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YELLING PERFORMANCE

Marathon Training Talk.

Walk:run.
This is a strategy for many marathoners and involves breaking up the race into periods of running then walking. For example, 8min run – 2min walk repeated.

Easy or recovery runs.
During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you're a new/novice runner then you'll probably be questioning whether any runs feel easy and holding a conversation may feel impossible. Slow down, walk if necessary and control your effort.

Steady runs.
These are the bread and butter of your training, the 'miles in the bank'. Steady runs build the aerobic base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Threshold or tempo runs
Running at 'threshold' pace is about running under 'controlled discomfort' and is great for improving your running economy. After the long endurance runs threshold runs are probably your most valuable workouts. You will find them slightly uncomfortable and they'll require concentration but they are well worth the effort. You'll only be capable of uttering a four or five words as you run. As you get fitter and more experienced you'll learn how to find your own 'threshold' pace and this will change the fitter, stronger and faster you get.

Long runs
Long runs are vital and should be a key ingredient of your marathon plan. After all, a marathon is a very long run. They develop stamina. Concentrate on increasing the time on your feet rather than worrying about distance. So, work in time (hrs and minutes) as opposed to distance (miles/kms) then as the plan progresses begin to relate this to distance. The duration of a long run varies according to your level of fitness, running experience and phase of running training programme.

Fartlek running
Fartlek is a Swedish word for 'speed play' that means run fast, run slow…whenever you feel like it. Fartlek is best done running over varied terrain. The concept is to mix easy, steady and fast running for different amounts of time or distances with varying amounts of recovery.

Interval running
When running intervals you clearly specify how long you are going to run for and how much rest you are going to have been efforts. Each running effort in an interval session is called a 'rep' or repetition. Rep's can be time or distance based and are always followed by a period of rest or 'recovery'. Interval running is done at a faster pace, two or three words of conversation.

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Hill running
Hill running involves running continuously over a hilly circuit or fast up a hill and jogging easily back down again to the start before running hard up again. This is repeated for a specified number of 'hill reps'. The hill can vary in gradient and length depending on the purpose of the training session.

Warming up and cooling down (WU/CD)
It's important to ease yourself into your run workouts. Any training session should begin with gentle cardiovascular exercise (light walking/running) to raise your body temperature, get the blood flow moving and the heart and lungs going. Some dynamic stretching and mobilization exercises also help get you ready for your run. Don't come to an abrupt stop after your run. Gradually slow it down to a walk and give your body time to calm down with a gentle cool down. This is a good time to stretch out muscles.

Marathon Pace. (MP).
This is your target marathon pace (normally expressed in 'minute miles', e.g., 10minute miles will give you a marathon finish time of 4hrs 22mins). It helps to know what this is and what it feels like to run at it during your training. This pace should feel comfortable and in control but one that you'll certainly have to work to maintain as the miles tick by. It may take a few weeks of regular running before you can estimate your target marathon pace and this may change throughout your preparations.

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