



Running

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Formula for Improving Athletic Performance

- Stress + Rest = Improvement
- We become good at what we practice most
- Cardio-pulmonary improvement
- Local muscular endurance
- Neuro-muscular energy exchange



Overview of Training Theories

- Interval System
- Lydiard System/periodization
- Complex System



Training Zones

- Aerobic – Long Slow Distance (LSD)
- Anaerobic Threshold, Lactate Threshold training – tempo runs
- VO2 max intervals
- Anaerobic intervals
- Hill work
- Sprint/speed/form work



Running Economy

- The secret to success
- Strong functional strength
- Lean body weight
- Good mechanics
- Excellent base speed
- Comfort running at race pace



Evaluating the Training Zones that Contribute Best to Running Economy

- $v\text{VO}_2$ max
- Hill sprints



Building Your Optimal Training Program

- Understanding your body type
- Recognizing your strengths and weaknesses
- Allowing for recovery
- All in a week ? Do we need to cram everything into 7 days?



Strategies to Avoid Overtraining and Injuries

- Build in Rest days
- Stretching, make it a habit
- Make just one change per month
- Adjust your view to the long term
- Keeping a training Diary



Tips for Race Day Success

- Tapering
- Warm-up routine
- Cool down/recovery