5 easy	6 threshold	5 easy		3 easy	14 slow
4	Base (easy)	28		6 easy	5 threshold	4 easy		5 easy	8 slow
5	Strength	35		4 hills	6 easy	5 threshold		6 easy	14 slow
6	Strength	38		4 hills	6 easy	4 fartlek		6 easy	18 slow
7	Strength	40	3 easy	4 hills	6 easy	4 threshold		5 easy	18 slow
8	Strength (easy)	28	5 easy	2 hills	4 easy	4 fartlek		5 easy	8 slow
9	Speed	41		9 threshold	4 easy	5 interval		7 easy	16 slow
10	Speed	43	3 easy	10 fartlek	4 easy	3 interval		5 easy	18 slow
11	Speed	44	3 easy	11 threshold	4 easy	3 interval		3 easy	20 slow
12	Speed (easy)	29	3 easy	4 fartlek	3 easy	4 interval		3 easy	12 slow
13	Peak	44	3 easy	12 @ race pace	3 easy	3interval		3 easy	20 slow
14	Taper	31	4 easy	5 fartlek	5 easy	2 interval		3 easy	12 slow
15	Taper	22	4 easy	2 fartlek	4 easy	1 interval		3 easy	8 slow
16	Race	34.2		3 strides	3 easy	2 easy			RACE

Carb up

Try to consume more carbohydrates in the days leading up to the event to maximise your muscle stores. This isn't so important for the 5k or 10k run.

Race day

Plan your race

Being prepared is key to a successful run. If you can, familiarise yourself with the course. Check the weather forecast. Make sure you have your route planned to the start line. You might find it useful to have a race strategy in mind too; setting yourself a goal pace will ensure you don't go too fast in the first half. Visualising your race.

Get your kit ready

Make a list of what you need for race day and lay it out ready. Set out the clothing you are going to wear (make sure it is all tried and tested – this isn't the time to try those new shoes). Remember to pack gels, sunglasses, Vaseline, tissues and spare safety pins. Don't forget warm clothes for after too. Don't forget your race number and chip if you have them.

Big day breakfast

What you eat before an event have a big impact as to how your race goes. Make sure you wake up in plenty of time to have a pre-race breakfast. It's a good idea to practice your pre-race breakfast before a long run. Now isn't the time to try something new.

Stay calm

You won't run well if you are high on nerves. You've done the training, you are doing a great thing, try to enjoy the race!

Don't worry about the miles you have that are behind you: only think about the miles you have still to go.

After you finish - Congratulations!!!!

If you have any specific questions about your training programme we have our very own fitness expert who you can contact at Chris.stanton@actionforAT.org

