Welcome to today’s webinar

The Art of RUNNING FASTER
Improve technique, training, and performance

Julian Goater - Don Melvin
The Art of Running Faster

About today’s presenter

Julian Goater is a former world-class runner. He has competed in numerous championships, including the World Championships, the Commonwealth Games, European Championships and World Cross Country Championships. His times for 5,000 and 10,000 metres remain among the fastest ever by a British athlete.

Since retiring from competing, Julian has been coaching runners of all abilities. His athletes continue to achieve remarkable results by focusing on modifying their running techniques and training prescriptions. Julian himself continues to be active in road running, cross country running, duathlon and triathlon. He has won gold twice in his age group at the World Duathlon Championships, and has also won the British Triathlon in his age group.
Why did we write this book, THE ART OF RUNNING FASTER?

- Don Melvin
- Keep it Simple Stupid – KISS
- ie back to the basics which served us so well in the 70’s and 80’s
- We wanted to produce a practical training guide which…..
- was also a good read, with numerous anecdotes and examples from athletes I met and raced against
The Art of Running - FASTER

• Practical guide for runners and triathletes
• Numerous examples and anecdotes

• Topics include:
  • Style and Technique
  • Smart Training
  • Periodisation and Progression
  • Peaking and tapering for races
  • Pace Judgement
  • Cross-country running
  • How to use Heart Rate Monitors
  • Fat Burning Zone
  • Feet, running shoes and orthotics
  • Injury prevention
  • Example training programmes
This book will help you understand:

- The principles of training
- How to vary your training to gain the full range of training effects
- How to adapt and design sessions to suit your own needs and abilities
- How to peak and prepare for races
What stops YOU running faster?

LIMITING FACTORS

• This book helps you understand what these ‘limiting factors’ are

• And what you need to do in training to extend these limits
When you know this, the book will explain...

• How to design *your own* training schedule tailored to *your own* specific needs and abilities

• NOT....

• Copying elite athletes’ sessions

• And NOT.....

• Following a generalised mass training programme
Basics of fitness

- Strength
- Speed
- Stamina
- Suppleness
- Running Skill

The 5 ‘S’s
Skilful Running

1. Running Technique
2. Smart Training
Running Skill?

How do you move?

• Do you just put one foot in front of the other?
• What are you trying to do with each part of your body?
• Do you just run with your legs?

How do you train?

• What is the aim of your training?
• Does each session have a purpose?

How do you peak?

• Do you just do less running?
Running Technique - does it matter?

• Anyone can run
  – It’s just a case of putting one foot in front of the other
  – or is it?

• If it’s so easy why do some people find it so difficult?
  – Perhaps there is some skill involved after all
Running Skills

- Timing
- Balance
- Co-ordination
- Relaxation
- Pace Judgement
- Concentration

All much harder when you are tired
Running Technique

Not how you look, but how you feel

Overall feeling - Falling

• Head
  – Straight
  – Still

• Arms and hands
  – Pulling

• Legs
  – Reach forward with knees
  – Cycling

• Feet
  – Quick
  – Quiet
Running posture 1
Falling, Rolling……Not sitting

- Loose and rangy
- Lift and drive
- Keeps momentum

- Short and tight
- Lift but no drive
- Loses momentum
Running posture 2

**BRAKING**
- Excessive forward lean
- Backside sticking out
- C of G behind front foot
- Heel landing

**BRAKING**
- Body upright but sitting down; feet flat not springy
- C of G behind front foot
- All lift, no drive

**ROLLING**
- Running tall; backside forwards; feet springy.
- C of G forward of hips, above front foot as it lands
Smart Training

• Avoid plodding
• Avoid junk mileage, repetition/duplication
• Maximum results from minimum time
  (not min effort)

• Looking for
  – Specific training sessions...
    • Designed to produce
  – Specific training effects....
    • To address
  – Specific limiting factors...
    • At
  – Specific times of year
Training Effect

How does it work?

What are you trying to achieve when you are running?
Training Effect

• Training requires the body to operate in OVERLOAD situations.

• OVERLOAD creates STRESS and causes DAMAGE.
Training Effect

With sufficient **REST** and proper **DIET**, the body **REPAIRS** the **DAMAGE** and **OVERCOMPENSATES** thus bringing about **ADAPTATION** and **IMPROVEMENT**.
Smart Training

• Planning – always have an aim

• Variety
  – By altering
    • intensity
    • distance
    • surface
    • gradient
    • speed
    • recovery
Specific Sessions

- Long run
- Hill session
- Steady run
- Fartlek session (speed play)
- Recovery run
- Speed endurance interval session......
Specific Sessions (cont.)

- Track session
- Time trial
- Speed endurance tempo run
- Short recovery session

*ie. too many to fit in each week!*
Balanced training
- 4 key sessions per week

- Long run
- Hills
- Short recovery session
- Fartlek/long reps
1. Long Steady Run

- Aims
  - Fun and relaxation – catch up on the gossip, work up a thirst
  - Cardiovascular efficiency
  - *Stamina and Endurance*. Time on your feet, not speed, is the important consideration

- At *talking pace* for 1-2 hours
- Short, quick, springy steps (ie. “low gear”)
2. Hill Session

- Aims
  - Co-ordination
  - Leg *strength / speed / power*
  - Stride length
  - Raise Anaerobic Threshold Level (ATL)  
    ie increase cruising speed
  - Develop ability to continue operating despite lactic acid build-up

- Alternate weeks “long” (eg 90 sec) and “short” (eg 30 sec)
- Powerful style (arms pulling, knees lifting, driving off ball of foot)
3. Short Recovery session

• Aims
  – Extend ATL as in session 2 (Hill session)
  – Increase lung capacity / oxygen uptake
  – Improve recovery rate - NB in races you get zero recovery

ie improve stamina and increase cruising speed
4. Fast sustained session

- Fast cruising speed, not sprinting. May include eg: 3 – 4 mile time trial once per month
- Repetition sessions run at strong, fast, pace 3 times per month eg:
  - 6 x 90 sec efforts (3 min recovery)
  - 3 – 5 x 1 mile fast (3 – 5 min recovery)
  - 10 x 1 min fast (90 sec – 3 min recovery)

- Aims
  - Improve *speed endurance* and hence racing pace, at pace just below ATL
Peaking and Race Preparation

• **Peaking** - should enable you to run faster in a race than you do in training

• It’s not just a case of easing down and doing less
Hints for tapering/peaking

• Start easing down 7-10 days before the big race
• But try to keep to normal routine
• Aim to be fully recovered early in this period
• Pretend the race is a day earlier than it really is
• Aim to be ‘on the up’ physically and mentally in the final days before the race
• Have a fast ‘blow-out’ session 2-3 days before the race
• Make sure you are fresh for this final ‘dress rehearsal’ session
Thank you for taking part in this webinar

•Any questions?
You can purchase *The Art of Running Faster* online at [www.humankinetics.com](http://www.humankinetics.com) and if you sign up to HK Rewards there's a 20% discount off the usual price.

However one lucky attendee, who will be selected at random, will be receiving a free signed copy of Julian’s book, so check your mailbox later today. It could be you!

Thank you for attending