**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”