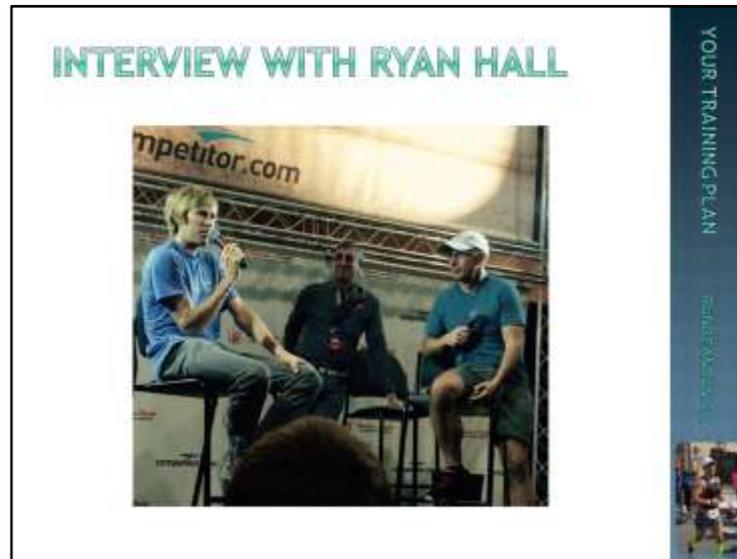


YOUR TRAINING PLAN

Dean Johnson
Personal Running Coach

"Train, don't Strain"
-Arthur Lydiard



I had the opportunity to ask Ryan Hall some questions at the Phoenix Marathon Expo.

One of his great stories: While at his mother in law's house, she said she is going to run a marathon (age 55). She found a training plan on the internet. (*Ryan and his wife are elite distance runners...). Ryan asked how the training is going and she said "very well, as she was able to complete her long run of 13 miles...". Ryan wasn't sure what to say other than, "I wish you the best". She finished her marathon and was very happy.

You are likely here because you are at "that point" where you need some help to get faster.

I have information for people that just want the plan to get faster – I will compare a few different marathon programs and highlight the similarities and differences.

I also have information for those that are wanting to be "students of running" with some recent research and a small bit of theory for us non-biomechanics people (I found this stuff fascinating).

TRAINING PLAN OPTIONS

- Whatever everyone else is doing
- I saw a great article in Runner's World
- I bought a book
- I am my own coach and do a lot of research
- Outsourcing (hire a Coach)

YOUR TRAINING PLAN

EMERSON



1. Lemming Plan – whatever the group is doing
2. Magazine Article – it worked for someone
3. Books – provides the background and more detail to customize the plan
4. Self-coached – amalgamate articles and research to design a plan
5. Coaching – they do all the work, provide objective feedback, make you accountable, provide “therapy”

WHAT YOU NEED IN A PLAN

- Your history (what have you done previously)
- Your injuries
- Your current fitness and activities
- Your goals
- Your lifestyle and available time to train
- What is an optimum training load?
- What are optimum training paces?
- How do I mix these all together?
- What if I need to miss some days/weeks?





EASY Training might be 20 miles per week

- 1 long run + Shorter runs that may pickup the speed a bit
- or 1 long run + an Interval/Tempo session

MODERATE Training might be 25 to 30 miles per week

- 1 long run + Speedwork or Intervals/Tempo + an Easy run

HARD Training might be 30 to 40 miles per week

- 1 long run + Speedwork +Intervals/Tempo + Easy runs

HARDER Training might be 40 to 60 miles per week

- Longer Long runs and more Easy/Recovery runs

Sweet Spot is in the Moderate to Hard category where you will hit 75 to 85% of your potential and setbacks should be limited



I borrowed this from wephysio.com

The base is proper load management – can your body handle this?

Strength development will help with managing the load

Proper movement will use your strength to move the load

Stretching/Mobility will keep the joints, muscles, and tendons in their full ranges of motion



The body is an amazing adaptive metabolic machine.

We needed to survive the Saber-tooth Tigers...

If you twisted an ankle while running from a tiger, your brain would figure out a way to compensate and keep you running (the brain needs the body to survive).

[The Movement Book – Gray Cook – Functional Movement Screen)

TRAINING PROGRAMS

- Run Less, Run Faster (Pierce, Muir)
- 80/20 Method (Fitzgerald)
- Hanson's Marathon Method (Humphrey)
- You - Only Faster (McMillan)
- "Natural" Running
 - Chi Running (Dreyer)
 - POSE Method (Romanov)
 - CrossFit Endurance (McKenzie)
- Or, get a Coach



RUN LESS, RUN FASTER:

- 25 to 30 miles/week
- 2 or 3 "Quality Workouts"
 - Long Run + Speedwork + Tempo/Intervals
- Workout paces based on current fitness level
- Complementary-train 2 days per week



Speed Intervals
• 45 minutes

Tempo Run
• 40 to 70 minutes

Long Run
• 2 to 4 hours

Cross-Training
• Twice per week (if you can)

YOUR TRAINING PLAN

BRUCE MILNER



This program is all about "Training with a Purpose".

Every workout is prescribed and you will have immediate feedback as to your chances for success.

Weekly mileage of 25-30 miles and will consume about 4 to 6 hours per week.

HANSON'S MARATHON METHOD

- Jeff Humphrey and Hanson's Brooks Project
- Based on Lydiard and Kenyan principles of cumulative fatigue (never fully recover)
- Long runs max at 16 miles (last 16 miles)
 - After fatigue from previous day
- No physiological benefit running >2.5 to 3hrs
- Speed training engages intermediate fibers
 - For running economy
 - Optimal intervals 2 to 6 minutes @ 95% effort
- Tempo runs at marathon goal pace



Over the years, they have encountered far more runners who struggle to remain healthy on low mileage with high long run programs than their method.

80/20 RUNNING: RUN STRONGER AND RACE FASTER BY TRAINING SLOWER

- Matt Fitzgerald (author, runner, coach)
- Lydiard based training
- 80% of runs are in the aerobic zone
 - Below 80% of max heart rate



YOU, ONLY FASTER

- Greg McMillan (mcmillanrunning.com)
- Based on Lydiard and Daniels (build a strong aerobic base)
- 6 month training plan
- First 3 months - no racing (aerobic only)
- No physiological benefit running >2.5 to 3hrs
- Built-in variability for day to day levels



RUN LESS, RUN FASTER EXAMPLE

Week #11 workout example (hardest week):

- Mon: -
- Tue: 1200m x 6 @6:33 pace
- Wed: Cross Train
- Thu: 10 mile tempo @ 8:00 race pace
- Fri: -
- Sat: 15 miles @ 8:20 pace
- Sun: Cross Train



HANSON'S EXAMPLE

Week #11 workout example (hardest week):

- Mon: 5-8 miles
- Tue: Strength workout (speed/hills)
- Wed: -
- Thu: Marathon Pace 8 miles
- Fri: 6-7 miles
- Sat: 8 miles
- Sun: 16 miles



80/20 RUNNING: RUN STRONGER AND RACE FASTER BY TRAINING SLOWER

Week #11 workout example:

- ⦿ Mon: Recovery run 6 miles or X-train
- ⦿ Tue: Tempo 4 miles
- ⦿ Wed: Recovery run 6 miles or X-train
- ⦿ Thu: Easy run 6 miles or X-train
- ⦿ Fri: Short intervals - 5 miles total
- ⦿ Sat: Recovery run 6 miles or X-train
- ⦿ Sun: Long Run 15 miles

86% low intensity, 14% med/high intensity



MCMILLAN EXAMPLE

Week #11 workout example (hard week):

- ⦿ Mon: 80-100 minutes easy
- ⦿ Tue: Fartleks 10-12 with 1 minute on/off
- ⦿ Wed: -
- ⦿ Thu: Tempo 3-5 miles (goal pace or faster)
- ⦿ Fri: Cross train
- ⦿ Sat: 16-20 miles (last 6-8 miles @race pace)
- ⦿ Sun: Recovery jog



“NATURAL” RUNNING

- Chi Running © (Dreyer)
- POSE Running © (Romanov)
- CrossFit Endurance ©
- Relearn your running
 - Many have used this due to injury
- Forward lean
- Higher cadence (180 steps/minute)
 - Less ground contact time
 - Less hip demand
 - Less hip flexor demand



Chi Running Takes a very Asian approach to running (Tai Chi and Yoga)
POSE (the running pose – figure “4”) is a biomechanical approach
CFE uses POSE running and CrossFit training (low mileage) strength focused



"I constantly remind myself that resting takes confidence. Anyone can train like a mad man but to embrace rest and to allow all the hard training to come out takes mental strength."

-Ryan Hall (2012 U.S. Olympic marathon team)



Rest is where you come back stronger.
"Today, are you making a deposit or a withdrawal?"

Rank	Best Marathons to Qualify for Boston	Qualifying %	Total
1	Boston, MA	44%	3334
2	Santa Rosa, CA	35%	139
3	Sugarloaf - Crottsmatt Valley, ME	34%	128
4	Ridge to Ridge - Mounton, NC	32%	87
5	RoadTrips - Hamilton, OH	30%	267
6	Pocomo Mountain, PA	29%	134
7	Dial 2 Ocean - Ojai, CA	28%	73
8	Gle Marathon of Prosper Hill - Gle, PA	28%	144
9	Altofonte, PA	26%	171
10	California International - Sacramento, CA	26%	148
11	Skagit Flats - Bellingham, WA	25%	74
12	Daguerre, OH	25%	551
13	Jacksonville, IL	25%	200
14	Bay State - Lowell, MA	24%	139
15	Michigan - ON	24%	258
16	Peoria, IL	24%	111
17	Tucson, AZ	24%	235
18	Waungans - Corning, NY	23%	100
19	North Central Trail - Sparks, MD	22%	82
20	Methawk Hudson River - Albany, NY	22%	188
21	Mounton - Scranton, PA	22%	182
22	Green Mountain - South Hero, VT	21%	55
23	Sixes Falls, SD	21%	33
24	Light at the End of the Tunnel - North Bend, WA	21%	57
25	Victoria, BC	21%	147
26	Klamath Island, SC [Hansen]	21%	151
27	Charlevoix, MI	21%	88
28	Fox Valley - St. Charles, IL	21%	172
29	Foot Traffic Flat - Portland, OR	21%	81
30	Wass City - Toledo, OH	20%	127

YOUR TRAINING PLAN

BRUCE ALLEN



Where to Qualify

**“Listen to everyone;
follow no one”**

“You are an experiment of one”

Dean Karnazes

Ultramarathon man



You are different from everyone else, so find what works for you and use it.
Don't be afraid to try something different – the body is good at adapting to changes (if you keep doing the same workouts, your body will become efficient at them and adaptations will not happen).
Just remember the Golden Rule – don't increase anything by more than 10% per week.

LINKS

- RunDeanRun.CA
- RunDeanRun@Shaw.CA (email Dean)
- Twitter: @RunDean

