

**More Specific running training**

**Hill Training** – regular hill training can produce improvements in muscle power and speed, will make you stronger, faster and a healthier athlete. Hills will break your running rhythm, improve leg strength, quicken your stride, expand stride length, develop cardiovascular fitness and enhances your running economy. It’s all about shifting gears, aim for equal effort not equal pacing. Running downhill can be practiced. Don’t run so fast so you’re out of control nor lean too far back so the brakes are on as these will cause injuries.

**Grass, Sand and Trail Running**– Running on softer surfaces can be great for reducing stress and impact, it’s often a better option especially during rehabilitation. Softer surfaces are harder fitness-wise, it’s harder to keep the same speed and striding, your energy output will be the as at a much slower pace. You will be working more muscles and fibres, gaining more leg and core strength and stability. Also your pace and exertion levels will change constantly, making it hard to find a rhythm. Experienced trail runners rhythm is more about their ability to change their pace constantly. Softer terrains can eliminate extra impact but may actually increase the risk of injuries, with the surface being uneven. Natural terrain tends to slope which can create a dangerous off-centre force on the body and overtime can result in injuries. The runner has to constantly adjust to the inconsistent surfaces. Not everyone has the skill, strength or ability to do it easily. Always build up this training gradually.

**Stride Rating** – Optimum Stride Rate per minute is 180. A quick stride turn over will reduce impact, thus reducing injuries. The goal is to sustain a higher stride rating throughout a longer distance, without falling short.

**Fartlek Training** (‘speed play’ in Swedish) – this blends continuous and interval training placing stress on both aerobic and anaerobic systems. It’s unstructured, experiencing a variety of speeds and different intensity, alternating between fast sprint and slow jogs. The higher pace is maintained for equal intervals eg 200m or 30secs, you can even use landmarks or break down music. Once you have completed a faster pace segment, slow your pace below your normal running pace until you have fully recovered, run at your normal running pace for a while then repeat. This training eventually leads to faster speeds and improved anaerobic thresholds.

**Running Drills**

**High Knee Runs** – is beneficial when you travel forwards, the higher the knees the further forwards your body extends before it hits the ground, giving you a faster running action.

**Kicking Butt Runs** – this encourages legs to come through in a higher range of motion, which aids faster running (without really trying)

**Walking Lunges (with High Knee Drives – for the advanced runner)** – help with leg strength, flexibility, inter-muscular co-ordination and balance. Adding a high knee drive develops movement and power in sprinting.

**Skipping (hands on hips)** – this works through the abdominal region. Knees as high as possible with the least amount of skips. Hold abs tight to avoid side to side twisting.

**Hopping** - promotes leg strength through the Gluts and Hamstrings. Look for hip collapsing if weak in this area. Keep body straight and strong.

For this training to be most beneficial you need to commit to being consistent, maintaining and strengthening any weaknesses or injuries and incorporating good healthy natural nutrition.

Always seek medical advice before starting a training programme, if unsure please do not hesitate to contact me to discuss your starting level.

To book on to the Programmes/Routines please visit my website [www.ruralfitness.com.au](http://www.ruralfitness.com.au). Where you can purchase my Beginners, Intermediate and Advanced 5km, 10km and Half Marathon Basic Running Programmes.

**5 WEEK, 5 KM**

**BASIC RUNNING PROGRAMME**

**INFORMATION SHEET 2**

**Beginners To Advanced**

Rural Fitness

5km Running Programme