

Squamish Titans Performance Running 2010 - Guidelines



General Considerations

Consistency is the key

Manageable progress

Increase no more than 10% / week

Distance,
Frequency
Intensity

Always have a rest day between hard workouts

A “hard” workout includes intervals, your weekly long run or a tempo run.

Enjoy running

Don't be afraid to change your routine with something you want to do

If you miss a workout, do not:

Move onto a higher level the next week (ie. 10% rule)

Move it to the day before another “hard” workout (rest day rule)

Overall Plan

Example: If goal race is first week of May (e.g. Vancouver Marathon)

January – February

Build up long run mileage (primary)

Build strength (primary)

Speed or trail running skills work (secondary)

March

Build up long run mileage (primary)

Increase speed or trail running skills (primary)

Build tempo runs

Increase speed intensity on Tuesdays

April

Maximize long run mileage

Peak tempo run times

Intervals to sharpen speed and build confidence

Taper

Longest run 3 weeks prior to marathon, 2 weeks before ½ marathon or trail run

Last tempo 2 weeks prior to marathon or 1.5 weeks prior to ½ marathon or trail run

Light interval workout can be done Tuesday before race

Weekly Long Runs

These are the most important weekly workouts

If you're going skip a workout, skip something other than the long run!

Build up slowly

10% rule, or 15 more minutes/week

Pace:

Should just be able to carry on a conversation

Zone 1 (Roger's HR range is 138-150)

Target for longest run:

Marathon – Same amount of time as you expect in the race (but slower, of course)

½ Marathon - Half marathon time plus 45 minutes or so

25k Trail race – Same amount of time as race plus 15 minutes

Tempo Runs

Typically a run at “close-to-race pace”, very consistent pace is key! Ideally, the tempo run should be done on a more or less flat course so that it is easy to maintain a constant pace per KM or mile.

- For trail run training, doing a tempo run on a gradually sloped road or trail can be of benefit.

The distance of the tempo run increases as overall mileage per week and in the long run increases as well.

Tempo runs can be as short as 4-5K at the beginning and go up to 20-22K in late stage marathon training.

The pace (per KM) typically gets faster weekly or bi-weekly. The tempo run should be done once a week as it is the link between the shorter intervals (Titan's workout on Tuesdays) and the easy, slow long run on the weekend. The tempo run applies the fast and hard interval pace to a longer distance which is the basis for achieving a specific time goal on the desired race distance, e.g. half marathon or marathon.

Intervals

Typically the Titans Tuesday workout. Interval distances range from 600 meters to 3K. We will ensure a mix of distances to develop speed and faster pace that can be carried over to tempo runs.

Intervals typically have the highest intensity in terms of heart rate and pace.

Under no circumstances should you be able to chit-chat during intervals....