

HELP THE AGED LEEDS ABBEY DASH 10K TRAINING TIPS

By Bruce Tulloh
Help the Aged Running Specialist

These guidelines have been produced by Bruce Tulloh, world class running coach and author of more than a dozen books. Bruce is a British and European title winner and has represented England at Cross-Country as well as breaking the record for the 3,000-mile run from Los Angeles to New York. Bruce has been coaching since 1965 and for more than 20 years has written coaching advice for Runners World and its predecessors.

The training advice contained in the booklet is designed to provide you with a sound, basic foundation on which to base your training for the British 10K so that your experience will be a good one!

COMPLETE BEGINNERS

Are you fit enough to start training?

If you have had a serious illness or injury in the last six months, if you are seriously overweight, or if you have any history of heart trouble, you should take medical advice before starting training. For most people, however, the simplest way to prepare for a running programme is to walk regularly. This will strengthen your legs and get your muscles and joints used to carrying your weight. If you are carrying extra pounds, then a little dieting along with your walking will bring your weight down gradually and make the walking easier.

Regularity is the aim. Little and often is the best way. Start with 15-20 minutes a day, five or six days a week, and try to work it up half an hour on most days, with the occasional walk of over an hour. You need no special clothing and you can walk anywhere, as long as it is safe - you don't need to be on the road all the time - a park or a footpath is more interesting.

Beginners' Running programme

Once you have got used to getting out and walking for three or four hours a week, you should have no problem with the running, because it takes less time. A brisk walk is four miles an hour, at least fifteen minutes per mile on a flat path. Jogging a mile slowly will take you about ten minutes, and when you get fitter it will be only eight minutes, so you are covering the ground and burning up the calories at almost twice the speed. Moreover, because the demand on the heart and lungs is greater, you are getting more fitness benefit from half an hour of running than from an hour of walking.

When to run

The best time is always before meals - you should not try running on a full stomach. Many people find that before breakfast is the only time they can guarantee having to themselves, but it takes some getting used to, and most of us perform better later in the day. If you have somewhere to shower and change, a half-hour session before lunch is excellent. Daylight is guaranteed and you often get the best part of the day.

When not to run

- You should not run if you have a temperature more than one degree C above normal (do you know what your normal temperature is? Not everyone is 37 C) You should not run after an illness, until given clearance by your doctor.
- You should not run if you are feeling sick (unless it's a race-day, when it is just nerves !)If you are just feeling very tired, or headachy, or a bit stiff, put your kit on and go for a walk. If you start to feel better, jog gently. Often running itself will clear up your symptoms. A slight cold in the head need not stop you, as long as you have proper clothing, but do not run if you have a chest cold, cough or sore throat.

Where to run

The best places are parks, playing fields, footpaths and beaches, but any quiet stretch of road will do . If you want to find out how fast you are running, go to a public running track. They are all 400 metre tracks, which means 4 laps to the mile.

How fast should I go?

In the early stages - the first four weeks of running, at any rate, don't run above 'talking pace'. If you start to feel very breathless, either drop to a walk for thirty seconds or just slow down the pace until it feels comfortable again. This is what is meant by " walk-jog". It takes time for your body to get used to continuous running, but it will adjust, believe me, as long as you give it time.

Getting Started!

To start with, the simplest thing is to copy this plan, pin it up somewhere and either tick it off or write in what you actually do. When you get into running regularly, keep a training diary.

What about missed days?

It does not matter about doing the days in the correct order, as long as you put in the four days. If you miss a single day in a week, carry on as normal, but if you have missed two days, so that you have only run twice that week, repeat the week before moving up to the next.

Do other sports make me fitter?

This is all tied up with your reason for running. Some people take up running to get fit for other sports, like football or hockey, so, obviously, a couple of days a week will be taken up doing those sports, to which you will add your two or three days of independent training. If you are trying to control the overall training load, these other sports have to be taken into account. I generally reckon that an hour of a team sport is equivalent to four miles of running. With individual sports like tennis it depends on the effort level. A brisk half-hour of singles might be worth 3-4 miles of running, but half an hour of doubles would only be worth 2-3 miles. Doing other things, like weight training or swimming, will certainly help your all-round fitness.

Will doing other sports affect my running?

Most coaches would agree that a weekly or twice-weekly weight-training session, added on to your running programme, would make you a better runner, but for the average person, running 3 or 4 times a week, doing a weight session instead of a running session would not. Certainly I do not advise doing a weight session or another sport the day before a race.

BEGINNERS TRAINING SCHEDULE

WEEK ONE

Aim: to get out four times

- Day 1 10 mins walking, 10 mins walk-jog, 10 mins walk
- Day 2 5 mins walk, 15 mins walk-jog, 5 mins walk
- Day 3 as Day 1
- Day 4 a three-mile circuit, jogging and walking as you feel

WEEK TWO

Aim: to run four times

- Day 1 5 mins walk, then six times one minute jog, one minute walk
- Day 2 5 mins walk, 20 mins walk-jog
- Day 3 5 mins walk, 10 mins continuous run, 5 mins walk
- Day 4 as Week One, but with less walking

WEEK THREE

Aim: to run 6 miles in a week

- Day 1 5 mins warm-up, then eight times one min.jog, 30secs walk
- Day 2 5 mins walk, 15 mins jog-walk or 30 mins cycling
- Day 3 5 mins walk, 5 mins jog, 2 mins walk, 5 mins jog
- Day 4 5 mins warm-up, 2 mile jog with short walking breaks

WEEK FOUR

Aim: to run a mile non-stop

- Day 1 As Week Three, but increase to 10 x 1 minute jog
- Day 2 15 mins jog-walk or 30 mins cycling
- Day 3 4 miles brisk walking, with occasional jogging
- Day 4 5 mins walk, 2 mins stretch, then a timed jog of 1 mile

WEEK FIVE

Aim: to run 8 miles in a week

- Day 1 5 mins warm-up, then 4 x 2mins jog, 1 min walk
- Day 2 2 miles approx, jogging most of the way
- Day 3 5 mins walk, 6 mins jog, 2 mins walk, 6 mins jog
- Day 4 3 miles circuit, jogging most of the time

WEEK SIX

Aim: to run 8 miles in a week

- Day 1 5 mins warm-up, then 4 x 2 mins and 4 x 1 min jog, 1 min walk
- Day 2 15 mins jog, walk when necessary
- Day 3 5 mins walk, 2 mins stretch, one mile steady pace, untimed
- Day 4 Go round your 4-mile circuit, running most of the time

WEEK SEVEN

Aim: to run a timed mile

- Day 1 Warm-up for 5 mins, then 4 x 3mins jog, 1 min walk
- Day 2 5 mins easy, 2 mins stretching, 15 mins steady pace
- Day 3 15 mins jog
- Day 4 5 mins walk, 5 mins jog, 2 mins stretching, then run a mile as Week Four and time it, then jog-walk for 5 more minutes

WEEK EIGHT

Aim: to run 10 miles in the week

- Day 1 10mins out slowly, then run back faster
- Day 2 5 mins easy, then 8-10 x 1 min fast, 1 min slow
- Day 3 20 mins jog
- Day 4 Do a mile of warm-up, then go round your 4-mile circuit, as Week 6.

WEEK NINE

Aim to build endurance

- Day 1 13 mins out slowly, then run back faster
- Day 2 5 mins easy, stretching, 4-5 x 2 mins fast, 2 mins slow
- Day 3 25 mins jog
- Day 4 10 mins warm-up, run a fast mile as Week 7, then 10 mins jog

WEEK TEN

Aim to build endurance

- Day 1 10 mins warm-up, a steady lap of your 4-mile circuit, plus one mile jog.
- Day 2 5 mins easy , then 3 x (2mins fast,2min slow,1 min fast, 1 min slow)
- Day 3 25 mins jog
- Day 4 Warm up, then 2 x 1 mile, with 5 mins recovery between, 5 mins jog.

RACE WEEK

- Day 1 15 mins jog
- Day 2 5 mins warm-up, 10 x 1 min fast, 1 min slow, 5 mins jog
- Day 3 10 mins jog, stretching, 5 mins brisk pace, 5 mins jog
- Day 4 5 mins warm-up and stretching .

THE RACE

5 mins walking afterwards

THE DIFFERENT TYPE OF PACES

- Easy pace:* Able to talk easily while running
- Steady pace:* Marathon speed - still able to talk
- Brisk pace:* Threshold pace or ten-mile race pace - little breath to spare
- Fartlek:* Fast bursts at 5K race speed, with periods of easy running in between keeping records

LEVEL ONE TRAINING SCHEDULE

LEVEL ONE - This is designed for people who are not beginners, but who are only running once or a couple of times a week and who are not use to running in races of this distance

WEEK 1

Day 1 3 miles easy run
Day 2 1 mile jog, then 5 x 1 min brisk, 1 min jog, 5 mins easy jog
Day 3 3 miles steady pace
Day 4 4-5 miles easy, walking if necessary

Week's total = 13-14 miles

WEEK 2

Day 1 3-4 miles easy pace
Day 2 Warm-up, 6 x 30 secs uphill fast, walking back, 1 mile jog
Day 3 Warm-up 1 mile, then timed run, 2 miles approx, 5 mins jog
Day 4 5 miles easy, off-road

Week's total = 15-16 miles

WEEK 3

Day 1 4 miles easy pace
Day 2 1 mile easy, 8 x 30 secs fast, 1 min jog, warm-down
Day 3 Warm up, 3 miles brisk pace
Day 4 5 miles easy, off-road

Week's total = 16-17 miles

WEEK 4

Day 1 4 miles steady pace
Day 2 1 mile warm-up, 4 miles steady, inc. 6 x 1 min. fast bursts
Day 3 Timed run as Week 2
Day 4 5-6 miles endurance run, off-road

Week's total = 18-19 miles

WEEK 5

Day 1 5 miles easy pace
Day 2 2 mins easy, 6 x 1 min fast, 2 mins slow, 1 mile easy
Day 3 4 miles steady pace
Day 4 6 miles endurance run, starting slowly

Week's total = 20 miles

WEEK 6

Day 1 5 miles easy
Day 2 6 miles steady, inc. 8 x 30 secs fast
Day 3 5 miles steady pace
Day 4 10 mins warm-up, 10 mins brisk pace, 5 mins jog, 10 mins brisk, 10 mins jog

Week's total = 22 miles approx.

WEEK 7

Day 1 6 miles easy, off road

Day 2 1 mile jog, 10 x 1 min fast, 2 mins slow, 1 mile easy

Day 3 Warm up, 3 x 5 mins fast, 4 mins recovery, 1 mile jog

Day 4 8 miles endurance run

Week's total = 25 miles

WEEK 8

Day 1 6 miles easy, with 6 x 100m stride at the end

Day 2 6 miles Fartlek, as Week 6 with 10 x 30 secs bursts

Day 3 5 miles easy

Day 4 Warm up, Race 4-7 miles or 5 miles fast, timed

Week's total = 25 miles

WEEK 9

Day 1 7 miles, easy pace

Day 2 Warm up, 8 x 400m, timed, 2 mins recovery

Day 3 4 miles steady pace

Day 4 6 miles Fartlek, alternating 1 min and 2 mins bursts

Week's total = 23 miles

WEEK 10

Day 1 Warm up, 12 x (200m fast stride, 1 min rest) 1 mile jog

Day 2 5 miles easy

Day 3 20 mins jogging, inc. 6 x 150m fast stride

Day 4 10K RACE

THE DIFFERENT TYPE OF PACES

Easy pace: Able to talk easily while running

Steady pace: Marathon speed - still able to talk

Brisk pace: Threshold pace or ten-mile race pace - little breath to spare

Fartlek: Fast bursts at 5K race speed, with periods of easy running in between
Keeping records

LEVEL TWO TRAINING SCHEDULE

LEVEL TWO - *This is for the more serious runner, say someone who is aiming to run the 10K in under 40 minutes (men) or under 44 minutes (women)*

WEEK 1

- Day 1 6 miles easy, off road
- Day 2 1 mile jog, 10 x 1 min fast, 2 mins slow, 1 mile easy
- Day 3 4-5 miles easy run
- Day 4 Warm up, 3 x 5 mins fast, 4 mins recovery, 1 mile jog
- Day 5 8 miles endurance run

Week's total = 30 miles

WEEK 2

- Day 1 6 miles easy, with 6 x 100m stride at the end
- Day 2 6 miles Fartlek, with 10 x 30 secs bursts
- Day 3 5 miles easy
- Day 4 Warm up, Race 4-7 miles or 5 miles fast, timed
- Day 5 6-8 miles endurance run, off road

Week's total = 30-33 miles

WEEK 3

- Day 1 5 mile run, with 5 x 1 min fast, 2 mins jog
- Day 2 4 miles steady pace
- Day 3 Club run, 6 miles, starting easy, finishing fast
- Day 4 1 mile easy, 3 miles brisk pace, 1 mile easy
- Day 5 Endurance run, 7-8 miles

Week's total = 28 miles

WEEK 4

- Day 1 5 miles easy, off road
- Day 2 Warm up, 8 x 45secs uphill fast, 1-2 miles easy
- Day 3 Club run, 6 miles
- Day 4 Warm-up, 2 x 1 mile (5 mins recovery), 1 mile jog
- Day 5 Endurance run, 8 miles

Week' total: 29 miles

WEEK 5

- Day 1 5 miles, starting slow, finish fast
- Day 2 1 mile easy, 8 x 1 min fast, 1 min slow, 1 mile jog
- Day 3 Club run, steady pace with a few surges
- Day 4 Warm up, 10 mins brisk pace, 3 mins jog, 5 mins fast, 1 mile jog
- Day 5 Warm up, timed run over 2-3 miles
- Day 6 Endurance run, 8-9 miles

Week's total: 34 miles

WEEK 6

- Day 1 5 miles easy, off road
- Day 2 Warm up, 4 x 5 mins fast, 2 mins jog, 1 mile jog
- Day 3 Club run, 6 miles, with several fast bursts
- Day 4 4-5 miles easy
- Day 5 Minor race, 5-6 miles
- Day 6 Endurance run, 8-10 miles

Week's total: 35-37 miles

WEEK 7

- Day 1 5-6 miles easy, off road
- Day 2 Warm up, 6 x (2min fast, 2min slow, 1 min fast, 1 min slow)
- Day 3 Club run, 6 miles good pace
- Day 4 4-5 mile easy
- Day 5 Warm up, 10 x 45 secs uphill, warm down
- Day 6 Endurance run, 8-10 miles

Week's total: 34-38 miles

WEEK 8

- Day 1 5-6 miles easy, off road
- Day 2 Warm up, 3 x 1 mile fast, (3 mins rest) warm down
- Day 3 Steady 6 miles
- Day 4 5-6 miles Fartlek
- Day 5 Endurance run, 6-7 miles

Week's total: 28-30 miles

PRE-RACE WEEK

- Day 1 Easy 4 miles, off road
- Day 2 Warm up, 10 x 1 min fast, 1 min slow
- Day 3 3 miles easy, with 6 x 100m fast stride
- Day 4 Warm up, RACE, warm down or Weeks 7 and 8.

THE DIFFERENT TYPE OF PACES

Easy pace: Able to talk easily while running

Steady pace: Marathon speed - still able to talk

Brisk pace: Threshold pace or ten-mile race pace - little breath to spare

Fartlek: Fast bursts at 5K race speed, with periods of easy running in between
Keeping records

The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people

Patron HRH The Prince of Wales

Age Concern England (charity number 261794) has merged with Help the Aged (charity number 272786) to form Age UK, a charitable company limited by guarantee and registered in England: registered office address 207 - 221 Pentonville Road, London, N1 9UZ, company number 6825798, registered charity number 1128267. Age Concern and Help the Aged are brands of Age UK. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI, Age Cymru.