



Run a PB in the Cara Bundoran 10 Challenge

The more advanced runner/athlete who participates in the Cara Bundoran Run 10 Mile/10K challenge--Male sub 60mins/ female sub 70 mins, will have a number of years running experience, will have competed in numerous races/distances from 5k to Marathon, will have detailed race/training schedules devised by themselves or with the assistance of research and/or a middle distance/endurance athletics coach.

The advice on training for the more advanced athlete who wishes to compete successfully in the Cara Bundoran 10 mile/10k Challenge, next March is to

1. Seek out the advice and support of an athletics endurance coach
2. If possible join an athletics club training group that will caters for all abilities and ages
3. Plan a precise training and competition schedule -with the aid of a coach - that will see you peak and have the race of your life at the Cara Bundoran 10
4. If you are in the Tir Chonaill area why not join Paddy Donoghues/Kevin McGlynnns/Richard McCarthy training/fit4life groups in Bundoran/Ballyshannon/Donegal Town -- all groups train 2/3 times weekly and have numerous athletes preparing for the Cara Bundoran 10
5. Research, debate,read and discuss, the various training methods/schedules agreed by you and your coach - the schedule should be specific to your needs and goals

Abbreviations

WU = Warm up - easy running with dynamic drills and stretching at the start of each session

CD = Cool down - easy running at the end of each session with static stretching.

LR = Long run - weekly.

S = Steady pace - intermittent conversation

T = Tempo run - sustained effort at 15-20 seconds slower than your 10k race pace

I = Interval training - the key to faster running - repetitions of a distance/time with recovery

H = Hill runs Long (LH) Short (SH) - develops leg strength, cardiovascular system, running economy etc.

Rec. = Recovery -can refer to a period within or between training sessions, or between blocks of training. The most important a

Training the [1] Aerobic and [2] Anaerobic [Lactate] Systems - getting the balance right will determine your Cara Bundoran 10 Challenge performance

Training the Aerobic System

To understand the responses and adaptations to exercise and training of the cardio-respiratory system and its very important role in oxygen transport it is essential when planning/agreeing a training programme to improve aerobic capacity. The main duration methods involving the oxygen transportation system can be summarised as

- Continuous long distance running –conversation pace
- Continuous steady state running – high aerobic –individual in nature

- Recovery runs – low aerobic –very easy and associated with recovering from hard lactic sessions
- Fast aerobic run or tempo run –close to aerobic threshold –individual in nature
- Alternating pace runs
- Fartlex – efforts of 10 to 40secs with recoveries back to talking pace
- Numerous repetition/interval methods

Testing – for pace in various runs/repetitions

The pace/intensity, duration, and recovery are vital ingredients when considering improving/developing aerobic capacity

The following test will give a current aerobic fitness/capacity and can be used when planning the pace of various aerobic training

- Run for a period of 30-60mins at max pace
- Calculate the distance covered and then the following percentages can be applied to the following training sessions

Type	% of test fitness level speed
Repetitions	100
Tempo run/fast aerobic runs	95
Long distance run	90
Steady state aerobic runs	85
Recovery runs	70

A large proportion of aerobic training will be in 120 – 160 Pulse/B.P.M. range. This is vital during the preparation and conditioning phase of the training year/period