

# Run Fast Promotions 2007

## Distance Running Clinic

- Principles of distance running
- Physiology for distance runners: The Four Core Zones
- The Concept of Periodization
- Motivation & visualization (The Mental Component)



# Principles of Distance Running

- Health Comes First!
- Consistency is Key.
- Be Flexible...absolution leads to frustration & injury.
- Hill Training
- The Importance of Sleep.
- Do Not Ignore Injuries of Any Kind.
- Choose, Maintain, & Replace Training Shoes Responsibly.
- Follow the 10% & 25% Rules!
- The Benefits of Training With a Group.
- PLAN for runs..weather, hydration, and fuel are all factors in training success.
- “Rookies” Should Consider the Walk/Run Method.

# Physiology For Distance Runners

- **Measuring Your Starting Point (V02 Max Estimates)**
- **The Four Training “Zones”**
  1. Endurance: Aerobic Capacity
  2. Stamina: Lactate Threshold
  3. Speed: V02 Max
  4. Sprint: Fast-twitch Bio Mechanics
- **Warm-up/Cool-Down**
- **Hard/Easy Approach**
- **Optimal vs. Max Training**
- **Pace Range**
- **Keep a 48 Hour “Cushion”**
- **Minutes Vs. Miles**
- **Heart Rate Monitor**
- **Training (When is it useful)**



# Periodization Defined

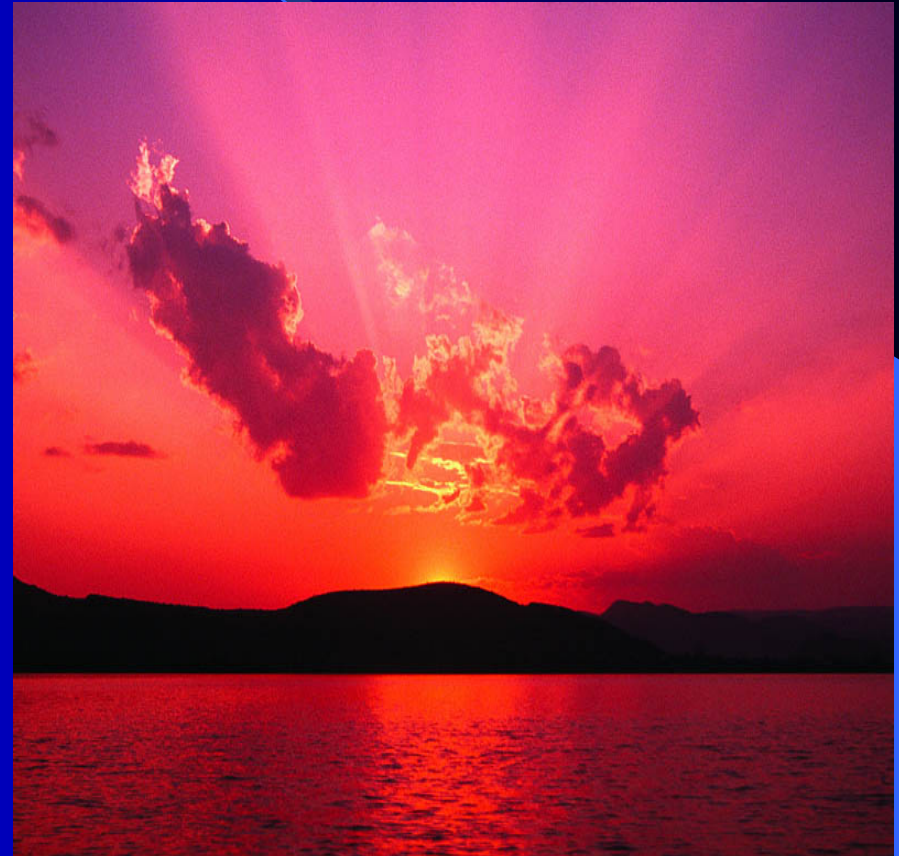
- **Habituation Principle:** The reason why Periodization is necessary!
- **Phases of Periodization:**
  1. Conditioning
  2. Efficiency
  3. Stamina
  4. Performance
- Each Phase should be 4-6 weeks long depending on the needs of the runner.



# Motivation and Visualization

- **Discovering Your Running “Ground Zero”**  
(Using the HASE Format)
- **Create “Operative Practices”**  
(Based on your HASE Findings)
- **Designing Affirmations**  
(Be positive, consistent & frequent in your “self-talk”)

**“All our knowledge has its origins in our perceptions.” --Leonardo Da Vinci**

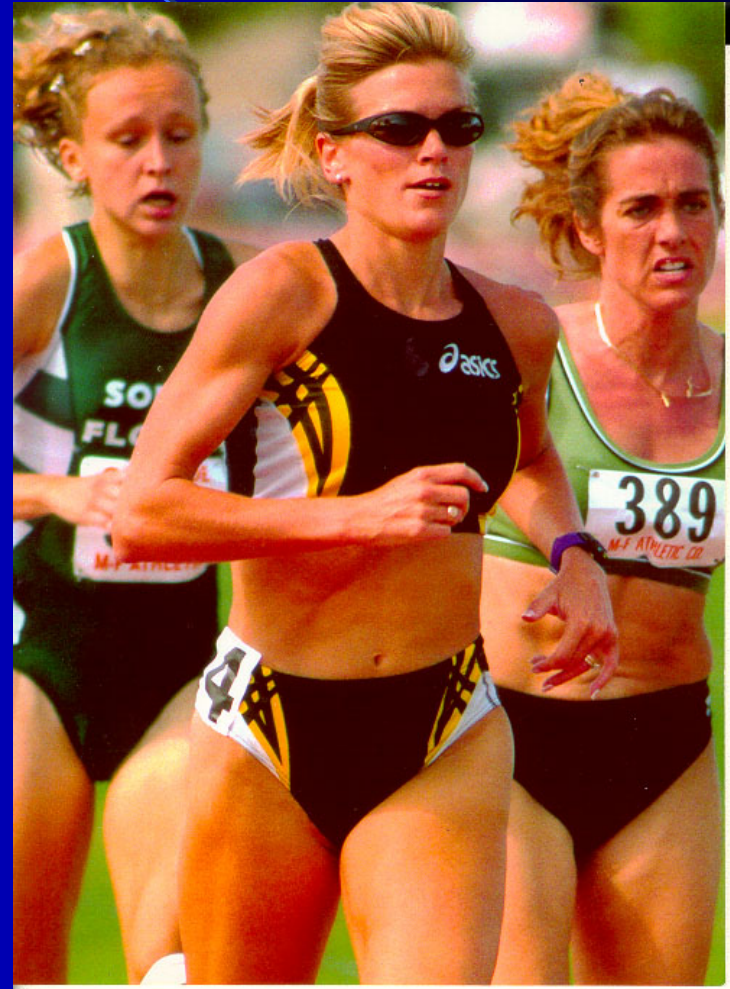


# Visualization Process

- I. Use the 10-Step Process
- II. Keep a daily training log and write down your goal(s) each day..down to the second!
- III. Practice your visualization as frequently as possible.
- IV. Key points on using the process:
  - a) Use POSTIVE “self-talk”. Rid yourself of negative thoughts immediately.
  - b) Involve all 5 senses.
  - c) Establish “Trigger Words”
  - d) Use the past-tense in your self-talk.
  - e) Be as specific and detailed as possible.
  - f) Be CONSISTENT & REPETITIVE!
  - g) Freeze Frame the final “scene” (with a perfect ending) and hold that visual in your mind’s eye at the end of the process.
  - h) The sub-conscious does *not* have to believe the messages you are feeding it to act on the message.

# Motivation

- Billy Mills – 1964  
Olympic Gold Medallist  
Men's 10,000 meters
- Michael Jordan – cut from  
his high school basketball  
team.
- What happened AFTER  
Roger Bannister broke the  
4:00 Mile.
- YOU!



# It Can Be Done...

We are different in essence, from other men.  
If you want to win something, run 100  
meters. If you want to experience  
something, run a marathon.”

--Emil Zatopek