

5K Your Way – Running Tips

You may already be accustomed to running on a regular basis and now looking for a fresh challenge to increase your training levels. Below are a few tips to help you get the best from your training, along with some different training suggestions to keep your programme interesting and challenging.

Running Essentials

Recovery: Your body gets the benefits from exercise when it is in the recovery phase. Train at different intensities over different distances through the week and add days of rest or with active recovery to give your body the opportunity to repair.

Fuel & Hydration: Ensure that you are eating a balanced diet with an increased emphasis on carbohydrates on training days. Remember to keep hydrated to perform optimally.

Stretching: Keeping your muscles supple by stretching will help with recovery after a training session, help protect from injury and boost your performance. Remember to stretch after your training session.

Massage: Waste products accumulate in the muscles; regular massage can help to reduce this.

A Selection of Running Sessions:

- ❖ **Base Running** is the perfect beginners pace. This is basically a steady pace where you are slightly out of breath but still able to talk. This is a comfortable, moderate pace.
- ❖ **Steady State Running** is one step on from base running. This is slightly more intense and you may find that talking becomes more difficult at this pace.
- ❖ **Interval Training** is running over at a fast pace for a set distance or time and then having complete standing or walking recovery periods.
- ❖ **Fartlek Running** is a good way to become accustomed to running fast. It is a combination of brisk walking, jogging and running. To progress, reduce walking times and increase higher intensity running intervals.
- ❖ **Hill Running** is good for toning the muscles of the legs and backside. Run relaxed up the hill and jog down. Repeat 2-10+ times depending on the type of hill.
- ❖ **Timed Runs** are a great way to monitor your improvements over longer time frame. You can use applications such as Google maps to measure a route and time yourself over this distance.

Record your Training

	1	2	3	4	5	6	7	8
Week								
Session Type								
Base Running								
Steady State Running								
Interval Training								
Fartlek Running								
Hill Running								
Timed Run								

* You can write the amount of time you train at the different sessions in the table above.

Parkrun provide free, informal timed 5K events, taking place every Saturday morning across the UK. Go to www.parkrun.com for further information.



Good luck with your training! Remember that consistency is the key to achieving your goals and by improving gradually you can reach your personal targets. You can do it!