

TeamJet Hawaii Marathon Clinic 2009

Newsletter

"I hope I have convinced you- the only thing that separates successful people from the ones who aren't is the willingness to work very, very hard."
Helen Gurley Brown

This Week's Goals: Last hard week before a long deserved rest week.

This Week's Workouts:

Tuesday: Long hill repeats

Thursday: Mile repeats

Sunday: 30km Race, Kapiolani Bandstand, 5am!!!

<http://www.teamjethawaii.com/calendar.php>

On My Mind: Basics of Base Training

The main reason for base training is to prepare the body for more intense forms of training and to develop those components of fitness that respond well to low intensity training. Base training will help begin the aerobic conditioning process by improving general circulation, muscle capillarization and the heart's stroke volume, while also enhancing the body's ability to recover from, and adapt to, more intense training, and contribute to general running economy. Setting apart some time of the year for base training will also serve as a mental and physical break from intense running, giving the body and mind the necessary recuperation to go ahead and begin the process all over again. This is a time to just enjoy running easily and having fun. Without this important break, you may burn out or get injured as you never give your body adequate time to fully adapt to, and recover from the last few months or years of training. Most elite runners actually take more breaks from running than recreational runners, so don't be afraid to take a break every so often and just limit your body to low intensity stress. Training at the same intensity, completing the same workouts and weekly mileage all year round will only take you so far, incorporating some well structured periodization, which includes time dedicated for base training, will be more beneficial in the long term at achieving your goal of improving running performance.

Easy running will constitute the majority of your base training. Easy runs correspond to a comfortable, conversational pace. The appropriate pace for easy runs is up to 70 percent of your VO₂ max, which corresponds to 75 percent of your vVO₂ max or maximum heart rate. This is as fast you will need to go to get the benefits you want at the cellular level and in the heart muscle. On the lower end, you

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should try to run at a pace corresponding to 50 percent of your $\dot{V}O_2$ max or maximum heart rate. The benefits of easy running are more a function of the time spent running rather than the intensity of the run. During base training, it is also a good idea to slowly begin incorporating your weekly long runs up to the maximum level you would like to reach during the year when you are completing more intense training. Long runs should be run at the same pace as your easy runs, as they should be demanding in terms of duration but not in terms of the intensity or pace. Incorporating long runs into your training regimen will improve cell adaptation, and lead to fluid loss, glycogen depletion, and the ability to spare glycogen and rely more on fat as fuel (very beneficial component of training for long distance runners).

Determining your weekly mileage is not a simple number to compute, as it is based on several factors. Your weekly mileage should be determined by your own individual limits and the event for which you are training. Your individual limits are determined by your experience in running and your most recent training. If you have been running 80 miles a week for the last ten years, you should be able to handle 75-85 miles a week now. But if you are used to running 80 miles a week but missed the last six months due to injury you will need to start off slowly. You will need to start off with a small amount and increase it gradually over time at a rate not to exceed 10% over the previous week. It may be prudent to try a certain mileage level for three weeks, giving your body time to adapt to the volume and assess how your body is reacting. If you are feeling confident that your body can handle more, then try increasing by no more than 10 percent more than the previous week. Always remember that what you will be able to handle next year is a function of the stress you placed on yourself this year and the adaptations made by your body during the current season. For instance, 80 miles weeks may be good for you, but only if they were preceded by years of gradual increases in total volume from 60 to 70, and so on. Your weekly volume will also be a function of the race you are training for. If you are training for the marathon, you will need to train at a higher volume than if you were training for a mile. There is no set in stone mileage guidelines that will guarantee success for each event. For instance, one runner may run their best marathon by averaging 70 miles per week while another runner may need to run 125 miles per week. It is really specific to the individual. As one final caution, try to think about duration, not just distance. As a 20 mile run is a lot more demanding on the body of a beginner than an elite runner, as it takes the former sometimes an hour or more to compete this distance. The amount of stress placed on your body is a function of the number of steps you take, so a slower running completing 50 miles per week versus an elite runner completing the same weekly mileage will actually be placing greater stress on their body.

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In short, base training is a necessary element in the periodization of the training year. It is a good time to just enjoy running, giving your body and mind the necessary time to recuperate from the previous season and to prepare the intense training to come in the next season. Beware of training with too much intensity during this period, as it will be better saved for more intense training and races down the road.

**By
Kevin Jermyn**



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