

# Running

Training, Fitness, and Staying Motivated



Peter Crooke

<https://cmmtraining.wordpress.com/>

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# 1. Welcome

## *New Runners*

Welcome! As a new runner, questions are on your mind, if not flooding it. Today's Run and Sports Injury Prevention Clinic at In Motion and this booklet should answer many of those questions so that you can make running a lifelong and life changing effort. You will leave today with many resources that will help you on your journey,

## *Experienced Runners*

If you fall into the category of experienced runner, but want to increase your knowledge, welcome to you, as well. Your experience has already taught you about the highs and lows of your dedicated effort to become a better runner. Learning how to maximize the highs and minimize the lows should be your goal.

# 2. Motivation

## *Introduction*

Dealing with the highs and lows of running will fall under the general heading of *motivation*. Motivation, however, can be a tricky thing. You don't get a whole lot of help with this from our hyper-competitive world. If you watch *too many* Nike commercials, you might eventually burn out. Yet an inner competitiveness is necessary to a degree. In other words, if you watch *too few* Nike commercials, you will never get to the core understanding that you must overload the body to improve. You will see more on this later in the appendix under "Training Patterns" and "Training Programs."

Most of the motivational talk you will hear is about the positive side and the positive results that you should expect from running. You need to remember those positives but also need to remember that as a natural part of any dedicated program, you will experience a few struggles and down days. Motivation should account for all of these days. A great running program will include both the ups and down in a way that can actually have you benefit from both. Seeing the whole picture is the best way to stay motivated for the long term. You will see more on this with the overload/recovery theory used in the training tables below.

## *Goals vs. Being Goal Oriented*

You will absolutely experience positive outcomes, some of them beyond your wildest dreams. However, it is likely that you will only reach those outcomes if you display patience and shoot for smaller, reasonable goals along the way. These are the little steps

that are attainable, understandable, and within sight. Once reached, no matter how long it took to get there, you will then set your sights on the next step. You will then proceed to the next goal, but always one step at a time.

When you are goal oriented, you shoot for a goal and damned be all that gets in the way. This goal-oriented approach also causes you to seek a goal that is ten steps down the road. It is very likely that you will reach that goal, but just as likely that you will reach it unarmed with the skills and dispositions that are needed to continue running because you never stopped to think about what you learned about running and yourself along the way. This is called burnout. How many people do you know who once set a goal of running a marathon, lost all sorts of weight and got in great shape, finished the marathon, only to quit afterwards and, in the saddest twist, put the weight back on within months?

### *A Methodical Approach*

A slow methodical approach to goal setting and training gets you to that long range goal, step by step, but in a way that has made you knowledgeable about running and made you excited to set off on the next leg of your running journey. This is the best path to staying motivated and to building a lifelong program. It allows for days when you are busy with family or work, or when other life issues prevent you from doing your training that day.

If this happens, it is not a crime to skip the run for that day or even for two days. Therefore, you should feel no guilt. The very worst thing that can happen is that you delay your reasonable goal by a day or two. Perhaps you needed the rest anyway. But when dealing with a lifestyle change, you have plenty of time. On top of that, this same reasonable goal, itself, will get you back out on your workouts because it is not overwhelming. Soon you will find running is an important part of your life and is a great aid to handling those life issues.

### *Conclusion: Some Days It Is Cloudy*

You must always remember this: "Some days it is cloudy." This means that the excitement with which you start your program (sort of like falling in love) will make every day seem sunny. That, as you know, wears off. You handle that by realizing that your running program is part of a bigger life, and you learn to welcome it more maturely, even on those cloudy days. It is best to be aware of that.

## **3. Expectations**

### *Introduction*

When you start something new, you might not only feel the challenge of setting good and reasonable goals, but you might also find it difficult to tame your expectations.

### *Outer Expectations*

The world will tell you to train as hard as you can every day. Training this way will break you down very quickly, so you need to understand what good training means. Using the overload/recovery method that all great athletes follow will give you a leg up on anyone who talks trash about how hard he or she is training. Your running will do the talking for you.

You must also remember that Nike commercials are marketing campaigns, which as you know are trying to motivate you to buy a product not to motivate you to have a healthy training program and lifestyle. The expectations portrayed in such marketing campaigns should left to the professional athletes.

Don't forget, professional athletes enjoy that one job. You likely have to work for a living and raise a family. Sometimes you will need to miss a day for work or for family. That's okay and can be included in a great training program.

The issue of age creates more outer expectations. If you are to believe the advertisements, staying 25 is not only a matter of purchasing the right products, but also a matter of duty. Why not prescribe to the aging-gracefully model. Don't try to stay young; try to stay fit and healthy. Here is what aging and running will really look like:

As you get older, you will get a little slower. You have to accept this. You will reach points in your training life when you know that no matter how hard you try, you will never run that personal best time again. But look at it this way: if you are lucky, you will reach many of these points. That means you will have run for a long time and are likely far more fit and more healthy than people decades younger than you.

### *Inner Expectations*

The inner expectations are a little trickier to deal with. One of the things that make this so is that some of your own expectations are subconscious. Who hasn't experienced some moment in sports when you are "out of your mind"? Sometimes this leads you to great success and sometimes to impossibly embarrassing apologies for being a jerk during the local co-ed volleyball tournament. You can assume that these moments are driven by subconscious inner expectations. The only advice that I can give you is to examine the situation, and if you don't like what happened, then work on that.

Some of your inner expectations will be quit conscious.

"I must win this race."

"I must run faster than the last time."

Taken in doses, these can be good expectations. Taken in a way that makes them bigger than they are can be trouble. A better perspective is to ask, “Did I give 100%, today?” If the answer is yes, then your time or place doesn’t really matter.

Another powerful inner expectation has to do with body weight. A good healthy weight is important. But most people tend to think in terms of a number. You choose a number and shoot for it. That is actually not the way to approach it. Train properly, eat properly and your body will find its ideal weight. Your number might not go down but your clothes will fit better. A healthier approach is to look at how your weight is distributed and how you feel. In the end, you will always *feel* great when you are at your ideal weight. That is how you know you are there.

#### *Conclusion: Overall Well Being*

Running will bring you an overall sense of wellbeing. It will bring you to an ideal fitness level. It will bring things that you cannot even image, right now. Running will get you to your ideal weight. It will make you feel good and look good. It will boost your confidence. If you temper your expectations and curb those urges you have been trained to satisfy—the urge to win at everything you do—you will learn to love running. And you will realize the most important thing: that running brings vitality (inner and outer) to your days that would otherwise be impossible.

## **4. Racing In a World That Over-Races**

### *Introduction*

Running in races is one of the great joys of the sport. Whether you are shooting for the win or you are just hoping to finish, crossing that finish line comes with a feeling of great joy, success, and satisfaction.

### *The Effort to Run a Race*

You also need to understand that running in races will take a lot out of you, and, as explained in the “Training Patterns” section in the Appendix, you must recover from your overload efforts. So you actually need to limit your racing. The problem comes when some of your friends are running in one race and others are running in a race the next weekend, and even worse, some of your friends are running in both. You will definitely feel the pressure to run in all of the races available.

Don’t.

### *Conclusion: Selecting Races*

Just because you have the opportunity to run in a race does not mean that you should. You need to recover from any race that you run before you even start training hard, again, let alone race again. Packing too many races too close together will interrupt your training patterns and will kill the sensible step-by-step approach. It is likely that you will end up injured, burned out, or both.

Select one big race every six months or so, and all of the other races should be spaced far apart and support your training. Additionally, if you set a marathon as your goal, then that should be it for twelve months. You can run in other races, but all races should be subordinate to the marathon preparation.

## **5. Follow Up**

### *Resources*

Please feel free to follow Peter's training blog at <https://cmmdtraining.wordpress.com/>. Peter puts out a daily motivational or instructional post to keep you focused, and there are a number of training programs that are available. These programs have been prepared for the Team CMMD goal of racing the Broad Street Run in the spring and the goal of running a big race in the fall.

As with any physical activity, consult your physician before you embark on any of the programs. The tables themselves, believe it or not, are less important than the attitude and disposition that you bring to your training, which makes the tables more efficient. With the proper approach, the tables can be followed with great success. You will still need to make your own decisions on which table to use and how to adjust it as you move through your training and through life.

The blog itself has a wealth of information that is designed to help you with that integration. Good luck and good running!

### *About Peter Crooke*

Peter Crooke ran as a distance runner on the high school level (St. Anthony's, NY), college level (Providence College, RI), and professional level (Saucony Racing Team). He coached on both the high school level (Harrilton High School, PA) and college level (Ursinus College, PA). He currently develops training programs for Team CMMD, a non-profit foundation, running club and cycling club that raises funds to fight cancer. Today, he enjoys cycling as his sport of choice.

# 6. Appendix

## 1. Training Patterns

### *The Importance of Recovery and Rest*

Regardless of the approach you choose, you must be aware that fitness does not occur *during* the hard work. It only occurs *when you recover* from the hard work. So it is smart to realize that hard work is necessary, but that the recovery from the hard work is far more important. That is why you will find rest days in the program. They are the most important days. Below is a table that demonstrates, in general, a basic overload/recovery pattern.

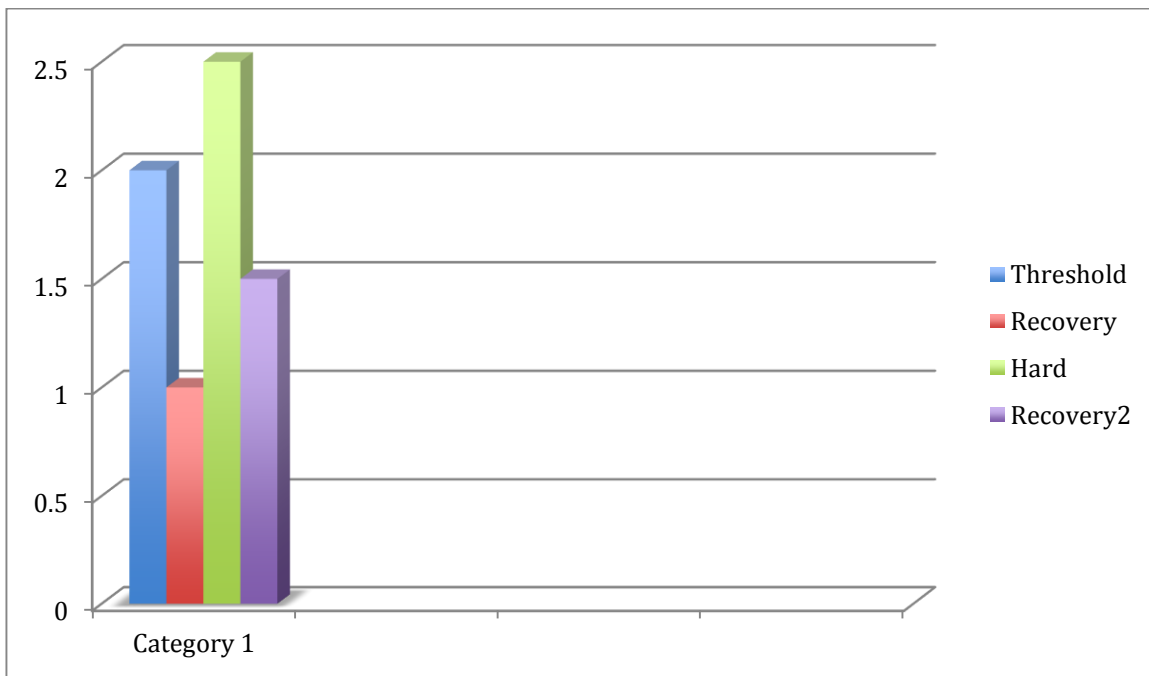


Figure 1

### *Training Cycles*

Each “period” of running can be called a “cycle.” A cycle is made up of four units. The smallest cycle is four days long. A four-week period is a cycle as well. A six-month or even twelve-month period can be broken into cycles as well. For your use, think of each week as a cycle and notice in the training tables (later in this appendix), that your training should be broken into four-week cycles. The four days demonstrated by the table above is actually spread over 7 days in the tables. This makes for a sensible training program, but it is still a close relative of the above pattern, which world-class athletes follow.



## *Overload*

An athlete must include “overload” efforts in his or her training so that the body knows that it must recover at a higher level of fitness. An overload is training slightly harder than the body is used to. Without that overload, fitness cannot happen. Additionally overload cannot be at an effort that is too much over the current fitness level. Too hard and the body will break down. So each overload should be measured carefully.

## *Recovery*

Remember, fitness does not occur until that recover is complete. That is why it is so important to recover from any workout that was in the overload zone. If the recovery takes two or even three days or more, you must run easy for those days to recover.

## *Ways to Know That You are Recovered*

If any stiffness that came from the overload effort remains, you are not recovered. Do not do a hard workout until all stiffness is gone.

You can also use your morning heart rate to judge recovery. You should know what your *normal morning heart rate* is; that is, how many times does your heart beat in a minute upon waking up? Check it each morning for a few weeks and the rate that occurs most often is your *normal morning heart rate*. After a hard workout, do not do another hard workout on any day when your normal morning heart rate is elevated. This is a sure sign that your body is still in recovery mode. You can find all sorts of technologies and apps that measure your heart rate. A simple way to find your current rate is to take your own pulse for fifteen seconds and then multiply the number by four. That’s your heart rate.

## *Explaining Figure 1*

In general, an athlete runs a moderate effort (day 1 or cycle 1). Then comes the rest (day 2 or cycle 2). Following this is the hardest effort (day 3 or cycle 3). Finally comes the rest that is not quite as slow as the first rest (day 4 or cycle 4).

The programs in the tables below follow a simpler pattern but still follow the overload/recover theory followed by world class athletes. In the tables, the workload each week builds until week four, when you will notice a drop in workload during that fourth week. In other words, week four is always a rest week.

## *Taking Control*

In any program, you must be in control. You must make intelligent decisions as events in your training program and life occur. Keeping in mind that you must recover from an overload before you can overload the body again means that sometimes you will need to add a rest day or two. Or, if you have a long run scheduled for a particular day and the weather forecast says we will get a foot of snow on that day, but the day before will be 50 degrees and sunny, make the decision to do your long run a day early. As you move things

around, just keep in mind the general direction in which your program is taking you, including the need for rest and recovery, and then go ahead and make the change.

### *Nutrition and Sleep*

An excellent fitness program includes attention to nutrition and sleep. There are some basics that we all know, but it would be wise to consult with a medical professional to discuss nutrition based on your athletic goals. In addition, sleeping close to eight hours a night is as important to your recovery as are the easy running days.

## *2. Training Tables*

### *Workload*

Work is measured in **volume** (distance) and **intensity** (the speed at which you run). You increase workload by increasing volume or increasing intensity. You will never do both on a given day.

### *Pace*

This program is, in a way, self-adjusting. It becomes a personalized program because you control the pace. You may walk the distances, run the distances, or run-walk the distances. Regardless of how you choose to approach it, you will be ready for the goal race at the end. You will complete the goal race the very same way you approach the training. If you walk the distances, you will walk the goal race, etc.

### *Adjustments*

During the course of the program, you will need to make adjustments. You will get sick, family life will intervene, or life will just get busy. Just take a few days to get yourself back on track after an interruption; don't just get back into it as if you have missed no time. You need not go back to day one, either. When you are fit, you will take a lot less time to get back than if you were starting from scratch.

### *Reading the Beginner Chart*

The **numbers** represent the distance, in miles, that you will cover that day. **Rest** means to take the day off completely, or do easy cross training (anything other than running). The program is broken into four-week cycles. The first three weeks of a cycle contain your build up and the fourth week contains a long run and rest.

Here is an example of a beginner training table that takes 22 weeks to get to a goal race that might be any distance up to ten miles.

### ***Beginner Chart***

| Week      | Sunday           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|------------------|--------|---------|-----------|----------|--------|----------|
| Beginning |                  |        |         |           |          |        |          |
| Week 1    |                  | 1      | 1       | Rest      | 1        | 1      | 1        |
| Week 2    | 1                | Rest   | 1       | 2         | 2        | Rest   | 1        |
| Week 3    | 2                | Rest   | 1       | 2         | 1        | Rest   | 1        |
| Week 4    | 3                | Rest   | 2       | Rest      | 1        | Rest   | 2        |
| Week 5    | 2                | Rest   | 2       | 2         | 1        | Rest   | 2        |
| Week 6    | 3                | Rest   | 1       | 2         | 3        | Rest   | 2        |
| Week 7    | 2                | Rest   | 3       | 2         | 3        | Rest   | 1        |
| Week 8    | 4                | Rest   | 2       | Rest      | 2        | Rest   | 2        |
| Week 9    | 3                | Rest   | 2       | 3         | 2        | Rest   | 2        |
| Week 10   | 3                | Rest   | 3       | 3         | 3        | Rest   | 1        |
| Week 11   | 3                | Rest   | 4       | 2         | 3        | Rest   | 1        |
| Week 12   | 5                | Rest   | 2       | Rest      | 2        | Rest   | 2        |
| Week 13   | 4                | Rest   | 4       | 2         | 4        | Rest   | 2        |
| Week 14   | 4                | Rest   | 2       | 5         | 2        | Rest   | 2        |
| Week 15   | 4                | Rest   | 4       | 4         | 4        | Rest   | 1        |
| Week 16   | 6                | Rest   | 2       | Rest      | 2        | Rest   | 2        |
| Week 17   | 4                | Rest   | 5       | 4         | 5        | Rest   | 3        |
| Week 18   | 5                | Rest   | 5       | 3         | 4        | Rest   | 2        |
| Week 19   | 7                | Rest   | 5       | 6         | 3        | Rest   | 2        |
| Week 20   | 8-10             | Rest   | 2       | Rest      | 2        | Rest   | 3        |
| Week 21   | 6                | Rest   | 4       | 2         | 1        | Rest   | Rest     |
| Week 22   | <b>Goal Race</b> |        |         |           |          |        |          |

### ***Reading the Intermediate Chart***

This program assumes that you like to run every day. Your rest days are just runs of reduced mileage and intensity. There are no off days planned in weeks 1-3 of each cycle. You may add an off day during each of these weeks if that suits your personality. The best place to insert an off day would be before a T, H, or Speed workout. The second best day would be after these type runs.

The **numbers** represent the distance, in miles, that you will cover that day. **Rest** means to take the day off completely, or do easy cross training (anything other than running). A number followed by a **T** means that you run that distance as a tempo run (a pace that is slightly harder than your easy run). A number followed by an **H** means that you run that distance at an easy pace but also push each hill (short hills at a sprint; medium to long hills at a tempo pace. You get to decide if the hill is short, medium, or long). **Speed** means that

you choose one of the following workouts, to be completed at a track. This can also be done on a treadmill if weather and conditions outside are prohibitive:

6 x 200 meters with a 2:00 rest in between each 200.

4 x 400 meters with a 2:00 rest in between each 400.

2 x 800 meters with a 2:00 rest in between each 400.

The pace of these runs is just a little faster than your tempo run pace. The program is broken into four-week cycles. The first three weeks of a cycle contain your build up and the fourth week contains a long run and rest.

Here is an example of an intermediate training table that takes 22 weeks to get to a goal race that might be any distance up to ten miles.

### Intermediate Chart

| Week Beginning | Sunday           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|------------------|--------|---------|-----------|----------|--------|----------|
| Week 1         |                  | 4      | 2       | 3T        | 3        | 1      | 4        |
| Week 2         | 5                | 2      | 5       | 2         | 3T       | 1      | 4        |
| Week 3         | 6                | 2      | 5       | 3         | 5        | 1      | 4        |
| Week 4         | 8                | Rest   | 2       | 3         | 2        | Rest   | 2        |
| Week 5         | 5                | 3      | 4       | 2         | 3T       | 2      | 2        |
| Week 6         | 6                | 2      | 2       | 4T        | 3        | 3      | 2        |
| Week 7         | 6                | 3      | 3       | 5         | 3        | 3      | 2        |
| Week 8         | 9                | Rest   | 3       | Rest      | 3        | Rest   | 3        |
| Week 9         | 5                | 4      | 1       | Speed     | 2        | 3      | 3        |
| Week 10        | 6                | 4      | 5       | 3         | 4T       | 3      | 3        |
| Week 11        | 7                | 4      | 2       | 4H        | 3        | 3      | 3        |
| Week 12        | 10               | Rest   | 4       | Rest      | 4        | Rest   | 3        |
| Week 13        | 6                | 4      | 3       | Speed     | 3        | 3      | 4        |
| Week 14        | 7                | 4      | 2       | 4         | 4H       | 2      | 4        |
| Week 15        | 8                | 4      | 5       | 3         | 4T       | 2      | 4        |
| Week 16        | 11               | Rest   | 4       | Rest      | 4        | Rest   | 3        |
| Week 17        | 7                | 3      | 5       | Speed     | 3        | 5      | 4        |
| Week 18        | 8                | 4      | 5       | 3         | 4H       | 2      | 4        |
| Week 19        | 9                | 4      | 6       | 4         | 6        | 2      | 4        |
| Week 20        | 12               | Rest   | 4       | Rest      | 4        | Rest   | 3        |
| Week 21        | 6                | 5      | 4       | 2         | 1        | Rest   | Rest     |
| Week 22        | <b>Goal Race</b> |        |         |           |          |        |          |

### *3. Cross Training and Stretching*

#### *Cross Training*

Cross training can be a valuable and fun part of your training. You should remember a few things before you include cross training in your running program. If you are intent on running, cross training should support that running, not replace it. Choose a sport that strengthens areas that could use some strengthening.

**Weight training** can tone your upper body in a way that running does not. A toned upper body can be an aid to your efficiency as a runner. Be very careful with lower body weights, but if you and a medical professional have identified an area of weakness, some weight training could be in order.

**Yoga** is an excellent way to strengthen muscle groups that can support healthy running. It will also make you very flexible.

**Aerobic type classes** are excellent and fun activities but should be approached with caution. They can be quite strenuous and might be too much to include as a regular part of a running program. However, as an occasional change of pace, they might have a place. If your goal is to make running only a small part of your overall training, then these classes are great. Just make sure that you do not overdo it with the running. In fact, think about the aerobic training class as your focus and running as the cross training.

**Cycling** offers a nice balance to your running program. Don't overdo it here, but a nice ride on a rest day can increase the speed of your recovery.

**Swimming** is the same as cycling as far as how to fit it into a running program.

I need to say a word about **triathlons**. Many people love to do triathlons. I am not an expert in this field, but I know that running, cycling, and swimming can be successfully integrated into a healthy training program. You will need lots of time and carefully measured efforts in each of three training areas. Seek advice from a respected coach in the field.

**Hiking and walking** are also great for rest and recovery from hard running. They both come with the great joy of being in nature and being with friends. This can go a long way in keeping yourself motivated.

This is not an exhaustive list, but it does demonstrate the critical method of integrating cross training into your running program. If you love another sport, integrate it sensibly. If you love **golf**, think of it as walk. If you love **skiing** or **snowboarding**, think of them as a hike or a walk combined with a bit of weight lifting. If you love **cross country skiing** or **snow shoeing**, think of them as aerobic classes. The key is always not to overdo the cross training, just as it is key not to overdo you regular running.

## *Stretching*

I cannot say enough about the importance of stretching. Flexibility makes you more efficient and it is a great guard against injury. It will also give you longevity in your running. Seek a good physical therapist for an excellent stretching program. I can recommend with great confidence the In Motion team as experts in this area.