

KEY TRAINING POINTS



PURDUE
PERFORMANCE 
running for you



BEGINNER KEY POINTS

With any new client that is looking to start running and enter a training plan it is important to make sure their plan starts relaxed and builds in a controlled way suited to them as an individual. Better to add an extra training week into their plan if unsure rather than rush their progression

Advising your client to stick to the treadmill or a flat running route will allow them to control the pace on their runs better. Hilly runs for a beginner can be very tough.

Its ok for the start of a beginner's plan to be mixed run and walks. For example, 5min running – 2min walk x 3set. This is a great way of progressing a client's volume and also confidence. Always better to start a client a little more reserved than risk setting too much the first week.

Most clients are balancing work and life commitments with their training and running, important if they miss a run or even a week's training you let them know this is totally ok. This reassurance goes along way with a client's confidence.

-It can often be best when a client is starting to run that you set their runs and first training programme to time over distance. As an example, setting a 30min run over a 5km run. It can seem less daunting to a new athlete time-based run.

Simple techniques like running to music, running with a friend or even planning their running route ahead of going out can all make runs more enjoyable and achievable.

All new clients in a training plan will experience good runs and bad runs. Heavy legged runs will certainly occur as their running volume increases. Important to let them know this is totally ok and normal when training.

Rest days are very important so your client can re charge and fully recover ahead of their next run.

Planning a weekly routine, they try to stick to can really help the client get into a good groove with their running.

Sticking to the rule of consistency with any plan around 80% will help manage client's injury prevention and allow them to progress in a consistent way.

If for example you have a client in an 8-week training plan to run 10km, if you feel 5/6 weeks, they are slightly behind it is totally ok to push the 10km back a few weeks and add an extra 2 weeks to their plan, so they are ready to rock.

INTERMEDIATE KEY POINTS

Even more important at this stage to carry out a detailed fact find on the client to get a break down on running history, current running and running goals. This will allow you to break down their running into planning, like they are used to running to Mph over Kmph

Even though an athlete may be experienced it is still important to focus on running weeks at 80% so they can really get into a good training block of consistency. This consistency will be the key to the client pushing fitness.

When planning for a race it is always good to have an A and B target. This helps manage the client's expectations well.

In an 8 / 10-week training block it is key to plan in a down week where the client backs off faster running and the normal volume. This easier week is great for letting the athlete mentally and physically recharge ahead of the final half of the training block. Often after this down week you will see the clients progress even more.

It can be a good gauge to use the same interval session on the 1st week and then perhaps the 5th week of the training block, this repeat can be used as a test of fitness. It is great for the client to see their times progress; this will then give them a good confident boost. Important to set the 2nd session at a stage in the training block when you feel they are ready.

The simple saying of 'Trust the process' is good to let your clients know on weeks when they may be feeling tired. Progress doesn't happen overnight and staying focused on these weeks is important.

Good race planning, as an example if your client is running a Marathon, it would be advised and a good idea that around 4 weeks out from the Marathon they taper off for a week and race a Half Marathon. This will allow them to get some race practise in but also give them a great training benefit heading into the Marathon. This can be applied to with the 10km and 5km, racing a few weeks from the main target race.

Important for performance and recovery that you client stays well hydrated pre- and post-training. Even a slight percentage of being dehydrated can cause a dip in performance and also slow recovery.

As your clients increase their endurance long run it becomes more and more important that they fuel well ahead of the run. From a good dinner the night before and a good breakfast ahead of the long run, both very important for good fuelling levels and keeping a higher level of energy during their run.

ATHLETE PACE CHART

Below we have attached a pace specific pace chart. This chart is key for being able to convert your clients paces from MPH and KMPH. You can also use the chart to break down your client's goal race times and then specifically set accurate interval sessions set to race paces. Also great for formatting and understanding the pacing on treadmills.

TREDMILL KILOMETERS PER HOUR	TREDMILL MILES PER HOUR	MINUTES PER KILOMETER	MINUTES PER MILE	5K	10K	HALF MARATHON	MARATHON
8.00kph	4.97mph	07:30	12:04	00:37:30	01:15:00	02:38:15	05:16:30
8.50kph	5.28mph	07:04	11:22	00:35:17	01:10:35	02:28:56	04:57:52
9.00kph	5.59mph	06:40	10:44	00:33:20	01:06:40	02:20:40	04:41:20
9.50kph	5.90mph	06:19	10:10	00:31:34	01:03:09	02:13:15	04:26:31
10.00kph	6.21mph	06:00	09:40	00:30:00	01:00:00	02:06:36	04:13:12
10.50kph	6.52mph	05:43	09:12	00:28:34	00:57:08	02:00:34	04:01:08
11.00kph	6.84mph	05:27	08:47	00:27:16	00:54:32	01:55:05	03:50:10
11.50kph	7.15mph	05:13	08:24	00:26:05	00:52:10	01:50:05	03:40:10
12.00kph	7.46mph	05:00	08:03	00:25:00	00:50:00	01:45:30	03:31:00
12.50kph	7.77mph	04:48	07:43	00:24:00	00:48:00	01:41:16	03:22:33
13.00kph	8.08mph	04:37	07:26	00:23:04	00:46:09	01:37:23	03:14:46
13.50kph	8.39mph	04:26	07:09	00:22:13	00:44:26	01:33:46	03:07:33
14.00kph	8.70mph	04:17	06:54	00:21:25	00:42:51	01:30:25	03:00:51
14.50kph	9.01mph	04:08	06:40	00:20:41	00:41:22	01:27:18	02:54:37
15.00kph	9.32mph	04:00	06:26	00:20:00	00:40:00	01:24:24	02:48:48
15.50kph	9.63mph	03:52	06:14	00:19:21	00:38:42	01:21:40	02:43:21
16.00kph	9.94mph	03:45	06:02	00:18:45	00:37:30	01:19:07	02:38:15
16.50kph	10.25mph	03:38	05:51	00:18:10	00:36:21	01:16:43	02:33:27
17.00kph	10.56mph	03:32	05:41	00:17:38	00:35:17	01:14:28	02:28:56
17.50kph	10.87mph	03:26	05:31	00:17:08	00:34:17	01:12:20	02:24:41
18.00kph	11.18mph	03:20	05:22	00:16:40	00:33:20	01:10:20	02:20:40
18.50kph	11.50mph	03:14	05:13	00:16:12	00:32:25	01:08:26	02:16:51
19.00kph	11.81mph	03:10	05:05	00:15:47	00:31:34	01:06:37	02:13:15