GYMGAIR
FITNESS & NUTRITION COACH

RUNNERS WELCOME DOCUMENT

Thank you for choosing Gym Gair to help you towards your running goals. We have put together this welcome document, so you can get the best from your running plan.

80/20 training is different. Ask any of the runners who've used our plans to achieve their goals. You'll hear them talk about:

- Faster improvement over the course of the plan
- Less fatigue during and after workouts
- More enjoyment when training
- Fewer injuries with less strain on the body
- More confidence going into races with pacing strategies in place
- Better performance during races

The difference is balance, making weekly mileage manageable and repeatable. Our plans are based on the 80 percent easy/20 percent medium to hard formula practiced by elite athletes and proven to work better for all runners. Try for yourself and see!

BUILDING FROM THE BASE UP

There are four primary goals of base training:

1. Build aerobic efficiency, enabling you to run further.
2. Improve the endurance of your muscles and fibres
3. Improve your ability to burn fat and spare your carbohydrate (glycogen) stores, essential in endurance races
4. Create a training plan that is repeatable and enjoyable

You will often hear these workouts termed base, easy or foundation. Roughly 80% of your training will be at this pace/effort.

WHAT ARE TRAINING ZONES?

Training zones are levels of physical activity, each describing a different exercise range, from the lowest to the maximum limit of intensity. Consequently, every zone corresponds to a different physiological process taking place in an athlete's body.

In other words, training at each zone, along with the duration the coach suggests, will result in improved running ability.

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WHY USE TRAINING ZONES?

Simply put, zone-based training is beneficial for athletes' overall performance, because it ensures that they:

- Execute their workouts at the right intensity and duration, based on the physiological adaptation they want to achieve
- Properly rest and recover between high-intensity intervals
- Develop effective tactics for race day, which will also help maintain a sustainable rhythm during the race

Although training zones define different intensity ranges, they usually vary from athlete to athlete; hence, it's not uncommon for a runner to have their personal zones. In this regard, zones help tailor an athlete's training plan to their needs and goals.

THE 5 ZONE MODEL:

- ZONE 1: Active Recovery 1-54% of FTP or 50-60% of HRmax
- ZONE 2: Endurance 55-74% of FTP or 60-70% of HRmax
- ZONE 3: Tempo 75-89% of FTP or 70-80% of HRmax
- ZONE 4: Lactate Threshold 90-104% of FTP or 80-90% of HRmax
- ZONE 5: VO2max >105% of FTP or 90-95% of HRmax

EASY / FOUNDATION RUNS

The main part of your running plan will be easy runs, often called foundation runs. The purpose is to fully develop your aerobic fitness and then maintain it. Your heart rate is around 70-75% of maximum though it can reach 80% near the end of the run. Easy runs last anywhere between 15 minutes and an hour-and-a-half. Again, one of the common mistakes runners make is running their easy runs too fast. Keep them steady but don't get into a pace where your breathing becomes noticeably harder.

LONG RUNS

Long runs need no introduction as most runners include one every week, increasing time on your feet. Challenging your ability to run longer improves your endurance and is the cornerstone of distance training. While there are debates on just how long and fast your long run should be, the general recommendation is:

- keep your heart rate around 70-75% of maximum (though it may drift upward towards the end of the run)
- breathing at a conversational pace
- keeping runs within the pace/intensity efforts prescribed

The effort will be comfortable, though it may become more difficult as you fatigue later in the run. We'll work hard to fix that fade as the plan progresses.

Long runs require maintaining a steady pace for the duration of the run. Keep the effort easy and steady and resist the temptation to increase the pace just to get home sooner. Give the body time to feel the stimulus of a long run. It will reward you with greater endurance adaptations that will serve you well in later training workouts and races.

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PROGRESSIVE LONG RUNS

This variation on the long run sees you increasing the pace later in the run. For example, if you have a Prog 10 on the plan, with the final 5 miles increasing, it could look like this:

5m at your easy pace of 9:00-9:45 (your foundation range). Then progress the run as follows:

Mile 6 9:30-9:45
Mile 7 9:15-9:30
Mile 8 9:00-9:15
Mile 9 8:45-9:00
Mile 10 8:30-8:45

FOR EXAMPLE:

Splits

MI	PACE	ELEV	HR
1	9:45	15	136
2	9:37	16	145
3	9:47	-18	145
4	9:47	37	151
5	9:43	-20	152
6	9:33	-11	152
7	9:19	28	158
8	9:07	-13	161
9	8:51	-14	163
10	8:23	1	165

Earlier in the plan you may not be hitting race pace but targeting close to it. As we get you closer to race day, we will get you finishing at race pace, enabling you to feel this effort on fatigued legs. A good way to describe this run is gradually climbing steps up to your race pace. As you can see, Linda got a bit carried away in her last mile!😉

FAST FINISH LONG RUN

The fast finish becomes the focus of this long run. You start the workout at your normal long run pace, increase it slightly in the middle of the run then try to run a very fast pace for the last part of the run. I say 'fast' because you will gradually increase to a to a pace slightly quicker than race pace. It is gruelling but very race-specific training. After a few of them, you will see just how effective these are at producing marathoners and half-marathoners who can outlast their competitors!

Physiologically, you train the body to work more efficiently at half and full marathon pace and mentally, you undergo the extreme fatigue that racers inevitably face during the final few miles.

So, a generic fast finish long run for someone who's goal marathon pace is 7:00 per mile might be that the first 12 miles of a long run will be at 7:30 to 8:00 per mile, then the pace over the last 6 miles will average 7:00 per mile with the last few miles at 6:30 to 6:45 pace. Believe me, this is a tough run so you will need to get mentally and physically prepared.

FOR EXAMPLE:

Splits

MI	PACE	ELEV	HR
1	8:06	-4	135
2	8:08	1	144
3	8:05	15	148
4	8:00	2	151
5	7:58	-1	151
6	7:42	-7	155
7	6:46	-10	171
8	6:42	4	174
9	6:42	0	178

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STRIDES

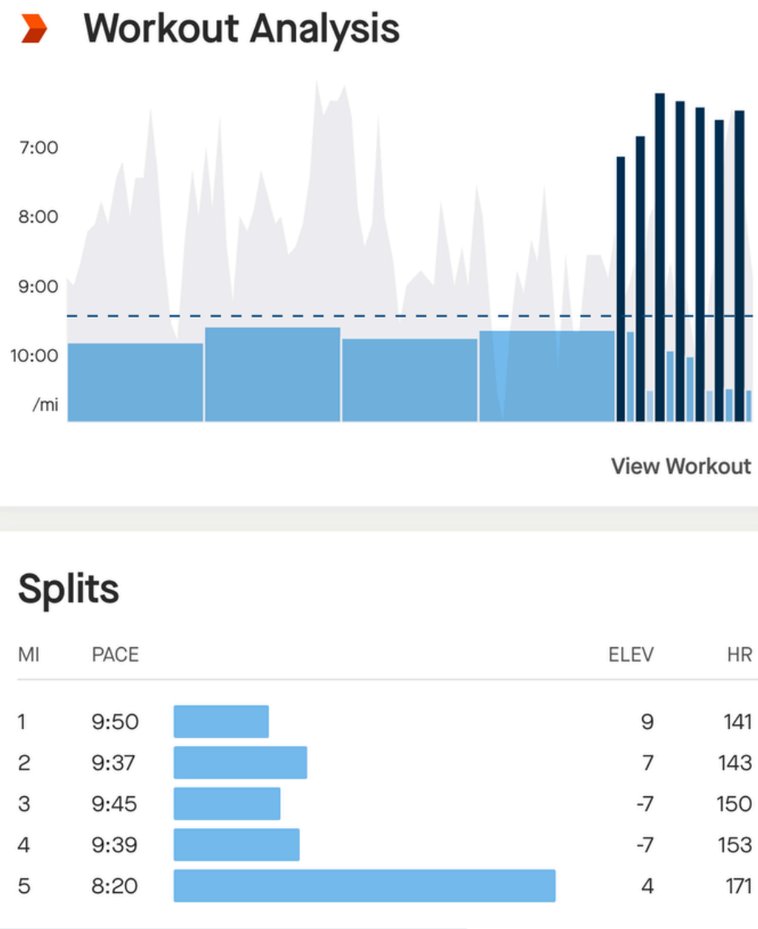
This running drill improves your form and mechanics, and we will typically perform them at the end of easy runs.

Short (30 secs or shorter) and fast repeats with longer recoveries (45-60 secs). Run quick but controlled, faster than 5K pace with quick cadence Great for improving cadence, and your ability to finish races faster

Example being 30 secs strides with 60 secs jog recovery repeated for a mile or 1.6K in duration.

As you can see from the example, it is quite a change of speed with very gentle recoveries. Our runners have found this a beneficial way to improve leg turnover and speed, getting used to faster paces.

FOR EXAMPLE:

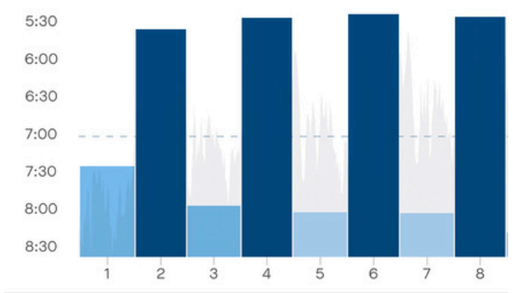


SPEEDWORK

HILL REPEATS

It's rare that you find a distance runner who didn't get better by training on hills. We find that hill training is one of the best workouts that you can do. It provides great stimulus to the cardiorespiratory system, develops your ability to tolerate lactic acid build up, strengthens the legs, practices leg turnover that matches up with your 15 to 30 minute race pace yet avoids the pounding that is associated with traditional speed work. When hills are encountered during races, they pose no threat to you and you can run them better and more efficiently than other runners, both uphill and downhill.

To perform a hill workout, find a hill with a medium slope that takes between 45 seconds and one-minute- and-20 seconds to ascend. Run up at an effort equivalent to your 5K effort. Focus on good form with powerful push off and strong arm swing. Jog down the hill slowly to recover. You can also practice your downhill running technique by running down the hill occasionally at 10K race pace. Keep your body under control and add these descents in gradually as you will probably be sore afterward. While the above Hill Repeats outline the common type of hill workout, I also recommend running on hilly courses often, especially during the early part of your plan.



1	0.66 mi	4:53	7:23 /mi
2	0.61 mi	3:31	5:43 /mi
3	0.64 mi	5:04	7:52 /mi
4	0.61 mi	3:24	5:35 /mi

1K ON, 1K OFF

This is a great workout concentrating on 1K of effort at roughly your 5 to 10K pace, with 1k of recovery at your foundation pace. This will help you hone your race pace for shorter distances, and get your body used to running quicker than ½ and marathon pace.

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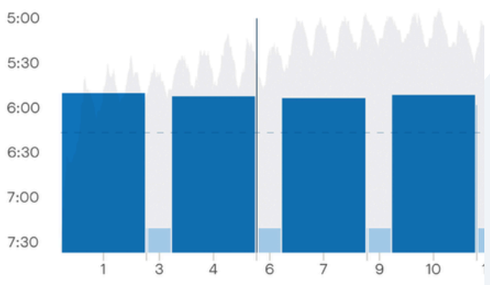
YASSO 800S (YASSOS)

This workout comes from the Bart Yasso at Runner's World and is called Yasso 800s. The theory behind Yasso 800s is that your time in minutes and seconds for a workout of 6-10 times 800 meters (two laps of the track) with equal recovery time is the same as the hours and minutes of your marathon time. For example, if you can run 10 times 800 meters in 3 minutes and 20 seconds with 3 minutes and 20 seconds recovery, then this predicts that you can run 3 hours and 20 minutes for your marathon. Run 4:40 for the 800s and you can run 4:40 for the marathon. My experience, though, is that Yasso 800s predicts about five minutes too fast for most marathoners, except for Endurance Monsters where the prediction is very close.



1	1.00 mi	5:52	5:52 /mi
2	0.00 mi	3s	7:19 /mi
3	0.26 mi	2:15	8:25 /mi
4	1.00 mi	5:54	5:54 /mi

MILE REPEATS

One of the first speed sessions we'll have runners do is complete 3-4 mile repeats (1600M) with a 400m jog recovery. The pace we'll ask them to run is roughly 10K pace, and this will feel more challenging as the session goes on. The trick with this workout is keeping the efforts consistent, it isn't 4 attempts at a one mile pb! Learning how to pace correctly will be one of the main skills we'll work on during this plan.

KNOW YOUR PACE

One of our most popular sessions at ZE Run is the "practising pacing" session. After a short warm up you'll perform the following session, working out for roughly 40-45 minutes all in:

12 minutes @ half marathon pace
3 minutes jog recovery
9 minutes @ 10k pace
3 minutes jog recovery
6 minutes @ 5k pace
4-6 minutes recovery jog to finish

500 / 300 (PRACTICING THE QUICK STUFF!)

This is a session we usually do before a 5K time trial, getting the runner to repeat their 5K efforts for 500m at a time. They'll then take a jog 300m recovery before repeating for 35-40 minutes.

TIME TRIALS

We'll also look to include some TT's into your plan (5k or 10k), enabling you to chart your progress. These work great at getting you used to race efforts, giving you more confidence when race day arrives. These will also give us an indication if you are on target, as we can look at your race predictor for certain distances.

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FREQUENTLY ASKED QUESTIONS

What is meant by threshold pace or lactic threshold?

A runner's Lactate Threshold Pace refers to the fastest pace they can maintain, without producing more lactic acid than their body can utilise. That's why the LTP is typically integrated in a tempo(zone 3) or threshold running (zone 4) session. Another description of threshold is the maximum pace you can hold for an hour, which is typically somewhere between 10K and ½ marathon pace depending on your current fitness.

What is an adaption week and why am I running less?

Adaption weeks are designed to let your body recover from the increase in training over the previous 3 weeks. These will give your muscles and tendons a chance to adapt to the training and have you feeling fresh for the next phase of training ahead.

Do I have to run on the days stated on the plan?

No, this is simply a suggestion, feel free to change your running days to suit you. The days we have suggested, gives you the best chance of recovery. Depending on your work/life balance, you may already have a routine that suits you well.

Do I have to do strength training?

We do recommend that you add in strength training to your week, as this has scientifically been proven to improve runners. Even adding in some simple bodyweight exercises will help you increase strength, balance and agility.

What happens if I miss a week due to injury/sickness?

This can happen! What we usually suggest is simply progressing to the following week, but sometimes adapting the overall mileage.
Most of our plans only increase by 5-10% in volume weekly, so it shouldn't be too much of a jump.

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