

THE TEES BARRAGE 10K BASIC TRAINING GUIDE

The Tees Barrage 10K Basic Training Guide is just that, a Basic Guide. Its aim, to assist those people with little or no running experience, prepare for the Barrage 10K race on bank holiday Monday 5th May 2008

The one thing every one contemplating taking up running have in common is that they must start somewhere. Once you have your start point and a plan of action then the road ahead becomes that much clearer. With out a plan you will not realise your true potential.

Some will devise their own Training Programme. Some will seek out advice from friends. Others will buy magazines or books in search of assistance. Many of these avenues will help in one form or another.

It's very easy to write a Training Programme for a given Time Goal. The quality and quantity of the programme will alter as times come down and expectations rise.

Over the following sections we will guide you through a training programme, similar to a road map, leading you to May 2008. We will offer advise on injuries, running shoes and apparel and other issues relating to your 10K race.

On your marks get set go.....

Where to start?

Before we actually start our training we need to ensure that we have the correct equipment. For those who have not taken part in anything physically challenging for some time, you may consider a visit to your Doctors for a once over.

One of the biggest mistakes people make when taking up running is that they don't have the right running shoes; this is the cause of so many unnecessary injuries. Modern technology has taken running shoes to a higher level, making the constant pounding on joints less stressful.

Your present shoes may look fine on the outside, it's the composition of the structure you can't see that could be the cause of a little injury niggles you start to notice. Shoes have a life span which is determined by a number of factors, the wearers weight, amount of miles run in them, whether they over-pronate or over-supinate.

Over-pronation is when the runner rolls excessively to the *inside*, particularly in the forefoot. This can be determined by looking at the wear on the inside of the heel but more importantly wear on the inside of the forefoot.

Over-supination is identified by excessive wear to the *outside* of the sole but little wear elsewhere.

I recently made enquiries regarding local retailers who have trained staff to advise on foot issues, I was surprised to find the nearest one was Start Fitness, who operate from their main branch situated in Eldon Square, Newcastle. (Tel 0870 759 8803) Having spoken to one of their Managers, Pat Robinson I was encouraged to hear that they not only have trained foot technicians but also a physiotherapist working from this shop on weekdays. Pat informed me that they get a number of Teesside athletes travelling up their for advise.

When purchasing a pair of running shoes you will find that sizes fluctuate. Always make sure that you have the width of your thumb between your toes and the front of the shoe, this will prevent blisters and allow your foot to move inside the shoe. Generally speaking you should expect to pay between £55 and £120 for a pair of quality running shoes, Nike, Reebok, Adidas. Look out for end of line sales; you can save a lot of money

Training for the Barrage 10K will take place throughout the winter & spring so we could expect fluctuating temperatures. On cooler days, lycra track suit bottoms are beneficial. As you move into colder weather, add a fleece or wet top to your wardrobe. Body heat is lost through the top of your head; a woolly hat or baseball cap helps. Thin socks will help prevent blisters. As things warm up, runners will train in a vest/t-shirt and shorts.

www.startfitness.co.uk

Starting:

We have a “Catch Twenty Two” situation. To get fit we need to get fit. Many people having decided to take up running, go out of their front door on that first training run set off down the road on a wave of adrenalin at too fast a pace, if they are lucky they may cover two to three hundred yards before their body complains.

Before we undertake any type of serious training lets look at ways of making that initial training just a little easier.

There are two ways to approach this problem. Firstly we can provide a pre- training programme for those who are really unfit, based on brisk walking. Secondly we can draw up a schedule that provides very easy, jogging training sessions, gradually building up the distance. You must decide on which programme to select. Don't be afraid to go for the first option, in the long term you may applaud that decision.

Pre-training, training:

Brisk walking is the easiest way to build up your initial basic fitness. Most people drive or at least have access to a car. Map out a circuit of a mile preferably flat, from home. Having obtained a good pair of training shoes go out around your circuit for the first time. Select four points approximately 400 meters apart from which you can gauge how far you have walked. This will assist you in those early days. Select a pace that you feel comfortable with. There are no prizes for over doing things, just sore legs. Walk briskly around your course but do not be afraid to slow down should you feel discomfort.

After two weeks increase your distance to two miles for a further two weeks. Add short jogging sections of approximately 400 meters, perhaps two in every mile. Now you should be starting to feel the benefit of your first months training. From this point you can, should you wish, move onto the actual training programme for running (1 below).

Fit to run:

At this point the pre-running group has married up with those who already had the necessary basic fitness level to undergo a more serious programme.

13-WEEK TRAINING SCHEDULE 1

(For those who have already had 4 weeks of brisk walking/jogging)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1m	0	1m	0	1m	0	1m
2	1m	0	1m	0	1m	0	2m
3	1m	0	1m	0	1m	0	2m
4	1m	0	2m	0	1m	0	2m
5	1m	0	2m	0	2m	0	2m
6	2m	0	2m	0	2m	0	3m
7	2m	0	2m	0	2m	0	3m
8	2m	0	3m	0	3m	0	3m
9	3m	0	3m	0	3m	0	4m
10	3m	0	4m	0	3m	0	4m
11	3m	0	4m	0	4m	0	5m
12	4m	0	5m	0	5m	0	4m
13	4m	0	3m	0	2m	0	10K Race

In the early stages please don't be afraid to take walking breaks during your training sessions.

17-WEEK TRAINING SCHEDULE 2

(For those who have been jogging for a period of time)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1m	0	1m	0	2m	0	2m
2	1m	0	2m	0	2m	0	2m
3	2m	0	2m	0	2m	0	3m
4	2m	0	2m	0	2m	0	3m
5	2m	0	3m	0	2m	0	3m
6	2m	0	3m	0	3m	0	4m
7	3m	0	4m	0	3m	0	4m
8	3m	0	4m	0	4m	0	4m
9	3m	0	4m	0	4m	0	5m
10	4m	0	5m	0	4m	0	5m
11	4m	0	5m	0	5m	0	5m
12	5m	0	6m	0	5m	0	6m
13	5m	0	6m	0	6m	0	6m
14	6m	0	6m	0	6m	0	6m
15	6m	0	6m	0	6m	0	7m
16	6m	0	6m	0	6m	0	5m
17	4m	0	3m	0	1m	0	10K Race

That one 7-mile run will allow your body to experience the reality of running a little over your intended race distance, it will also give you an indication of how you will expect to feel on the 2nd October. Remember, speed does not have a part to play in the above schedules, just go out and run at a pace you feel comfortable with, if in doubt, slow down.

PACE CHART

Time/Mile	5k	5m	10k	Time/Mile	5k	5m	10k
5:00	15:32	25:00	31:04	5:10	16:03	25:50	32:06
5:20	16:34	26:40	33:08	5:30	17:05	27:30	34:10
5:40	17:36	28:20	35:12	5:50	18:07	29:10	36:14
6:00	18:39	30:00	37:17	6:10	19:10	30:50	38:19
6:20	19:41	31:40	39:22	6:30	20:12	32:30	40:24
6:40	20:43	33:20	41:26	6:50	21:14	34:10	42:28
7:00	21:45	35:00	43:30	7:10	22:16	35:50	44:32
7:20	22:47	36:40	45:34	7:30	23:18	37:30	46:36
7:40	23:49	38:20	47:38	7:50	24:20	39:10	48:40
8:00	24:51	40:00	49:42	8:10	25:22	40:50	50:44
8:20	25:53	41:40	51:46	8:30	26:24	42:30	52:48
8:40	26:55	43:20	53:50	8:50	27:26	44:10	54:52
9:00	27:57	45:00	55:54	9:10	28:28	45:50	56:56
9:20	28:59	46:40	57:58	9:30	29:30	47:30	59:00
9:40	30:01	48:20	60:02	9:50	30:32	49:10	61:04

The above Pace Chart gives split times working on the premise that the individual is running at a constant speed. It does not take into account natural fatigue, which affects most runners in the latter stages of a race. The reality is that to achieve the above times you need to be running well within your own capabilities through out.

Stretching:

My good buddy and running partner Sid Rudd is like Jiminy Cricket, I often hear him saying that I should practice what I preach. When it comes to stretching I can't argue with him, as a former steeple chaser, I hated all the stretching.

Statistics indicate that stretching is the third most common causes of injury! So, why do it?

The principles of stretching:

Do it on a regular basis:

If you have not done any stretching before or for a long time, be patient, don't expect to become supple over night. Start by stretching on the days you train (for those who do not train every day)

Don't bounce:

Bouncing is perhaps best described as a rocking movement; this tends to cause the muscles to tighten by way of the body's automatic defence against potential injury

Don't compete:

When a group of people get together inevitably there is a competitive atmosphere, avoid this at all cost, stay focused on your own routine.

When to stretch:

In this instance, prior to your training session or race but **ONLY** when you have warmed up. Generally speaking athletes will have a pre-race routine that they go through before every race, you could adopt this same principle.

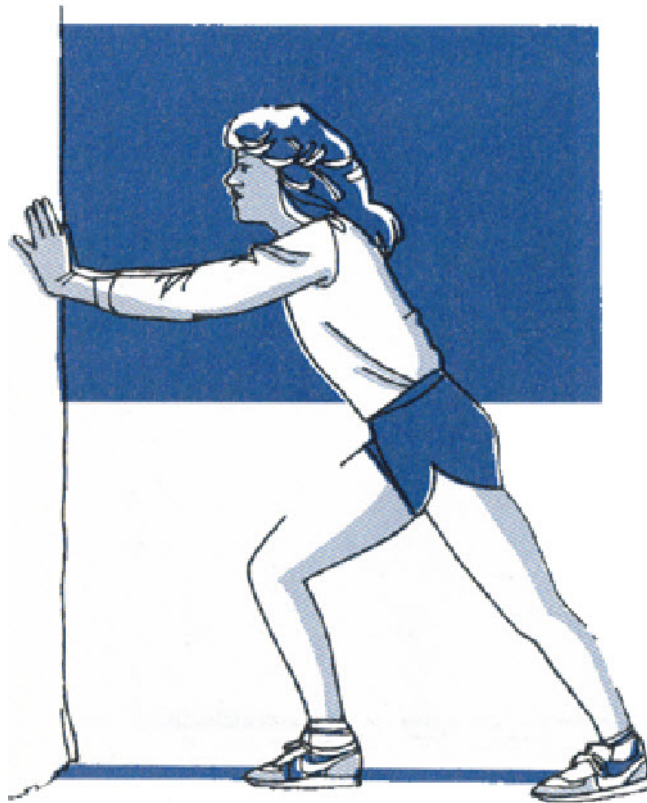
A gentle jog warm up, this could vary from 400 meters to two miles, depending on the level you are at. This warms up the muscles and makes them more pliable.

Then start gentle stretching, **NEVER** try and force that extra inch, let it come naturally.

As you stretch out a particular muscle, once you feel the tension, hold it there for a count of 10, release, ease back, and then repeat. You will notice that each extension will automatically extend the range of the stretch. Three extensions of each muscle is good.

Four runners stretching exercises:

Fig 1



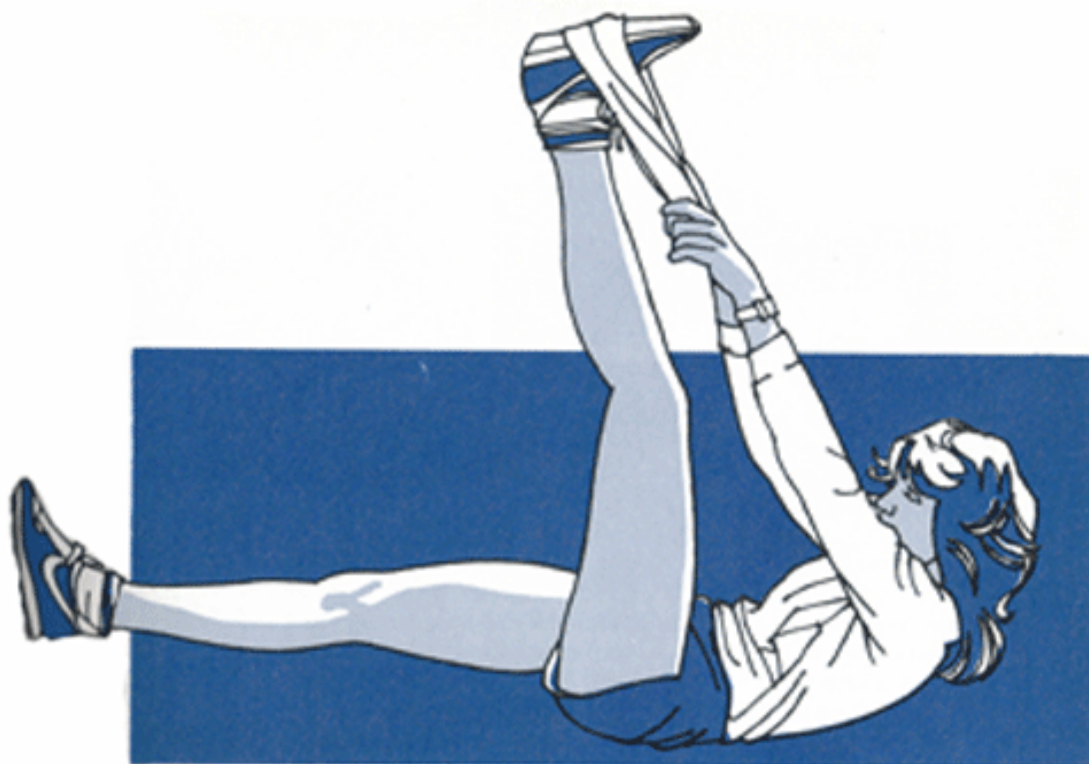
Calf (Back of lower leg below the knee)

Stand facing a wall, rest your hands on the wall, extend your back leg and extend the front leg bending the knee. Gradually support your body weight on the back leg, keeping it slightly bent. This stretches the upper calf muscle.

Achilles

Adopting the same stance, bend the knee of the back leg more, creating a stretch, this, stretches the Achilles tendon and lower calf muscle. Carry out these exercises with both legs.

Fig 3



Hamstrings

Athletes adopt a number of ways to stretch this muscle but perhaps the safest and easiest is achieved by lying on your back, keeping the leg you are not stretching, *flat* on the floor. Take a towel, twist it around, then hang it over the middle of the foot, of the leg you are stretching. Keep the leg straight and gently pull the towel towards you, this gradually stretches the hamstring and you have complete control of how far each stretch goes.

Fig 4



Lower backstretch:

Take up a position between a doorframe or other support, adopt a squatting pose, making sure the lower back is curved, neck and back relaxed. Allow your head to drop forward to a resting position on your chest, keeping your heel on the ground. Using your handgrip for balance, ease your curved body forward.

WARNING ABOUT STRETCHING

A lot of people come back from their run and immediately start stretching. Consider this, you have picked up a little injury during your run, which as yet hasn't shown itself. When you stretch you are compounding the problem. Never try to stretch out a tight muscle.

Injuries:

Injuries are a part of every sport and running is no exception. Some are avoidable others are not. Some times it's not until we have finished our training run and perhaps had a shower or bath that we start to feel soreness around a particular area. Other times we are aware of a problem as soon as it happens. Injuries should never be ignored. Even the slightest problem can at times deteriorate resulting in lost training days.

Most people don't have access to a Physiotherapist. Having said that, most Hospitals now have a Sports Injury Clinic. The James Cook Hospital in Middlesbrough has a very good Sports Injuries Clinic (01642) 282596.

At the first sign of a problem give them a ring. Even if it's just to be told that there is nothing to worry about. Usually the first question most runners ask their physiotherapist is 'When can I start training?'

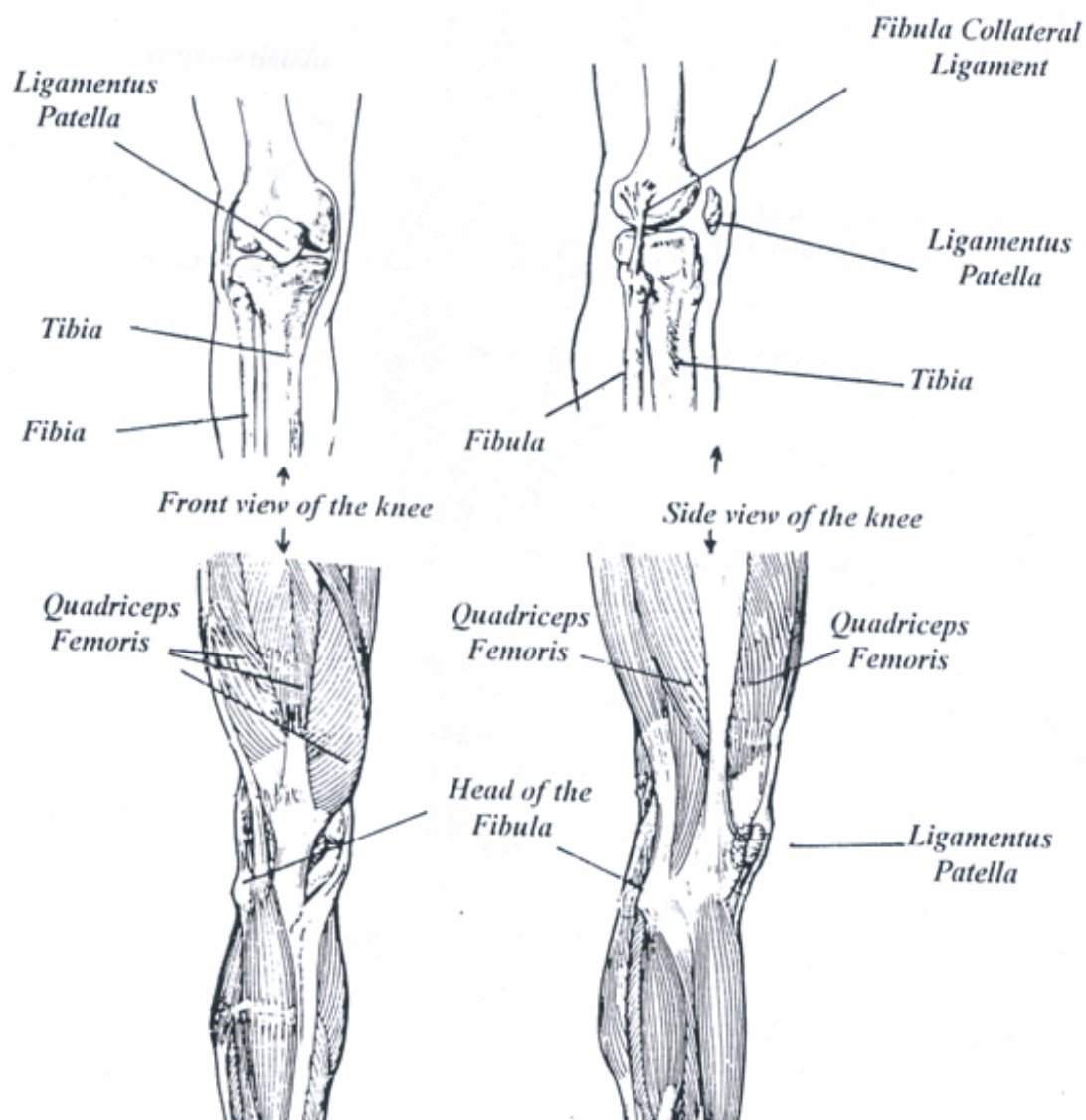
Even before we arrive at that situation there is some self-help. If you are out training and you encounter an injury problem stop and assess the situation. If necessary locate a telephone and make a reverse charge call home. Even if you are in the back and beyond if you explain your problem to a householder I'm sure that they will allow you to use their telephone.

If you are close to home or if the problem doesn't appear to be too serious, walk slowly home taking the shortest route. Once there apply ice or even a packet of frozen peas to the seat of the painful area. This simple action could prevent a lengthy lay off. Never apply heat to an injury at this stage. This only promotes the bleeding effect within the site of the injury. Ice reverses this effect stemming the blood flow.

Some problems can clear up very quickly but I would always recommend that you seek advice.

I cannot stress enough the large part worn running shoes can play in causing injuries. From you're back down to your ankle. Another common factor with injuries is running in the gutter or road edge, which has an adverse camber. We all do it at some time even when we race. Be aware of the road surface and where possible ensure that you run on the flat part. Most footpaths are flat and don't have a camber so it's safer to run on them. Remember, prevention is better than cure.

Knee problems:



One of the most common running injuries, unlike the multi directional ball and socket constructed hip joint; the knee is a one directional hinge joint. Four bones converge on the knee held in place primarily by ligaments on either side, secondary by connective tissue over the front of the knee. It follows then that if pressure is placed upon the knee against it's normal range of movement; it could and often does result in injury.

Main causes of knee problems:

- Worn running shoes
- Inadequate cushion, mainly found in cheap running shoes
- Sudden increase in mileage
- Too high a mileage
- Running over very uneven terrain
- Adverse road camber

Treatment:

Apply ice to the site of the injury.

If you are unable to seek expert advice at the time, apply ice twice more during the course of that day. Ten minutes on ten minutes off for a period of thirty minutes.

Do not run for at least three days, or at least until you have obtained advice. This will allow the healing process to start. Take longer if it's a serious injury.

When you start training again take things very easy. Jogging slowly, no more than a couple of miles. Wait to see what, if any reaction there is the following day.

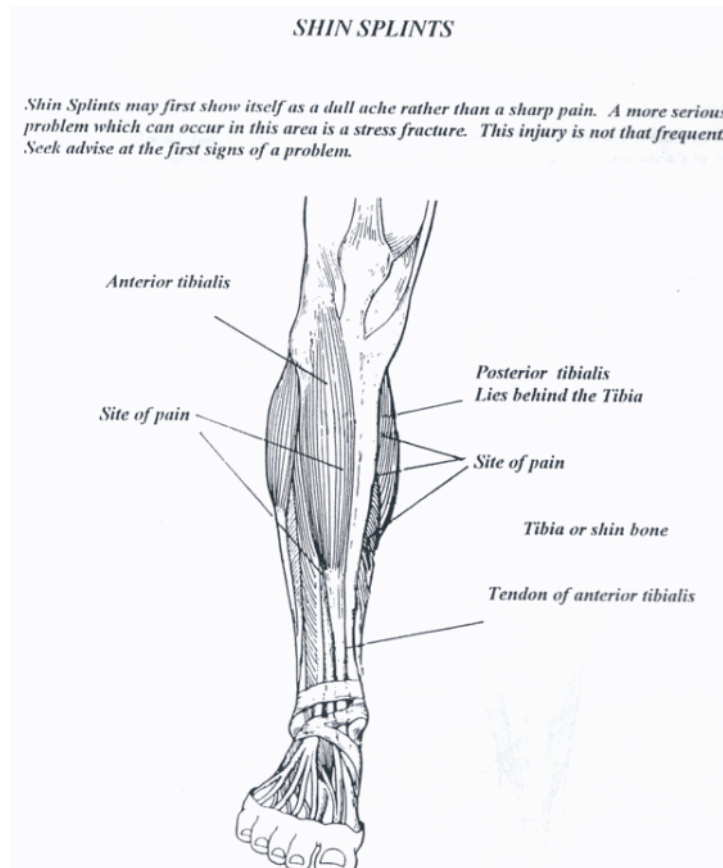
Even if there is no reaction and you start training again, I would advise icing the site of the injury after each run, for the next three days. This will help prevent a recurrence of the problem.

Achilles tendon:

The strongest tendon in the human body, it attaches itself to the back of the heel bone. As it rises it becomes thinner behind the ankle. As it attaches to the calf muscle it again spreads out. One of the signs indicating an Achilles problem is difficulty walking down stairs the normal way. It's easier to walk down backwards.

By the very nature of the fact that runners put stress on this point, micro tears are caused but they quickly heal. Again ice is the answer once you realise that you have a problem. Rest is essential to aid recovery otherwise it will become inflamed and prolong your loss of training.

Shin splints:



This is one of those injuries that are more an ache than a pain. As your foot strikes the ground you feel it at the side of your Tibia and Fibia the bones that run down the front of your lower leg. Occasionally it can be a more serious, stress fracture, a problem more associated to sprinters. Shin splints can linger on and on. It can also clear up quickly. Seek advice as soon as possible.

Discomfort behind the knee:

This can be a sign of over striding, when you reach out further than you should with your lower leg. You are in fact moving out of the efficient range of motion. Remember the hinge joint. It's carrying all your weight as you strike the ground. If you are over striding, then it places a greater load on a weak area.

As your main running muscles become tired they can't give your knee any protection. Running down hill and running faster than normal can both bring on this problem? When running fast, as in your speed sessions be aware of your stride length. A slight bend in the knee joint will also help. Do not stretch the tendons behind the knee. If you feel an injury coming on reach for the ice.

Modern medicine can help injury problems. Anti-inflammatory drugs (Prescription only Diclofenac) speed recovery. However, as with any form of medication there can be side effects. This being the case you should consult your Doctor and change the medication. To avoid unnecessary stomach upset anti-inflammatory drugs should be taken with food.

Hamstrings:

The hamstring runs down the back of your leg. Like any muscular fiber it can be stretched. It can also be over stretched. That's when trouble arrives. Sprinters are prone to this injury more so than distance runners, however this doesn't preclude marathon runners. Over, stretch at your peril.

Over striding and down hill running go hand in hand. Add cold weather and look out hamstring. It isn't as pliable in the cold as it is in warmer conditions. That's a very good reason for wearing tracksuit bottoms when you train in winter. Another cause of problems is lifting your foot too high behind you. Treatment, yes you've got it, ice.

The repertory system:

When I describe the repertory system to people I liken it to central heating. A central heating system has a pump we call it a heart. The repertory system has pipes; we call them ventricles, veins and arteries. A central heating system pumps water around, we pump blood.

As we carry out our daily lives we take our oxygen supply for granted. When we undertake exercise, one of the most noticeable changes is our breathing, it becomes quicker, the more strenuous the exercise, the harder we breath.

The repertory system is the body's system responsible for breathing. It includes the lungs and a series of tubes and passages that allow air into and out of the body. The respiratory system helps sustain life by bringing oxygen, essential for life, to the body's cells, while at the same time getting rid of carbon dioxide, a waste product.

The respiratory system is divided into two parts:

Upper respiratory tract. This includes the nose and throat (pharynx)

Lower respiratory tract. This includes voice box (larynx) and the windpipe (trachea) bronchi and lungs.

During respiration, three gases are exchanged between the atmosphere and the body: oxygen, carbon dioxide and nitrogen. The respiratory system combines with the circulatory system (the

heart and blood vessels) help deliver life-giving oxygen to the cells of the body. There are three primary functions of the respiratory system:

To bring oxygen into the body when a person inhales

To eliminate carbon dioxide from the body when a person exhales

To help maintain body fluids at a stable acid-base balance

Lactic acid is a waste product and one of the runners' worst enemies, it pools in the extremities of the body during exercise. As we start to experience fatigue during exercise, it is in the main due to the fact that the heart (pump) can't deliver oxygen at the higher level required, the body gradually succumbs to the waste products it is generating.

As we take more exercise the heart, which is basically a muscle, gets stronger, pumps slower but with a greater stroke/volume therefore more oxygen is circulated around the body in the blood. Our exercise threshold is increased, as is our ability to run for longer periods. This can be confirmed as our pulse rate at rest is reduced. We never use the full capacity of our lungs, yet so many runners 'pant' rather than breathe as they run this in turn promotes the build up of waste products. As we run we should be aware of the importance of filling our lungs with oxygen and flushing out our system.

Modern medical techniques allow Doctors to monitor and evaluate the changes in athletes' bodily systems. This allows Elite athletes to push their bodies beyond existing barriers, that's how world records are broken.

A number of years ago I spent a day at the Heaton Heart Hospital, Newcastle, while Doctors carried out various tests, the results showed just how much my body had benefited from running and it brought home to me just how beneficial fitness is to us

You don't have to be an Elite athlete to reap the rewards of your labour any exercise is good.

Food for athletes:

Imagine trying to drive your car without fuel, it wouldn't go. Sports people are much the same; they too require fuel, in this case, food.

The 1970 Commonwealth Games were staged in Edinburgh, the defending marathon champion Morpeth Harrier, Jim Alder, representing Scotland. Geronimo Jim, as he was affectionately known was unable to stay with another of Britain's, marathon greats, Ron Hill who went through the 10K point in 29.24 (2h 04m marathon pace). In Jim's own words, he was flying I couldn't go with him. They took the gold and silver medals, running times of 2 hours 9 minutes and 2 hours 10 minutes.

Jim and Ron are characters; Ron introduced the string vest, shorts with a spit up the side and perhaps his best innovation, the 'Bleed Out' diet.

During the week leading up to a marathon Ron would not eat any carbohydrates for a four-day period, protein only. Then for the next three days he would bulk up on carbohydrates. During the initial four days he would continue to train, which without a power source, wasn't easy. The effect on race day was what Jim experienced, Ron in flying mode. Athletes around the world have experimented with this diet; it does not work for everyone.

I digress yet again but for a purpose, the Tees Barrage 10K is not 26.2 mile marathon but you still need to understand that your body requires fuel. The body can only cope with so much carbohydrate then it turns to fat, it also needs protein.

Unless you are a professional athlete, you will hold down a job, have other interests, perhaps a family, all these facts need to be taken into consideration. Meal times will be structured to your life style, but what you eat is down to you.

Carbohydrates:

This is food rich in starch and natural sugars such as bread, grains, pasta, beans, potatoes etc. These starches are made up of 'Complexed Carbohydrates' because they are made up of sugar molecules or 'Simple Carbohydrates' after ingestion these complex carbohydrates are broken down into 'simple carbohydrates' and transported through the blood to the liver where they are converted to glucose. Some of the glucose is then converted into glycogen and stored in muscles and liver. Carbohydrate is a clean burning fuel in as much as it does not have the toxic by-products of fat or protein for your body to deal with.

Protein:

It's perhaps a myth that athletes require large amounts of protein, everyone needs protein but many nutritionists believe that athletes need no more than anyone else. We get our protein from meat, some non meat products, dairy products and eggs. Protein is not directly used as a fuel but as a building material for cells, muscles and tissues of the body.

It's accepted that running a 10K is not as taxing as a marathon but still requires sufficient fuel to complete the course. A common mistake made by inexperienced runners is not eating enough of the right food to sustain them. If, as in the case of the Barrage 10K, the event is staged in the morning, experiment in the weeks leading up to the race, with your breakfast during your weekend training sessions. Paula Ratcliffe always has porridge prior to a race it works for her. Others eat Bananas, bread and jam etc but always remember to allow time for your pre-race meal to digest, avoiding that bloated feeling. You may want to carry an energy bar or chocolate bar in your race bag together with a bottle of water as a back up.