

Summer Running

The following summer running program is provided for those of you who wish to obtain a higher level of fitness the upcoming season. Keep in mind that you are not required to work on this program, but it is recommended should you wish to be at your peak come training camp.

FARTLEKS

FARTLEKS are distance runs with sprints incorporated into them. This exercise is VERY SOCCER-LIKE.

Fartlek is a form of road running or cross-country running in which the runner, usually solo, varies the pace significantly during the run. It is usually regarded as an advanced training technique, for the experienced runner who has been using interval training to develop speed and to raise the anaerobic threshold. However, the 'average' runner can also benefit from a simplified form of Fartlek training, to develop self-awareness and to introduce variety into the training program.

For the **advanced runner**, the aim in Fartlek can be best described by relating it to *interval training*. The purpose of interval training is to develop speed by running for short distances at a speed significantly higher than the normal strong race pace, with these short runs separated by intervals of easy running or jogging. Intervals are normally run over predetermined distances, and usually on the track.

Fartlek is similar to interval training in that short fast runs alternate with slow running or jogging recovery intervals. However, in Fartlek the running is done on the road or on parkland or bush tracks. There is no predetermined schedule to follow, but instead the athlete will set her/his own interval lengths and pace in response to their own feeling of the workload. An advantage of Fartlek is that the athlete can concentrate on feeling the pace and their physical response to it, thereby developing self-awareness and pace judgment skills. Also the athlete is free to experiment with pace and endurance, and to experience changes of pace.

It is primarily a technique for advanced runners because it requires 'honesty' to put in a demanding workload, and also 'maturity' to not overdo the pace or length of the intervals. With these qualities, Fartlek makes for an excellent component of a distance runners training program.

A 'mild' form of Fartlek can also be of benefit for the **'average runner'**. Here I am thinking of the roadrunner who normally trains over a variety of distance, at a fairly constant pace, and who may have done no or little specific speed training.

The technique here is to introduce into your normal runs some short periods of slightly higher pace. Maintain these for a short period; say 200-400m (aim for a bend in the road, power pole or some other landmark up ahead). Then drop your pace back below your normal running pace, or slow to a jog, until you have fully recovered and your breathing has returned to normal. Then return to running at your normal pace, and put in another slightly fast interval later in the run. In this way you are putting a slight extra stress on your system, which will, in time, lead to an improvement in your speed and in your anaerobic threshold.

You can use this approach to develop more self-awareness, by concentrating on what you are feeling while running at the different paces. How fast a pace can you attain before your regular, easy breathing begins to be labored? After slowing down, how long before your breathing & other responses return too normal? What happens to your stride length as you increase speed?

In a fartlek we will give you a certain minute run, within that run you will have a warm-up phase of 4 minutes and a warm down phase of 4 minutes. Between these two phases you SPRINT AND JOG alternate whatever intervals are given to you.

Example:

FARTLEK-40 MINUTE RUN

4 MINUTE WARM-UP

ALTERNATE

1 MINUTE SPRINT

1 MINUTE JOG

30 SECOND SPRINT

30 SECOND JOG

4 MINUTE WARMDOWN

THE WARM-UP AND WARMDOWN PHASE CONSTITUTES 8 MINUTES OF YOUR RUN AND THE ALTERNATE PHASE CONSTITUTES 32 MINUTES OF YOUR RUN.

40-MINUTE RUN

THE 40-MINUTE RUN is your endurance day. On these runs you should be averaging no more than 8-minute miles. This means you should be covering no less than five miles on these runs.

2005 Summer Conditioning Program May

DAY 1

- 40 MINUTE RUN
- SKILLWORK AND AGILITIES
- LIGHT WEIGHT TRAINING

DAY 2

- FARTLEK-30 MINUTE RUN
- 4 MINUTE WARM-UP
- ALTERNATE
- 1 MINUTE SPRINT
- 1 MINUTE JOG
- 4 MINUTE WARM DOWN

DAY 3

- 40 MINUTE RUN
- SKILLWORK AND AGILITIES
- LIGHT WEIGHT TRAINING

DAY 4 INTERVAL TRAINING

- 100 YD - 30 SEC REST
- 200 YD - 45 SEC REST
- 300 YD - 1 MIN REST
- 400 YD - 2 MIN REST
- 400 YD - 2 MIN REST
- 300 YD - 1 MIN REST
- 200 YD - 45 SEC REST
- 100 YD - 30 SEC REST

DAY 5

- 40 MINUTE RUN
- SKILLWORK AND AGILITIES

DAY 6

- 40 MINUTE RUN

DAY 7-DAY OFF

2005 Summer Conditioning Program June

DAY 1

- LIGHT WEIGHT TRAINING
- 40 MINUTE RUN
- SKILLWORK AND AGILITIES

DAY 2 INTERVAL TRAINING

- 6-400 YD SPRINTS
- 1 MINUTE REST BETWEEN EACH 400

DAY 3

- LIGHT WEIGHT TRAINING
- FARTLEK-40 MINUTE RUN
- 4 MINUTE WARM UP
- ALTERNATE
- 1 MINUTE SPRINT
- 1 MINUTE JOG
- 30 SEC SPRINT
- 30 SECOND JOG

30 SEC SPRINT

30 SEC JOG

- 4 MINUTE WARM DOWN
- SKILLWORK AND AGILITIES

DAY 4 INTERVAL TRAINING

- 4-300 YD SPRINTS 1 MINUTE REST BETWEEN EACH 300
- 10-100 YD SPRINTS 45 SEC REST BETWEEN EACH 100

DAY 5

- 40 MINUTE RUN
- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES

DAY 6

- 40 MINUTE RUN

DAY 7-DAY OFF

2005 Summer Conditioning Program July

DAY 1

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- 40 MINUTE RUN
- DAY 2 INTERVAL TRAINING
 - 6-200 YD SPRINTS 45 SEC REST BETWEEN EACH 200
 - 10-100 YD SPRINTS 30 SEC REST BETWEEN EACH 100

DAY 3

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- FARTLEK-40 MINUTE RUN
- 4 MINUTE WARM-UP
- ALTERNATE
- 1 MINUTE SPRINT
- 1 MINUTE JOG
- 30 SECOND SPRINT
- 30 SECOND JOG
- 15 SECOND SPRINT
- 15 SECOND JOG
- 4 MINUTE WARMDOWN

DAY 4 INTERVAL TRAINING

- 5-5 YD, 10 YD, 15 YD SUICIDES 1 MINUTE REST BETWEEN EACH SUICIDE
- 5-10 YD, 20 YD, 30 YD SUICIDES 1 MINUTE REST BETWEEN EACH SUICIDE

DAY 5

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- 40 MINUTE RUN

DAY 6-CHOOSE YOUR OWN ACTIVITY DAY-45 MINUTES OF ANY AEROBIC ACTIVITY

DAY 7-DAY OFF

2005 Summer Conditioning Program August

DAY 1

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- 40 MINUTE RUN

DAY 2 INTERVAL TRAINING

- 4-400 YD SPRINTS 2 MINUTES REST BETWEEN EACH 400
- 3-300 YD SPRINTS 1 MINUTES REST BETWEEN EACH 300
- 2-200 YD SPRINTS 45 SECONDS REST BETWEEN EACH 200

DAY 3

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- FARTLEK-40 MINUTE RUN
- 4 MINUTE WARM-UP
- ALTERNATE
- 45 SECOND SPRINT

- 45 SECOND JOG
- 30 SECOND SPRINT
- 30 SECOND JOG
- 15 SECOND SPRINT
- 15 SECOND JOG

- 4 MINUTE WARMDOWN

DAY 4 INTERVAL TRAINING

- 5-150 YDS 45 SECOND REST BETWEEN EACH 150
- 10-100 YDS 30 SECOND REST BETWEEN EACH 100

DAY 5

- LIGHT WEIGHT TRAINING
- SKILLWORK AND AGILITIES
- 40 MINUTE RUN

DAY 6-DAY OFF

DAY 7-DAY OFF