**Key points from Bud Baldaros talk – June23rd 2014**

**Intro**

* Key factors to fitness
  + Aerobic foundation base
    - Based on Arthur Lydiard
  + Speed from strength
  + Running economy
    - Running
    - Drills
    - Strength and conditioning
* Key aspects of training
  + Long slow distance
  + Tempo
  + Reps/intervals
  + Volume of sessions/comfort zone
* Targets
  + Plan – work backwards e.g. B’ham half is Oct 19th – 17 weeks away

**Q&A session (mostly ½ marathon focus) – key points**

* Long run
  + Keep interesting
  + Stay off-road if possible
  + For ½ marathon go over distance 4-5 times, run 90 mins
* Tempo
  + Upto 6-8 miles for ½ marathon training
* ½ marathon typical session2
  + 4 miles at ½ pace, 5x1km at 10km pace (short recovery), 4 miles at ½ pace
    - Replaces typical long run every 2-3 weeks
    - Recover after for a few days
  + For a 1.30 target – 4-6 x 1mile (or 7 mins) with a short recovery
  + Be ambitious!
* Marathon typical session
  + 5 miles at marathon pace, 6 miles at ½ marathon pace, 5 miles at marathon pace
* 5k typical session
  + 3 x 1m, long recovery
  + Strides after each effort session (75-80% effort)
* Beginner to ½ marathon
  + Key is to make it fun
* Long run
  + Run 8-9 miles easy, ending at a grass track, time yourself running the next 3 miles round the track at race pace
* Mental attitude
  + You choose to run!
  + Use mantras, counting, keep a relaxed rhythm
  + Always run first couple of miles in race slow – stay relaxed
* Typical hills session
  + 3 miles tempo, 10 x hills, 3 miles tempo
  + Use steady inclines, not steep fells
* Cross training – can you swap cycling for steady runs?
  + Yes, but keep doing your long run, tempo and reps
* Always know what you want from a session
* Build up the pace in your reps until you’re running faster than your target race pace
* Targeting a race
  + Keep a reserve race just in case you have to miss your target
  + Plan build up race e.g. 5k 4 weeks before, 10k 2 weeks before
  + Include parkruns in the middle of your runs
  + Race every 2-3 weeks
  + Enjoy!
* Minimum mileage for a ½ marathon schedule = 20 miles
* 4 x weekly schedule
  + 1 long run 6-7 miles
  + 1 tempo 2 x 5mins, building up to more
  + 1 reps
  + 1 recovery run
* 5 x weekly for a sub 1.30 ½
  + Use the training for de-stressing
  + Fit it around your life
* Pre-race nutrition
  + Normal eating including carbs, proteins and fats
  + Keep hydrated, not just water, use electrolyte drinks e.g. Gatorade
  + Night before – more carbs, less protein
  + Breakfast – coffee helps focus
* 95 mins worth of glycogen in the body – metabolising fat takes up oxygen
* Long runs get your body used to using glycogen
* Do some long runs with just a glass of water before, and some with your practice fuel
* Practice your race morning in training
* Sub 2 hours ½ marathon
  + Steady run = 10 min/mile
  + 15-20 mins slow, 2 x 1 mile faster (e.g. 9 min/mile) – build up to 3 miles, or 6 x ½ mile
* Be disciplined at the start of a race
* You may run the downhills slightly faster but not too much or you’ll run out of fuel
* Negative splits are ideal
* Get your ½ marathon pace from your 10 km times
  + Double plus a good cushion
* Strength & conditioning
  + 2-3 times per week
  + 10-15 mins whilst watching tv
* Yoga and pilates are good
* Hitting the wall during your race
  + Replace your glycogen
  + Get your pace right
  + Try and keep relaxed
* After your ½ marathon try stepping down the distance
  + Can run another ½ in 4-5 weeks depending on how hard you’ve run
* Taper week
  + Keep same number of sessions but reduce volume
* Charlie Spedding book “From last to first”