

City-Bay Training Programme For Secondary Schools

If you have not run consistently for some time, aim for three training days a week. It is preferable to run on every other day in order to allow sufficient time for recovery

Before you start training there are a few things you should address:

1. Are there any medical issues that might affect your ability to train; if you should consult your doctor.
2. If you have asthma ensure that you have your "puffer" with at all times.
3. Have you any injuries during the past three months, if so, are you now injury free?

The most important item of equipment is a good pair of running shoes. Running in good shoes will save you from possible injury problems as your training progresses. Visit a store that specializes in the fitting of the correct shoe for your particular build and running style.

Before you start remember that the City-Bay is a fun run and you are more likely to have an enjoyable experience if you are fit enough to cover the distance comfortably.

Before each training session you should warm-up by jogging at an easy pace for 5 minutes and then stretch the muscles you are about to use. Concentrate on a light foot landing; run over the ground and not into it.

Week One

4 X 5 minutes easy running with 2 minutes walk between each. Run at a pace that you could talk at, in other words, do not get out of breath! Repeat this session three times taking care to warm-up, stretch, run, and then stretch after the run.

Week Two

If you managed last weeks training without any problems, you should increase the training load:

- 4 X 6 minutes with 2 minutes walk.
- If you found that 5 minutes running was difficult, keep on 5 minute runs for another week. It is important that you progress at a rate that is right for you. This is particularly important if you are running with someone who may be slightly fitter than you. Don't forget; run at pace that is comfortable for you, it's the time you spend on your feet and not the speed that is important.

Week Three

- Increase the running time to a total of 30 minutes:
- 3 x 10 minutes with 2 minutes walk.

Week Four

If you managed the 3 x 10 minutes comfortably, it now time to introduce one run of 30 minutes duration and a session of a slightly higher intensity.

Day One.

- 30 minute steady paced run.
- Remember to run at a pace that can talk at!

Day Two.

- 5 minutes easy paced running as a warm-up.
- 5 x 3 minutes with 3 minutes slow jog recovery. Run the 3 minute bursts at a pace slightly faster than the pace you run for the 30 minute run. You can expect to run at an intensity where are just below the "getting out of breath" level.
- Concentrate maintaining an even pace for every repetition.
- 5 minutes easy running.

Day Three.

2 x 15 minutes easy running with 2 minutes walk or slow jog recovery.

Week Five

Day One.

- 5 minutes easy running.
- 4 x 100m at $\frac{3}{4}$ pace walk back recovery.
- 15 minutes steady paced run.
- 5 minutes easy running.

Day Two.

- 5 minutes easy running.
- 6 x 400m at $\frac{3}{4}$ pace with 400m slow jog recovery.
- 5 minutes easy running.

Day Three.

- 1 X 20 minutes steady paced run
- 5 minutes walk
- 1 X 10 minute steady paced run.

Week Six

Day One.

- 40 minute steady paced run.

Day Two.

- 20 minute easy paced run. This is a recovery run and so should be run at a relaxed pace.

Day Three.

- 5 minutes easy running.
- 20 X 60 seconds with 60 seconds slow jog recovery.
- 5 minutes easy running.

As this is halfway through your training program, it is time to review your progress. It is also the time where having increased your fitness level it is tempting to think that you should rapidly increase your training load. Do not give in to temptation! This is where the risk of overuse injury is greatest; remember that Rome wasn't built in a day. If you are experiencing any niggling aches and pains, have a few days off. If the problems persist, consult a health professional.

Week Seven.

By now you should have worked out an achievable time to aim for on big day. Be conservative, it is far better to have a pleasant experience on race day than suffer because you over-estimated you fitness. After all, there is always next year!

Day One

- 45 minute steady paced run.

Day Two.

- 5 minutes easy running.
- 4 x 5 minutes with 3 minutes slow jog recovery.
- 5 minutes easy running.

Day Three.

- 30 minutes steady paced run.

Week Eight

Day One.

30 minutes steady paced run. This is the time where you could run this run over an accurately measured course in order to establish your running speed in kilometres

per hour. On race day there will be markers at each kilometre mark to assist you in reaching your goal time.

Day Two.

- 5 x 3 minutes with 3 minutes slow jog recovery. Remember to keep jogging during the recovery; after all, there are no rest breaks in a race.

Day Three.

30 minutes easy paced run.

Week Nine

Day One.

- 30 minutes easy paced run with the last 5 minutes at a brisk pace.

Day Two

- 5 minutes easy running.
- 3 x 6 minutes with 3 minutes recovery.
- 5 minutes easy running.

Day Three.

- 40 minutes steady paced run.

Week Ten

Day One.

- 35 minutes steady paced run.

Day Two.

- 5 minutes easy running.
- 20 X 60 seconds with 60 seconds slow jog recovery.
- 5 minutes easy running.

Week Eleven

Day One.

- 30 minutes easy paced run with a few gentle strides of 1 to 3 minutes in the run.

Day Two.

- 20 minutes easy paced run.

Day Three.

- 10 minutes easy paced running.
- 6 X 60 seconds strides with 2 minutes easy running between.
- 5 minutes easy running.

Week Twelve

With the City-Bay only one week away, you have done all the training necessary to complete the run successfully. Don't ruin now by training hard in the last week, it is now time to taper your training so that you are fresh on the day of the run.

Days One and Two.

- 20 minutes easy running.

Race Day.

Arrive early in order to give yourself plenty of time to warm-up, stretch, and find your starting place. Do not try and start from a place with a predicted time much faster than your time. Remember that your electronic number means that you are timed when you cross the starting line and not from when the starting gun fires.

GOOD LUCK!!