

Get fast faster

TWH Track &
Interval training sessions



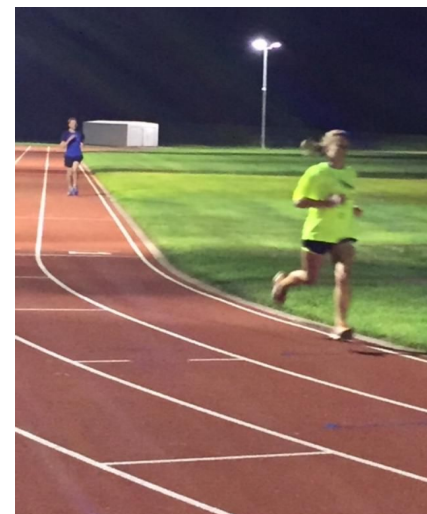
What you are about to see is...



Well....actually it's not....at all....in any way. But the problem is, it does feel a little bit like it is a secret. Currently a pretty small selection of the club are enjoying a world class facility....why don't more people attend?



Tonbridge School Athletics track



Logistics

When is it? = Every Monday night at 7.30pm – doesn't run on Bank holidays, and occasionally other specified dates.

Where is it? = Tonbridge school centre track (free parking) – meet outside by the side of the track.

How much does it cost? = £2 TWH members. Non members welcome £3.

How long is the session? = 1hr (ish) which includes a dynamic warmup, main session (different every week) and post session organised stretching.

Anatomy of a Track session

- Sunday/Monday morning – designated weekly coach sends email with the session plan.
- 7.30pm Monday - meet trackside.
- Run a couple of laps socially, just to get the engine gently warmed.
- Dynamic warm up (approx. 10 to 15 mins), including; running drills, stretching, accelerators and technique work.
- Main interval session (approx. 25 mins). Different session each week. All completed at runners individual pace. Last session (as an example) was 300m fast, 100m jog recovery, 600m fast, 200 jog recovery x 25 mins.
- Run a couple of social laps to cool down.
- Organised stretching (approx. 10 mins). Led by the coach, with instruction and information on the benefits of each stretch.

What clothes to wear?

Before the session:

Something warm, ideally layers that you can peel off throughout the warm up activities.

Your last warm layer should come off just before the main session begins (directly after warm up).



*Layers

What clothes to wear?

During the session:

As little as possible!

You will be working extremely hard and will get hot very quickly.

Good opportunity to try out the type of clothing you may wear on race days.



*Or maybe a vest and shorts / leggings or tights (in winter)

What clothes to wear?

After the session:

As soon as you have finished the main session it's really important to start layering up again and get warm - your body will get cold just as quickly as it got warm. This includes during the organised stretching.



*Massive jumper

What shoes to wear?

Any road trainers - lighter the better.

Good opportunity to wear what you would wear on race day - maybe racing flats?

For the purist - track spikes. These can be uncomfortable though and tricky to get familiar with. Great for competition.



*Spike(s) not required

Who are the sessions aimed at?

The beauty of a track is that no one gets left behind!

You may get lapped by someone faster than you, but that is to be expected.

You don't need to worry that you might be making others wait for you, as we all *work at our own pace.*

The sessions are (somewhat tailored) so that all people start and finish at (roughly) the same time.

Class is permanent / Form is temporary ...but how do you develop class?

Track work helps develop running technique (class), as you are able to practice changes in running style in a controlled and consistent environment, with coaches to monitor and give guidance.

Many of the drills we do, especially during the dynamic warm up, are focused on practicing good running technique, like:

- Upright posture
- Footfall volume,
- Arm levering

Technique

Track technique translates really well into real world running situations.

I personally tend to fall back on it in the latter stages of races, when I'm at a low ebb and need to focus on something. Repeating the mantra:

- Pump arms, Knees high, Upright posture

*Although anyone who watched me slug round Larkfield on Sunday can justifiably call 'BS' on that!

'Technique' can be used in any running scenario, be that Parkrun, Road races, XC, Marathons or even other more "prestigious" events....like...

....the kids school sports day



I didn't win...but just look at that technique!

General benefits

Track work (interval speed sessions) means:

- Improved speed
- Improved technique
- Improved fitness
- Increased strength
- Increased stamina
- Improved mental strength
- Injury prevention....but don't train injured!

Why doesn't everyone do this then?

Speed isn't free.
The price is sweat.

But....the after
session 'buzz' is
as close to a
post-race high as
you can get.



HOW DOES IT WORK?

- **Improves $\text{VO}_2 \text{ max}$** - A measurement of your aerobic capacity. It reflects your ability to carry oxygen around the body and to your muscles, where they use it to produce movement.

How does it work?

Improves the cardiovascular system - heart muscle gets stronger - pump more blood with each beat. (Generally with training your heart rate will reduce AT REST).



Our artery walls become more elastic. This will reduce their resistance to that blood pressure enabling an efficient circulation. Cardiac output improves.

CARDIOVASCULAR CHANGES & MORE

Increase in red blood cells

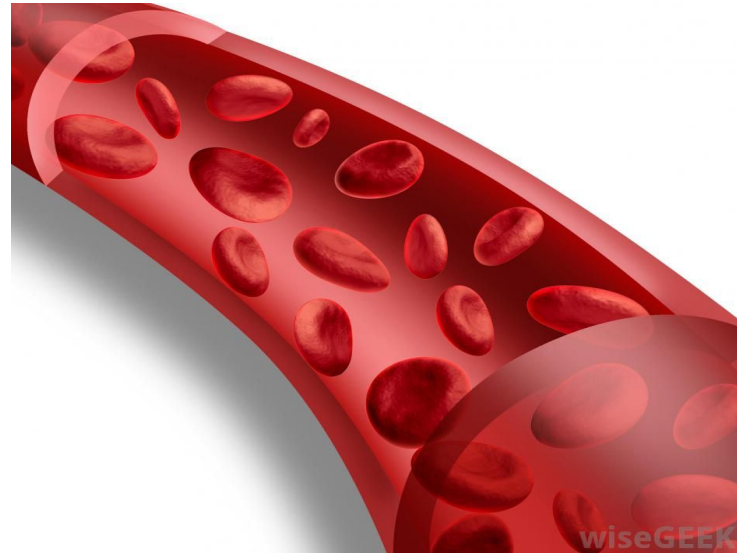
Increase in number and efficiency of capillaries at lung interface and muscles.

Increase tolerance to lactic acid

Grow more “mitochondria” -within muscle cells.

Power houses - provide the energy.

Convert energy to a usable form.



MORE SCIENCE STUFF!

- Need more oxygen - increase in breathing rate. This is the big difference with speed training. SHOULD GET PUFFED during intervals.

Effect of this -

Respiratory muscles become more efficient - increased lung volume and capacity.

Effect of training - takes 2-3 weeks to see an effect



MUSCULO-SKELETAL SYSTEM

Neuro-muscular adaptations - practicing to run fast, muscles learn and adapt

Improved co-ordination through repetition

BUT

Due to more explosive nature, more force (2.5 - 4 x Body weight) going through the muscles, joints and through the muscle/tendon interface. More risk of injury -especially if new to speed work.

HOW CAN WE REDUCE THIS INJURY RISK?

Thorough warm ups

Speed work - MAX 1 per week

Plan your week's training - NO **LONG** RUN ON A SUNDAY

Don't come injured!

No HARD session the day after Speed work.

Don't come on the week of a race.
(Not going to gain anything).



HOW HARD SHOULD I BE WORKING?

Depends.....on your experience with speed work / how much you like pain!

If you are not puffing during your intervals - NOT worth it.

Intervals - faster than your 5km pace (3km pace)

Borg Scale - Rating of Perceived Exertion - (RPE)

Standard scale is 0 - 20.

Simpler - 0 - 10

BORG SCALE (RPE)

Track work - 7 - 9

Wednesday night > 5

RATING OF PERCEIVED EXERTION AND TALK TEST

EXERTION SCALE (1-10)*	ZONE	EXERTION LEVEL	EXAMPLE OF ACTIVITY	TALK TEST	RANGE (% of MHR)**
<small>(Based on how hard you feel you are working)</small> <small>(Find the zone that best meets your goals)</small> <small>(Varies by individual and fitness level)</small> <small>(Activities that correlate to level of exertion)</small> <small>(Use the Talk Test to gauge how hard you are working on the 1-10 scale)</small> <small>(Use the range to calculate upper and lower limits in beats per minute)</small>					
1	Inactive	Very Light	Standing	Normal breathing; can talk normally	40% - 45%
2		Light	Walking	Normal breathing; can talk normally	46% - 50%
3	Health Improvement Zone	Moderate no sweat	Brisk walk	Can carry on a conversation; light breathing	51% - 55%
4		Moderate sweat	Fast walk/jog	Can carry on a conversation; moderate breathing	56% - 60%
5	Fitness Zone	Moderate vigorous sweat	Very fast walk/jog	Can carry on a conversation; heavy breathing	61% - 67%
6		Vigorous	Run	Only able to complete 1-2 sentences; heavier breathing	68% - 75%
7	Performance Zone	Vigorous strenuous	Fast run	Broken sentences; heavy breathing	76% - 80%
8		Strenuous	Very fast run	Only able to speak in syllables; very heavy breathing	81% - 85%
9	High Performance Zone	Strenuous severe	Race pace	Can't talk; very heavy breathing	86% - 92%
10		Severe	Race pace to win	Can't talk; gasping for breath	93% - 100%


HOW TO CALCULATE YOUR MAXIMUM HEART (MHR) AND HEART RATE RANGE

FORMULA	RANGE	EXAMPLE:
Maximum Heart Rate (MHR) 220 - Age = MHR	To calculate your range: MHR x Range of MHR	Using Fitness Zone, Level 6 for a 50 yr old
		<div>1. Calculate MHR 220 - 50 = 170 (MHR)</div> <div>2. Calculate Range 170 x .58 = 116 170 x .75 = 128</div> <div>3. Range in Beats Per Minute Heart Rate Range = 116 - 128 beats per minute</div>

*Note: RPE is especially useful when heart rate is not an accurate measure of exertion.

**Identified Borg scale adopted by Productive Fitness Products Inc.

***Heart rate is subjective and varies widely dependent on several factors including age, weight & fitness level. These are "on average" figures.


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REGULAR ATTENDANCE

WILL

MAKE A DIFFERENCE

(Ask anyone who regularly attends)

So...come and give it a try...worst case scenario you throw up on a posh schools running track...I see no downside.

*No one has actually ever thrown up on the track during a session...although massive Kudos if you did...just shows total commitment!

**No 'Paula Radcliffe' moments have ever occurred during a session either...although again, even bigger Kudos if that happened obviously.

See you in Tonbridge on Monday at 7.30pm then?

