

# Running Divas April 2019

## Technical Challenge – Week 1

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   |
|--|---|---|--|--|---|--|
| <b>Fartlek/interval training</b><br><b>Moneghetti Fartlek</b><br><p>2 x 90secs with 90 secs recovery (jog or walk depending on your fitness level)<br/>           4 x 60secs with 60 secs recovery (jog or walk depending on your fitness level)<br/>           4 x 30secs with 30 secs recovery (jog or walk depending on your fitness level)<br/>           4 x 15secs with 30 secs recovery (jog or walk depending on your fitness level)</p> | <b>Drills</b><br><b>Butt Kicks</b><br><a href="https://youtu.be/vjG1aON9qSQ">https://youtu.be/vjG1aON9qSQ</a><br><b>Why:</b> Butt kicks engage the hamstrings and accentuate the recovery portion of the running gait and improve leg turnover cadence.<br><b>How:</b> Run in place with your thighs more or less locked in a neutral position and try to kick yourself in the glute with your heel on each stride. Focus on keeping the rest of your body still and simply flicking your lower leg backward. If you're not making contact, you need to improve your dynamic range of motion. Do 2 to 4 reps of 15 kicks with each leg. | <b>Hills</b><br><b>Timed Hill sets</b><br>4 sets of 60secs, 45secs, 30secs with jog-back recovery, repeat this set twice -<br>Short hill repeats are a great way of improving aerobic and anaerobic power | <b>Fueling</b><br><b>Choose your carbs</b><br>well today- sweet potato, bananas, fresh fruit and vegetables. | <b>Cadence</b><br><b>Measure your cadence</b> and compare to the ideal cadence of 180-190. To determine your own cadence, simply count the number of times your left foot hits the ground whilst running for 30 seconds. Let's imagine yours was 40. Double that to get the total for 60 seconds (80); then double it again to get the total for both feet (160) | <b>Stretching/mobility</b><br><b>Spend 10 minutes</b> using a foam roller using Erica's video. See the link below.<br><a href="https://www.youtube.com/watch?v=Z4TqQTxOCns">https://www.youtube.com/watch?v=Z4TqQTxOCns</a> | <b>Tempo</b><br><b>Tempo run with a twist-</b><br>add a 30 second burst at every 5th minute, returning to your tempo run pace. Complete a run for 30-60 minutes. This will mimic passing people in a race. |



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## Technical Challenge – Week 2



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|--|--|---|--|--|--|---|
| <b>Fartlek/interval training</b><br><br><b>Workout 2- 1-2-3-2-1 Fartlek</b><br><br>1 minute sprinting 5km pace<br>1 minute jog<br>2 minutes sprinting – 10km pace<br>2 minutes jogging<br>3 minutes sprinting- 21 km pace<br>3 minutes easy jog<br>2 minutes sprinting – 10km pace<br>2 minutes jogging<br>1 minute sprinting- 5km pace<br>1 minute jog<br>To work out your pacing for 5kms, 10kms, 21kms Average what pace you currently run at for racing or training to get a starting point. Usually you would run a 5km faster than a 10km and 21km so the pacing would be quite different for each distance. | <b>Drills</b><br><b>High Knees</b><br><a href="https://youtu.be/RkUsQUAdhhM">https://youtu.be/RkUsQUAdhhM</a><br><b>Why:</b> The high knees drill accentuates knee lift and glutes and hamstring power, which are keys to running fast and efficiently, as well as having powerful and efficient leg drive.<br><b>How:</b> Taking short steps with a very quick cadence, alternate thrusting knees upward until your thigh breaks a plane parallel to the ground. Focus on soft, flat foot strikes near the ball of your foot while using your core to lower your leg down slowly instead of letting it crash to the ground.<br>Do 2 to 4 reps of 15 lifts on each knee. | <b>Hills</b><br><b>200m Hills Sprints</b><br>8 x 200 m hills with 1-minute rest between each one. | <b>Fueling</b><br>After long and/or hard training and racing efforts, jump- start the recovery process by eating or drinking 200-300 calories of 3:1 grams (3 times more carbs to protein) of carb to protein, up to 90 minutes post-exercise. Choose whole foods when possible. <b>For example:</b> A chocolate milk or a fruit smoothie. | <b>Cadence</b><br>Download music to match your cadence | <b>Stretching/ mobility</b><br>Using a hard-small ball under your feet, one foot at a time, gently place pressure and roll the ball from your toes to your heel, getting into all the different muscles in your feet. If there is a sore spot hold for 20secs and release. | <b>Tempo</b><br>Run on a hilly course to strengthen your legs and practice even pacing. |





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## Technical Challenge – Week 3



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday  |
|---|---|---|--|--|---|---|
| <b>Fartlek/interval training</b><br><br><b>Anaerobic threshold interval session</b><br><br>2 km warm up<br>4 minutes hard<br>2 minutes easy<br>3 minutes hard<br>2 minutes easy<br>2 minutes hard<br>1 minute easy<br>1 minute hard<br>Run easy for 5 minutes<br>Cool down 1 km | <b>Drills</b><br><b>Lateral Bounding</b><br><a href="https://youtu.be/onkNiLPddK4">https://youtu.be/onkNiLPddK4</a><br><b>Why:</b> This drill develops lateral strength and agility necessary to stabilize the body and maintain single-leg balance during forward running motion. Specifically, this drill works the glutes, hip flexors, tensors, abductors.<br><b>How:</b> With an upright torso and level head, move laterally in one direction by alternately bounding with your legs spread and your legs together. Do 2 to 4 50-meter reps to the left and right, facing the same direction for each lateral movement. | <b>Hills</b><br><br><b>100 m Hill sprints</b><br><br>10 x 100 m hills with 45 sec rest between each one- Short hill repeats are a great way to build anaerobic power. | <b>Fueling</b><br><br>Fuel performance by focusing meals and snacks on whole, quality foods, including lean protein (fish, eggs, poultry), whole grains (brown rice, barley, bulgur, quinoa, whole oats), legumes (beans, lentils), fruits, vegetables and healthy fats (nuts, avocados, seeds, fish).<br><b>NO PROCESSED FOODS TODAY.</b> | <b>Cadence</b><br><br>Download music to 10% higher of your calculated cadence. | <b>Stretching/mobility</b><br><br>Using a small towel or band to stretch hamstrings, glutes, calves – See Erica's video on Facebook this week.<br><a href="https://youtu.be/4khmbUdXAY8">https://youtu.be/4khmbUdXAY8</a> | <b>Tempo</b><br><br>Run at your goal race pace. |



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## Technical Challenge – Week 4

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  | Sunday   |
|---|--|---|---|--|---|--|
| <b>Fartlek/interval training</b><br><br><b>Pyramid Interval Training</b><br>1 minute hard,<br>30 seconds easy<br>2 minutes hard,<br>1 minute easy<br>3 minutes hard,<br>1 minute 30 seconds easy<br>4 minutes hard,<br>2 minutes easy<br>5 minutes hard,<br>2 minutes<br>30 seconds easy<br>4 minutes hard,<br>2 minutes easy<br>3 minutes hard,<br>1 minute 30 seconds easy<br>2 minutes hard,<br>1 minute easy<br>1 minute hard,<br>30 seconds easy | <b>Drills</b><br><b>Grapevines</b><br><a href="https://youtu.be/4C_6jefVtak">https://youtu.be/4C_6jefVtak</a><br><b>Why:</b> This drill loosens hip flexors and glutes and increases hip and leg and gluteal mobility while also using lateral strength required to run with good form.<br><b>How:</b> Standing upright with your head and torso facing forward, move laterally in one direction by placing your trailing leg in front of the lead leg. Then move the lead leg in that same lateral direction and place the trailing leg in front of the lead leg. Maintain a fluid motion with your arms rotating in the opposite direction from the legs. Do 2 to 4 50- meter reps to the left and right, facing the same direction for each lateral movement. | <b>Hills</b><br><br><b>Reverse hills</b><br>X 8 by 200m walk up the hill and then run down the hill fast.<br>Reverse hills help you learn how to run down a hill safely and practise that skill, as this is just as important. You use different muscles and breathing, so to know how to do this is important. | <b>Fueling</b><br>Hydrate only with water today. You can still eat normally but just stick to water for your liquid throughout the day. | <b>Cadence</b><br>Run at 190 cadence, see how that feels. Does that challenge you? This is seen in research as the ideal running efficacy. | <b>Stretching/mobility</b><br>Clams- The ultimate runner's mobility to strengthening hip flexors and glutes. Complete 25 each side x 3 rounds – See Erica's video on Facebook this week.<br><a href="https://youtu.be/UPJk_tpfPrU">https://youtu.be/UPJk_tpfPrU</a> | <b>Tempo</b><br>Try this work out and make your tempo run into a progression run- A progression run involves incrementally increasing your pace throughout the run, so that you finish at a faster pace than you started.<br>Similar to negative splits. |





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## Technical Challenge

**Fartlek** - Including some short bursts of speed in a fun training session is so great for improving agility, pace, flexibility & enjoyment of running.

**Hills** - Yes hills are both a mental & physical challenge but wow the huge improvement in leg strength is so worth all that huffing & puffing

**Fueling** - The saying "we are what we eat" absolutely applies to us as runners. Our body must have a consistent supply of useable carbohydrates to ensure our muscles can keep functioning effectively.

**Drills** - Do you want to have great, strong runs that make you feel like you can run forever? Then just taking 5mins to do some simple drills will make the world of difference.

**Tempo** - Are you stuck in a 'groove' & feel like you can't change your run pace? A tempo run with its challenging pacing will re train your body into a new pattern.

**Cadence** - As runners knowing about cadence & how it can improve our overall speed, efficiency & ability to run longer with less fatigue is great knowledge to have. Our goal is to run with a cadence of 180 to 190 beeps per min. The easiest way to achieve this is with music at that beat.

**Strength & Mobility** – The primary goal for all Divas is to run injury free & feeling great for the long term. Which is why taking time to include both strength & mobility into our weekly training achieves these goals.

