

'Club Run' Tadcaster Harriers



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Version 1

Aims of a Dynamic Warm Up

The aim of a warm up is to physiologically and psychologically prepare the body for activity

As part of the process (after a pulse raiser) include dynamic activities that are based on movement

Warm up should be between 10-15 minutes in length

The following are example of dynamic activities that can be included as part of a warm up and to bridge the gap to the main session

If you are unsure how to undertake these dynamic activities please contact me for guidance.

The following are a selection of dynamic warm up exercises that can be included and undertaken 'on the move'

Walk on heel

Distance 1 x 10m

Walk on ball of feet

Distance 1 x 10 metres taking small steps

Low level pogo jumps

Stay tall; bounce on forefoot ensuring the heel does not touch ground

Knee Hugs (Gluteal Stretch)

Distance 1 x 10m

Quadriceps

Distance 1 x 10m

The following are a selection of dynamic warm up exercises that can be included and undertaken 'on the move'

Hamstrings

Distance 1 x 10m

Adductors

Distance 1 x 10m

Side stepping.

Every three side steps change direction and clap hands above head

Distance 2 x 10m

Arm swing with split squat

2 x 20 seconds

Carioca (Grapevine)

Distance 1 x 10m each leg lead. Cross one leg over the other in front and then place behind

Walking lunge

Distance 1 x 10m

Running can either be:

- **Continuous** – without a break
e.g. a 30 minute run
- **Non continuous**- with a break
e.g. 5 x 4 minutes with a 90 second recovery between each repetition

Q. How do I start to develop a change of pace?

A. Start to include non continuous running in your training sessions

When planning training think in terms of:

- Setting a goal e.g. Seaside 10km
- The number of training weeks before the race e.g. 10 weeks
- Where you are at present e.g. can run 5 miles comfortably at 8.45 per mile
- Where you want to get to e.g. be able to run a 10km at an average speed of 8.43 per mile
- What can be altered in training to bring about a change in running pace e.g. integration of a non-continuous running session per week
- Build running volume **very slowly** and avoid jumping distance in run length e.g. Saturday run increases from 6 -10 miles

Build up your training load slowly:

Consider impact of:

- Training volume
- Intensity of training
- Frequency of training

- Only try to alter one variable at a time

- Other external variables e.g. work can impact on the above

- If you want to develop capacity to hold a pace try reducing recovery between repetitions and either holding or increasing the number of reps.
- If you want to develop pace try reducing the number of repetitions undertaken and increase the recovery.

Incorporating Running Technique

- Run tall with high hips
- Relax shoulders
- Drive arms backwards
- Foot lands underneath hips (your centre of gravity)

Think about the development of technique during both warm up and main session

(Lirf, 2017)

Running posture

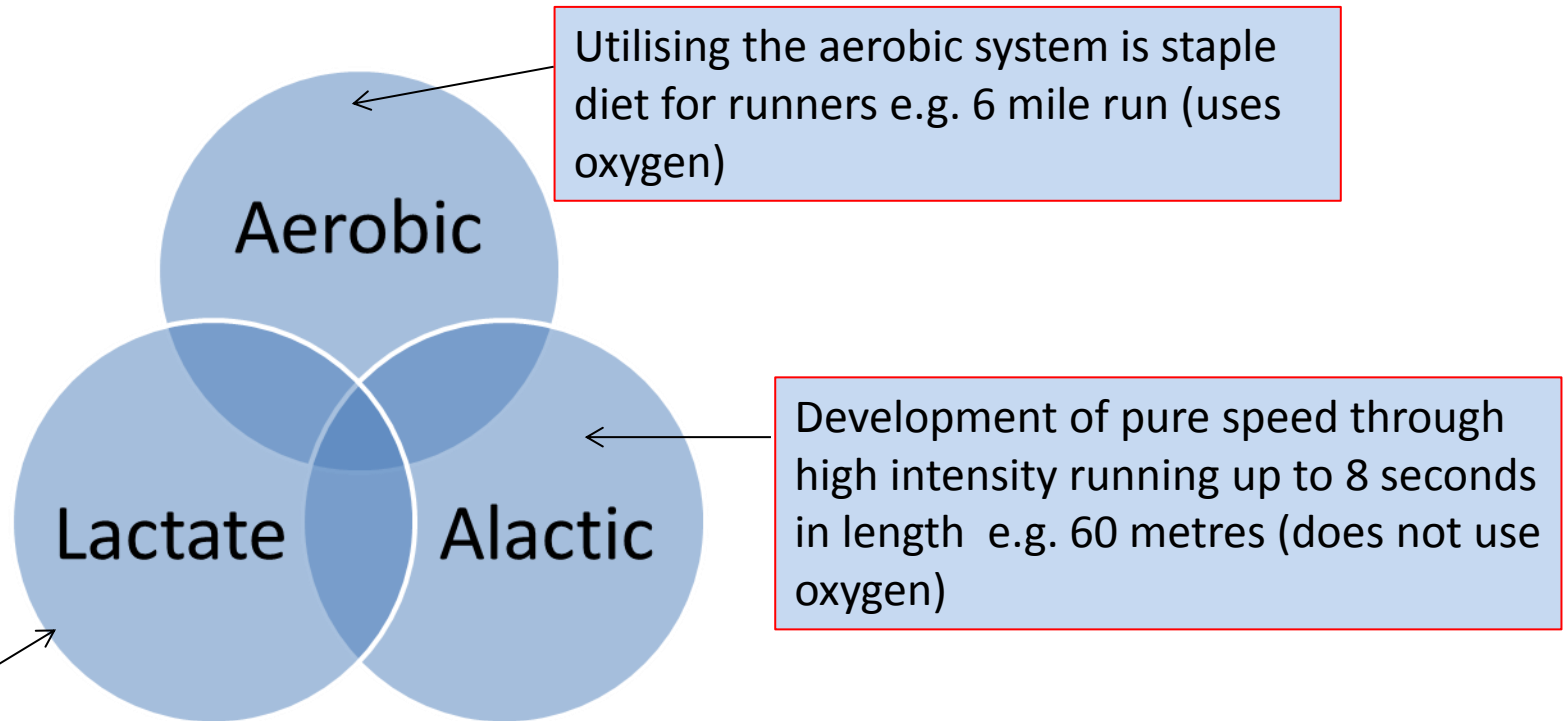
Driving with
the arms

Head up
and looking
forward

Tall at the
hips



Linked energy systems

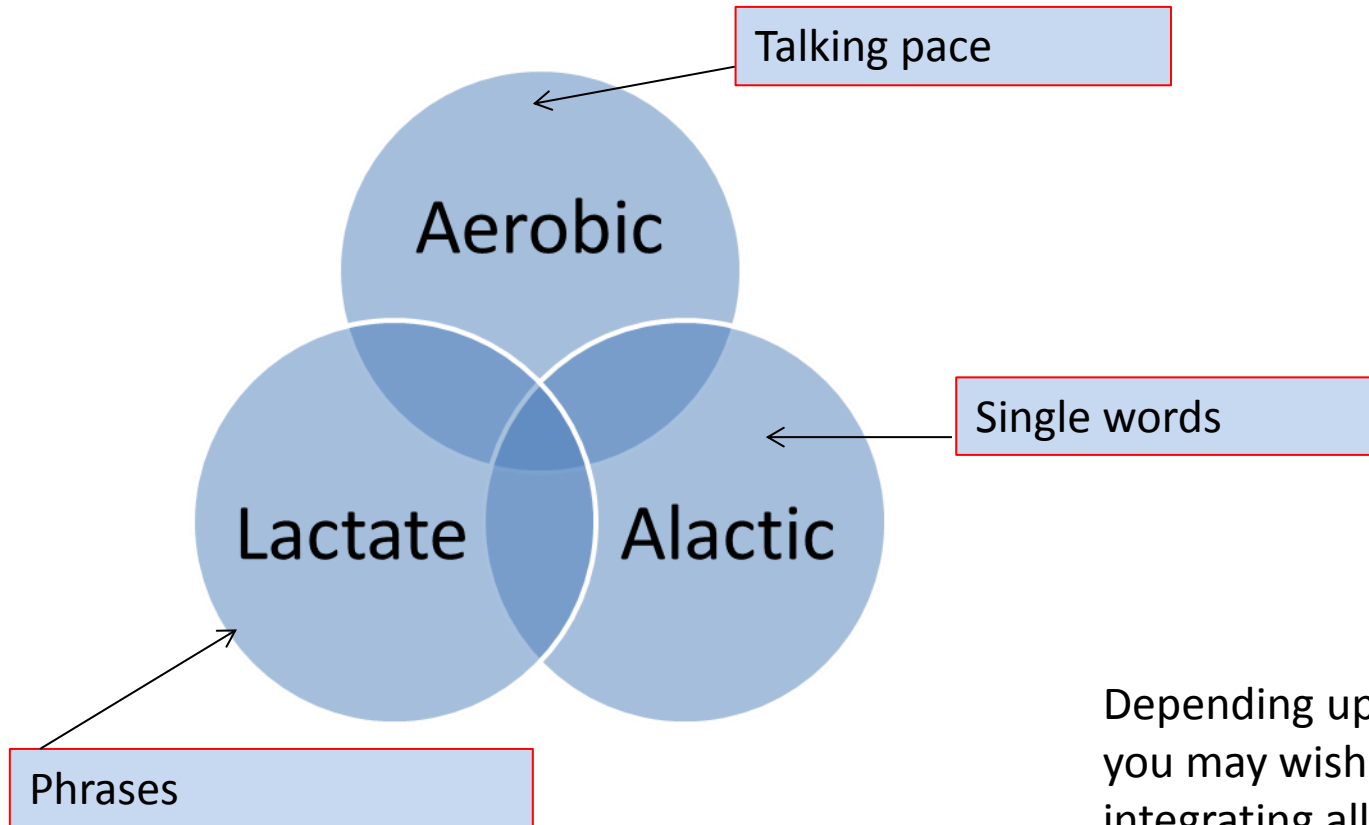


Utilising the aerobic system is staple diet for runners e.g. 6 mile run (uses oxygen)

Development of pure speed through high intensity running up to 8 seconds in length e.g. 60 metres (does not use oxygen)

Links aerobic & alacatic systems. Development of speed endurance through high intensity running from 8 seconds up to 60 seconds in length e.g. 200 metres

Use talk test to help distinguish between different energy systems



Depending upon training history you may wish to consider integrating all three systems into a single training session. See next two slides.

Example:- Assuming a person runs four times per week and each session lasts an hour then the weekly breakdown for 10km training could be:

(3%) 7 minutes Alactic training

(10%) 24 minutes Lactate training

(87%) 209 minutes Aerobic training

% equates to approximate demand of event

Examples of how to integrate into your running

(3%) 7 minutes Alactic training

6 x 70 metres runs
with a walk back
recovery

(10%) 24 minutes Lactate training

2 sets of 3 x 45
second runs with
either a walk/ jog
back recovery

(87%) 209 minutes Aerobic training

- 1) 30 minute run
- 2) 60 minute run

Example training sessions showing progression by distance

Weeks 1 and 2 Distances = 1600 metres

2 x 800m

4 x 400m



Weeks 3 and 4 Distances = 2000 metres

4 x 500m

2 x 1000m



Weeks 5 and 6 Distances = 2400 metres

2 x 1000m and 1 x 400m

4 x 600m

Example training sessions showing progression by distance for second interval session per week

Weeks 1 and 2 Distances = 1100 metres

2 x 250m & 4 x 150m

150m, 200m, 250m, 250m, 200, 150m



Weeks 3 and 4 Distances = 1500 metres

5 x 300 metres

2 x 5 x 150m,



Weeks 5 and 6 Distances = 1800 metres

3 sets of 3 x 200m

4 Sets of 300m/ 150m

Example training sessions

(technique runs, acceleration runs, main session)

Week 1:

- 3 x 80 metre relaxed technical runs
- 5 x 60 metre acceleration runs
- **3 x 5 x 200 metres** (15 repetitions in total)
- Recovery is 45 seconds between each repetition and 2½ minutes between sets.
- Pace:- 3k
- Total length of session: **3,540 metres**

Week 2:

- 4 x 80 metre relaxed technical runs
- 4 x 60 metre acceleration runs
- **5 x 600 metres**
Recovery is either a 400 jog recovery or 2 minutes
- Pace: -5k
- Total length of session: **3,560 metres**

References

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