

Little Miss Late  
unintentionally went  
training every morning



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## RUNNING TO A TRAINING PLAN

You will find enclosed three detailed training schedules to help you get the most from the Flora London Marathon 2004. The plans cover training for beginners, intermediate and advanced runners and are based on a standard 24 week training programme.

The first step is to choose an approximate finishing time for the race, which must be realistic! We would all like to finish in less than three hours, but you need to take in to account your general level of fitness, the training you have already done and the length of time you have left to train. The key to all training is to start slowly and work your way up and the plans are designed with that in mind.

The training plans are based on 24 weeks, so you will need to fit the training plans into the running you have already done. Again, the key is to start slowly and build up, so by starting training on the lower weeks in the plan you will be able to benchmark your current level and take steps accordingly!

You must be realistic about your goals though - for example, if you have never run a marathon before and have done little training, you will find it almost impossible to use the advanced training plans and finish sub three hours.

It is all down to you. These training plans are provided as guidance - only you know your own body and know what feels good, so you must approach your training with common sense. The most important goal is to finish the race in one piece and enjoy it, so start slow and build up!

### RUNNING TECHNIQUE

There are no hard and fast rules as to how to run, as everyone will have their own natural style - some more individual than others! However, here are a few pointers, which can help improve your performance:

- Head - Look straight ahead. Focus on a point 10 to 15 yards in front and try to run in a straight line.
- Body - Keep your body upright with your back straight. Try not to 'lean', even when running up hill.
- Arms - Let your arms swing naturally and in rhythm with your legs and loosely cup your hands. Drive with your arms and keep your shoulders relaxed.
- Feet - Naturally the ball of the foot lands first, heel a second later and the toes push off a fraction after that.



Without realising it, most runners breathe in a 2/2 rhythmic ratio; they take two steps as they inhale and two more steps as they exhale - this can change though if the pace is faster or slower. Most runners tend to breathe through their nose and mouth but there are no set rules. If you find you have a different breathing pattern then don't alter it, it won't improve your running - remember breathing is very natural and you should do what comes naturally to you!

## **FARTLEK**

This is a Swedish term, literally translating as 'speed play', and should ideally be carried out - for about 45-50 minutes - over good grassland, commons or parks, utilizing the natural variations in the terrain. The essence of fartlek is that it is an open format to be shaped by individual whim, but it should contain some of the following elements. Five minutes warm-up could be followed by about half a mile of good pace running, which would then be followed by jogging until recovered. The next effort might be half the first in length or time but uphill to test your lung power or downhill to increase your leg speed. The important thing is to jog until you have recovered and vary the length and speed of the efforts, using the natural rises and dips in the landscape.

**For any additional queries, please log on to [www.realrunner.com](http://www.realrunner.com) - or email them at [cwl@realrunner.com](mailto:cwl@realrunner.com) for a personal response from one of their specialists.**

