



INISHOWEN
ATHLETICS CLUB
Est. 2001

Beginners & Fit4Life Information Evening

Mon 17th December 2012.

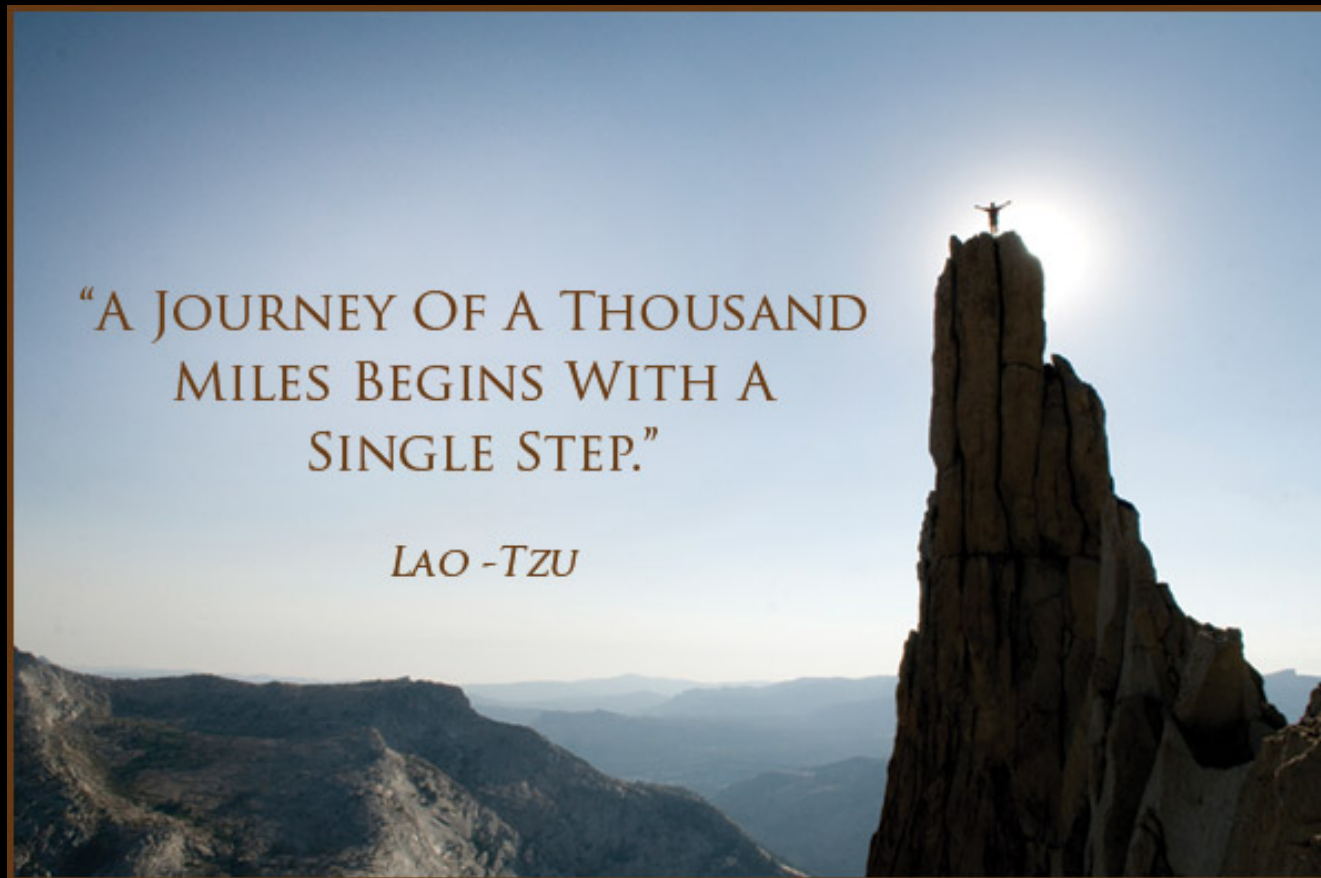
What is the Purpose of this Meeting ?

- To explain key terms associated with the training schedules and methods of the Club
- To provide a better understanding to members of how these key terms are used in daily training and race preparation.

What is the Purpose of this Meeting ?

- To provide members with an opportunity to ask questions and provide feedback on any issue relating to their training.

Peak Performance



Success

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Michael Jordan

What are the Key Terms?

- Periodization – This is the term given to how your training is planned in an organised way over a period of time, usually 6-12 months.
- Macro-cycle – This is a block of training within periodization, for example 1-3 months.

What are the Key Terms?

- A macro-cycle will focus on a particular type of fitness or a range of fitness aspects e.g. aerobic conditioning, lactate threshold etc.
- A macro-cycle is divided into smaller sections called meso-cycles i.e. 7-21 days of training.

What are the key terms?



What does Periodization Look Like?



What are the key terms?

- Aerobic Recovery Running - This is the easiest pace of running.
- Up to 2 minutes slower than your marathon pace.
- 50-65% of Heart Rate Reserve (HRR)
- You should be able to talk - full sentences.
- It will account for up to 65% of your weekly runs.

What are the key terms?

- Aerobic Conditioning Running.
- This is your weekly long run
- 65-80% of HRR
- Slightly slower and up to marathon pace
- Should be able to talk but with a bit more difficult as the run progresses
- Approx. 20% of your weekly volume

What are the key terms?

- Aerobic Power Running.
- 80-92% of HRR
- 5 & 10km pace
- Just a few words

What are the key terms?

- Anaerobic Power Running.
- 85-95% of HRR
- 1500m - 3000m pace
- Talking not possible

What are the key terms?

- Anaerobic Conditioning Running
- 70-92% of HRR
- Progressive tempo/lactate threshold runs
- Starting out at slightly slower than marathon pace, progressing to 5km pace over the last 1km.
- Some talking possible at the start, but not as the run progresses.

Are There Any Other Key
Terms?

- FITT Principles of training.

What Are the FITT Principles?

- F - Frequency
- I - Intensity
- T - Time
- T - Type
- Overload
- Progressions
- Recovery
- Reversibility
- Specific

Are there other important points we should consider?

- Positive mind, goal setting
- DIET - Iron.
- Haemoglobin levels - iron in red blood cells
- Men - 15-18 grams per deciliter of blood
- Women - 13-16 grams

Are there other important points we should consider?

- Serum Ferritin levels - the body's iron stores.
- Normal levels are 10-200 nanograms per milliliter of blood
- Should not drop below 25ng/ml

Are there other important points we should consider

- Sleep.
- Vital in the recovery process
- The big three - Munster Rugby Team
- Diet, Sleep, Exercise

Are there other important points we should consider?

- Accumulated Volume
- Strong aerobic base gained from lactate threshold running
- Fitness testing, sports science use of monitors
- thomas.mccallion@derrycity.gov.uk
- Hills

Are there other important points we should consider?

- Recovery runs - should not exceed 50 minutes @ 50-65% HRR
- Tune-up races. Important !!!
- 4 days of easy running between any workout of up to 85% HRR and race
- 5 days of easy running between any workout of up to 90 % HRR and race

Are there other important points we should consider?

- DOMS
- Dynamic stretching - before
- Static stretching - afterwards
- Foam rolling
- Massage
- Strength & Conditioning exercises

Are there other important points we should consider?

- Focus on SPEED!!!
- 5 - 10 x 100m strides @ 400m pace.

How Important is Speed?



How Important is Speed?

- Paula Radcliff
- World marathon record holder - 2.15.25.
- 5 mins 10 secs per mile
- 77 secs per 400m
- 38.5 secs for 200m
- 19.25 secs for 100m

How Important is Speed?



How Important is Speed?

- Patrick Makau
- World marathon record holder - 2.03.38
- 4 mins 44 secs per mile
- 71 secs per 400m
- 35.5 secs for 200m
- 17.75 secs for 100m

Any Words of Inspiration?

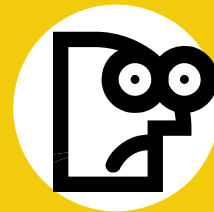
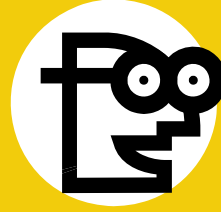
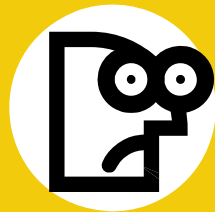
*The dictionary is the only place where
success comes before work'*

Vince Lombardi, American Football Coach.

*'Some people see things as they are and
ask why, other dream of things that never
were and ask, why not?*

Oscar Wilde

Any Questions??



It's QUESTION TIME!!