

# WINTER TRAINING & TRANSITION TO SUMMER

By Eamonn Martin

# Introduction - PB's

## PB's

- ▣ 1500m 3m 40.54 – aged 24
- ▣ 3000m 7m 40.94 – aged 24
- ▣ 5000m 13m 17.84 – aged 31
- ▣ 10,000m 27m 23.06 – aged 29
- ▣ ½ Marathon 62m 50s – aged 34
- ▣ Marathon 2h 10m 50s - aged 34
- ▣ 5 miles 22m07s – age 32

# Introduction - Achievements

- ▣ English Schools champion 1973 & 1975
- ▣ National Cross Country champion 1988 & 1992
- ▣ UK Cross Country Champion 1988
- ▣ Olympic Trials winner 1984, 1988, 1992
- ▣ 3 times Olympian 1984, 1988, 1992
- ▣ World athletics champs 1983, 1991 / 6 times World XC
- ▣ UK Record holder 10,000m 1988 -1998
- ▣ Grand Prix winner IAAF 5000m 1988
- ▣ Commonwealth Games 10,000m winner 1990
- ▣ European Cup winner 10,000m 1991
- ▣ 1993 London Marathon winner
- ▣ 1995 Chicago Marathon winner
- ▣ 1999 Masters UK record 5 miles 23m 35s

# Longevity

- ▣ 1973 English Schools Cross Country Champion
  - 22 years span
  - Transition from cross country/1500m runner into Marathon runner
- ▣ 1995 Chicago Marathon Champion
  - 1500m runner to 1983
  - 5000m runner to 1988
  - 10,000m runner to 1993
  - Marathon runner 1993-1996
- ▣ 1999 UK masters 5 miles record 23m35s & 12<sup>th</sup> in UK Cross Country Trial

# Typical Weeks Training – winter Pre Christmas - phase 1

am

pm

- |                         |                  |
|-------------------------|------------------|
| Monday – 5 miles        | 28x hill sprints |
| Tuesday – 10 miles      | 10 miles         |
| Wednesday – 5 miles     | 28x hill sprints |
| Thursday – 10 miles     | 10 miles         |
| Friday – 5 miles        | Rest             |
| Saturday – 5/6 x 1 mile | 5 miles          |
| Sunday – 20 miles       |                  |

Total = 110 miles

# Typical Weeks Training – winter Pre Christmas - phase 1 - Principals

- ▣ High mileage no racing (endurance phase – develop base) increase mileage gradually but weekly October – December – no need to rush
- ▣ Strength/resistance training – hills – high volume and high number increasing throughout October- December. (start with 10 hills and build up to 28 over 3 months)
- ▣ No racing – allows full benefit of training base to take effect (ie no easing up/ plenty of stretching/reduced stress/reduced injury/reduced illness)
  - Note: This would be key phase for weights/core work

# Typical Weeks Training – winter January – March phase 2

am

pm

- |                     |   |
|---------------------|---|
| Monday – 5 miles    | 28x hill sprints                                    |
| Tuesday – 10 miles  | 10 miles  |
| Wednesday – 5 miles | 20x400m (200 jog in 60s)<br>8x 1k (2 mins recovery) |
| Thursday – 10 miles | 10 miles  |
| Friday – 5 miles    | Rest  |
| Saturday – 8x 3mins | 5 miles   |
| Sunday – 20 miles   |   |

Total = 112 miles

# Typical Weeks Training – winter January – March phase 2 - principals

- ▣ Maintain high mileage but no increases required as base should now be established and more sessions introduced which will stress the body more.
- ▣ Hills – no increase in number but objective is to improve quality of hills to get maximum benefit.
- ▣ Bring in extra session where the emphasis is on sustained running at good pace – all based on endurance 20x 400m 8 x 1Km 5/6 x 1 mile etc. This will assist with this change to racing phase (physical and mental demand)
- ▣ Race! Start to race sometimes consecutive races have more benefit than spreading them too thinly!
  - Note: remember this is a means to an end product in the summer!

# Typical day training (1)

- ▣ 7.00am wake -30 mins stretching + sit ups/press ups
- ▣ 7.45 - Run 1 hour over the woods where I live
- ▣ 9.00 am breakfast
- ▣ 9.30 – leave for work
- ▣ 9.45 -15.15 work
- ▣ 16.15 - stretch for 15 mins
- ▣ 16.30 – run for 1 hour
- ▣ 18.30 - dinner

# Typical day training (2)

- ▣ 7.00am wake -45 mins stretching + sit ups/press ups
- ▣ 7.45 - Run 30mins over the woods where I live
- ▣ 9.00 am breakfast
- ▣ 9.30 – leave for work
- ▣ 9.45 -15.15 work
- ▣ 16.00 - eat snack and then sleep for 1-1.5 hours
- ▣ 19.00 – training session with club
- ▣ 21.15 - dinner

# Post Christmas winter January phase 2 (racing phase)

- ▣ How many of you have the rest of your winter races planned to the end of March?



# Post Christmas winter January phase 2 (racing phase)

- ▣ Races would typically be as follows:
  - January – 3 races on consecutive weekends – should feel improvement from race to race.
  - Followed by a further 3 weeks training phase – should go into this next training phase with a lift and improvement from races
  - Then 2 weekends of further racing before the Cross Country trials – these can be separated if preferred (5 races total between Jan – Mar)
  - Include indoor - do not dramatically change training
- ▣ Target - Early March - UK Cross Country Trial
- ▣ Target - World Cross Country – end of March

# Spring phase April – mid May

- ▣ Still requires good mileage but it can afford to drop slightly – I usually drop my Sunday run from 20 miles to 12 miles but keep my other runs the same
- ▣ Hills are removed to allow the speed to come through slowly.
- ▣ Track sessions should now be fully introduced to 2 or 3 per week depending on your preference
- ▣ 1 track session per week should be focussed on speeding up but no real very fast speed work necessary
- ▣ Race – roads/road relays/early track races all are okay at this stage (personally I would leave track races until May)
  - Note: Important phase for massage due to the change to a more speed emphasis.

# Typical Weeks Training – Spring April- mid May

am

pm

▣ Monday – 5 miles

20x400m (200 jog in 60s)

8x 1k (2 mins recovery)

▣ Tuesday – 10 miles

10 miles

▣ Wednesday - 5 miles

5/6 x 800m

▣ Thursday – 10 miles

10 miles

▣ Friday – 5 miles

Rest

▣ Saturday – 8x 3mins

5 miles

▣ Sunday – 12 miles

Total = 96 miles

# Track sessions – race simulation

- ▣ Typically some track session must simulate the physical and mental stresses exerted by the event, as follows:
- ▣ 5km training:
  - 5x 1km running inside race target time. 13m 20s = 2m40s/1km I used to run them in 2m 35/36 about 13min 5000m pace (2 mins recovery)
  - 12x400m in 60-61s = 12m 42s pace for 5km (30 secs recovery)
- ▣ 10km training:
  - 10x 1km same as above but target 2m40s = 26m 20s 10km pace
  - 20x400m in 61s with 200m jog in 60 secs = 25m 25s pace.
  - Quite simply you have to overstress your body especially when you consider you are having recovery periods built in to the session.
  - Trying to run 3mins/Km in training will not get you to 29 mins

# Attitude v Altitude?

- ▣ How many of you have been to altitude training?



# Attitude v Altitude?

- ▣ Get the maximum out of yourself before going to altitude!
- ▣ Altitude is not the 'magic wand' it will not make an average runner great
- ▣ There is lots of evidence showing the benefits of altitude – but there is even more information hidden away where it didn't work!
- ▣ It is the icing on the cake but physiologically it can create other problems!
- ▣ Going to altitude may not always be on 'tap' at crucial times.
- ▣ Surely altitude during winter phase 1 is best?

# Attitude v Altitude?

- ▣ Personally I never went altitude training.
- ▣ In 1988 when on my debut at 10,000m I ran 27m 23.06 s (a new UK record) it was the 4<sup>th</sup> fastest time in history! Could I have gone faster?
- ▣ Why I never went altitude training:
  - I had a really good support team around me including Osteopath, Physio, coach, close running colleagues/training partners, family, **ROUTINE**

# Questions?

