Training stripped back

The rationale and some science!

Dear All,

As I mentioned previously, my thinking is to provide the tools to develop some of your own training plans over the weeks ahead.

With the knowledge & science, you can prepare your weekly sessions…And with a clear focus of what you want to achieve when we return to group training and racing.

Naturally, very happy to answer questions for anyone but the rationale behind this approach is to give you the tools and knowledge to develop your ow personal plans.

"Remember, everything you need is already inside of you"

We have covered…

- Goal setting (Plan & Purpose…Which races are you targeting, and creating that mental picture)
- Mesocycles
- Technique
- Energy systems
- Core Sessions

Today, we look at Training Exertion Levels & Recovery, some of which may surprise you. Rest & Recovery is part of any training programme. Similarly recognising the relative exertion level or load for each run. Remember the eight week mesoycle had three descriptors "High/Medium/Low". These describe the intensity or load of each week. Similarly, at micro or daily level, the intensity of each day.

While the idea is to stress/recover/increase in terms of the training load, it requires gradual phasing, over a week and over the longer period…And with easier days and weeks built in.

Measuring the intensity of each run

It's easy…We put our gear on and go out for a run…End of? Of course not!

We have already covered mesocycle, energy systems and the different sessions. The key is to blend them into your programme and in such a way that you do don't overload! Rest & Recovery comes into play!

Welcome to "Rate of Perceived Exertion" (RPE).

Perceived exertion is most often measured using the Borg scale, which is a relative scale used to describe how hard you feel you're working. It starts at six (no exertion) and goes all the way to 20 (maximal exertion). It was created in 1982 by Dr. Gunnar Borg (hence the name).

In terms of assessing the intensity of any session, the table below is used.

RATING	PERCEIVED EXERTION
6	No Exertion
7	Extremely Light
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Extremely Hard
20	Maximum Effort

England Athletics add some more information to the Borg Scale. This then allows you to work out an actual measure to each work out which will allow you to better plan your training around the intensity of each day and week (H/M/L).

The additional three columns below demonstrate.

- Session
- Duration
- Exertion

Based on your own runs and intensity, you can play around with the numbers. What it does demonstrate is the adage "Time on feet"…Look at the long run exertion score!

Similarly, the recovery run score!

Always remember to run your training runs (H/M/L) at the right pace!

RATING	PERCEIVED EXERTION	SESSION	DURATION	EXERTION SCALE (Rating x Duration)
6	No Exertion			
7	Extremely Light			
8				
9	Very Light	Recovery Run	40 mins	3.6
10				
11	Light	Long Run	100 mins	11
12		Core Run	45 mins	5.4
13	Somewhat Hard			
14				
15	Hard	Tempo Run	50 mins	7.5
16				
17	Very Hard	Interval Session	45 mins	7.65
18				
19	Extremely Hard			
20	Maximum Effort			

Recovery & Fuel

Much is in the public domain about this. I will keep this simple and in line with EA recommendations.

Energy is provided by a number of groups.

- **Carbohydrate** (CHO)…The first choice for the body
    - Energy is stored in the muscles and liver as glycogen then quickly and efficiently released
    - The higher the intensity of exercise, the higher proportion of CHO is used
    - Carbs can only be stored at a fixed rate so best eaten in smaller but regular intervals
    - Glycogen is a product of CHO stored in liver and muscle tissue. It requires water for effective storage, hence the need to stay hydrated
- **Fat**…An essential source of fuel, releasing energy more slowly
- **Protein**…Essential for repair, and only used as fuel in extreme circumstances

When fuelling, consider the following…

- **The Glycaemic value**…A numerical measure of how quickly foods containing CHO boost our blood glucose levels after eating
- **Glucose** is absorbed quickest into the blood stream and is given a numerical value of 100
- **High GI foods** (Over 70), fill you quickly and give a fast burst of energy but will leave you hungry again a short time later
    - Potatoes/white rice/white bread/ sugary foods
- **Medium GI foods** (50 – 70)
    - Bananas/pasta/bran cereal
- **Low GI foods** (Below 50) , fill you up but raises blood glucose slowly giving a more continuous energy release
    - Most fruits and vegetables/whole grain pasta/nuts & peanuts

After your run

We get a window of up to two hours in which replenishment of glycogen is accelerated. The most critical phase being the first thirty minutes. Recovery foods are high in GI & Protein.

A combination of CHO (refuelling the body by replenishing the glycogen…stored energy) and Protein (repairing the body…damaged muscle tissue)….Usually a 3:1 ratio. Typically meat and fish.

Everything in moderation, but with a little science thrown into the mix".

Summary

Bear in mind that in compiling the above, I have use a variety of sciences & the scale recommended by England Athletics.

While we have an availability of technology…Heart Rate Monitors/ Garmin & similar, the important thing is to allow you to have a better idea of relative exertion levels, and then plan your days and weeks accordingly.

Knowledge is power…But only when used correctly and with a genuine belief that you can make personal improvements.

Ironically, some may have more time available to them…Our routines are being disrupted. **BUT** nothing stops a person with a clear goal and the determination to succeed!

The final piece to the jigsaw and to follow, will cover…

- The mental block. Perhaps the most important of all!

Any requests, please let me know.

#TeamWilmslow

Best Regards,

Nick

"You have to wonder at times what you are doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement.

Steve Prefontaine (Legendary American Track Star and who is now running with the gods in the stars…Taken from us far too young).