

**WILMSLOW
RUNNING
FESTIVAL**
HALF MARATHON | 10K | FUN RUN

Waters™



“If you run, you are a runner. It doesn’t matter how fast or how far. It doesn’t matter if today is your first day or if you’ve been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.”

John Bingham

Training advice and guidance, to help you get the most from your race with us!

Starting from Monday 31st May, we will be issuing a training plan for both The Waters Wilmslow Half Marathon and our 10k race.

They are not prescriptive...Simply a guide to what works! We all have commitments so if you miss some, do not worry. But the more you commit, the more the magic of running will happen!

Some of you may already have a running coach, in which case, you will have a plan. For everyone else, join in the fun!

Below are some of the terms that you might hear! Don’t worry...we have you covered, and every step of the way!

Understanding the terminology

Understood what the different sessions mean!

Core run: These are the days when you go out for a “steady state run”. Good for increasing your aerobic capacity and feel good about you and your running! Think about that nice relaxed running form.

Distance ranging from 30 minutes to 60 minutes based on your group and plan

Long run: Traditionally the Sunday run...Ideally off road. A great way to develop aerobic capacity. An easy pace and a fun session! Take in the surroundings!

Distance ranging from 75 minutes to 2 hours based on your group and plan

Progressive: Not as hard as a tempo run (see below) and like your core run, but gradually ramping up the pace. Setting off at “steady state run” but in the second half getting gradually quicker over the last couple of miles (phased increase).

Distance ranging from 40 minutes to 60 minutes based on your group and plan

Interval session: One of the key sessions for all runners all the way to Olympians! Intense bursts of efforts from as short as 200 metre repeats up to 2k/2miles.

These are a prescribed number of runs, with timed recovery in between each. This allows for breathing and heart rate to recover to some extent.

A tough session, which helps to develop raw speed, boost running economy, and fatigue resistance (train the body and mind).

Recovery is an important part of the session. The idea being to break down a distance into shorter segments with rest and prepare the body for race day...Very simply... Imagine doing 6 x 800 metres each week with 3 minutes recovery. Then consider doing the same session each week, but reducing the recovery by 5-10 seconds each week? The body would adapt and improve!

Distance ranging from three to five miles of effort

Tempo Session: Similar to the Progressive Run, but more intense throughout. If race pace for 10k is 100% of your ability/effort, this comes in at 85/90%. A tough session that really boosts your heart and lung capacity (V02 Max)

40-50 minutes of effort

Hill reps: What it says on the tin! Geared to improve strength, aerobic power, pain tolerance and build strength. The hills should NOT be long and steep...Enjoy those on your Long Sunday runs. We want circa 125-175 metres max and an incline that challenges a good fast leg turnover...Driving arms & legs. This is a fast workout & not a slog!! Ideally, as you finish your warmup, add in some faster strides. It will help with hitting the ground running on your hill reps

Circa 1200-1800 metres of effort

Recovery run: While still considered an important part of a schedule, give it some purpose. They do help to bring the legs and body back to life after a hard session...Fatigue and muscle soreness...BUT...Make

sure it is an easy run and think about your technique and running form. A recovery run where you run with poor form and overly tired should not be the case

Distance ranging from 30-45 minutes

Fartlek session (Swedish for speed play): Although this is a mix of core run/tempo run & intervals, there should be an element of fun but a challenging session! As you run, pick out some landmarks...Lamp posts...Landmarks in the countryside etc. No definitive distances but increased efforts during a core run. An example could be a 45/60-minute run, where you throw in six/eight efforts of 30/60/90 seconds/2 minutes! In some respects, these become “stride outs” another important part of training!

Distance ranging from 40-60 minutes

Stride Outs: Built into a session and accelerations of pace (but not sprints), where you build up to 85-90% pace for that distance.

Cross Training

Cross training is simply using other activities to boost your cardiovascular and aerobic systems. These could include going to the gym, cycling, swimming...in fact any physical activity will work...**BUT** remember, these are not intended as hard sessions, so take it easy and enjoy the change of activity.

The benefits are many and include:

- ✚ Prevents overuse injuries
- ✚ Activates other muscle groups
- ✚ Keeps your training fresh!
- ✚ Increases your power and efficiency
- ✚ Allows you to train more without creating excessive fatigue

Palates and yoga, sessions to work your core also are another extra option for runners.

Stretches

We all love running...It gives shape to our bodies and muscle groups. But it does add strain to our quads, hamstrings, calves, etc. Over time, this can create soreness and imbalance.

On our rest days, or cross training days, we can carry out some stretches. In fact, any day!

The rule of thumb is dynamic stretches before you run and static stretches after your run, when your muscles are pliable.

Dynamic stretches activate and loosen up all your leg muscles, preparing you for your run. Dynamic means in motion and examples include:

- ✚ Leg swings while holding on with one hand to a wall
- ✚ Replicating an exaggerated knee lift, bringing your knee towards your chest

- ✚ Lunges: Step forward with one foot until your leg reaches a 90-degree angle. Your rear knee should remain parallel to the ground and your front knee shouldn't go beyond your toes. Lift your front lunging leg to return to the starting position and repeat with either leg.

Static stretching at the end of your run will help to reduce your heart rate, cut your risk of injury and lessen muscle soreness."

[For more information, click here.](#)

Rest Days

Running puts stress on the body and muscles, and they need time to recover. Rather like stretching an elastic band, muscles need time to recover, before we put new stress on them. As our muscle groups get used to the load placed on them, the numbers of rest days reduce...But these and cross training days are still important.

- ✚ Rest days improve our fitness, allowing us to prepare for the next hard session.
- ✚ By having rest, we can train at more intense levels
- ✚ Rest days reduce the likelihood of injuries
- ✚ Rest days allow us to relax and unwind

Rest days help to improve our fitness levels!

Enjoy your running...Enjoy your run at the Wilmslow Running Festival...We would be delighted if you are able to support one of our fabulous charities!

Enjoy your training, and your first plan will be posted to the website ready for June...all that you need to do, is simply put your trainers on!

