

FIVE IDEAS TO DESIGN YOUR TRAINING

1

EVERYONE IS DIFFERENT

We all have different starting points, fitness levels, and life schedules. What works for one person may not work for another.



2

RUN YOUR OWN RACE

- This applies both in training and on race day.
- Set realistic goals based on your abilities.
- Don't get caught up in trying to keep pace with others. Find your own rhythm.

3

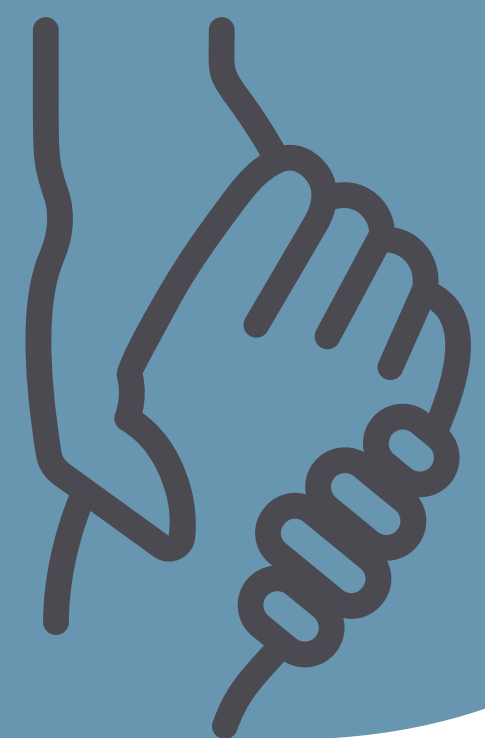
LISTEN TO YOUR BODY

- Your body is your best guide. Pay attention to its signals.
- Pain is a warning sign. Don't push through it.
- Rest and recovery are just as important as running.
- If you are feeling tired, or overly sore, take a rest day.

4

GET HELP

- Don't hesitate to seek advice from experienced runners, coaches and medical professionals including osteopaths.
- They can provide valuable movement insights and help you avoid common pitfalls.



5

REST & RECOVER

- Schedule regular rest days to allow your body to recover.
- Rest is as important as run training.



TAILORING YOUR TRAINING FOR SUCCESS

WORKING OUT ON YOUR TERMS

- Find a training schedule that fits your lifestyle. Consistency is key.
- Incorporate cross-training activities like swimming, cycling, or yoga to prevent overuse injuries.
- Make sure that you enjoy the training. If you hate running on roads, then find trails.

BUILDING YOUR TRAINING PLAN

- Gradual Progression: Increase your mileage gradually to avoid injuries. A common guideline is the "10% rule" (increasing weekly mileage by no more than 10%).
- Long Runs: Incorporate weekly long runs to build endurance. Gradually increase the distance of your long runs.
- Speed Work: Include interval training or tempo runs to improve your speed and efficiency.

LISTEN TO YOUR BODY

- Your body is your best guide. Pay attention to its signals.
- Pain is a warning sign asking you to change something. Try to figure out what needs to change.
- Rest and recovery are just as important as running.
- If you are feeling tired, or overly sore, take a rest day.

WHAT HAS WORKED FOR YOU BEFORE

- Reflect on your past experiences with exercise. What strategies have been successful?
- If you've trained for a race before, what did you learn?
- Use this knowledge to create a plan that aligns with your preferences and strengths.

MENTAL PREPARATION

- Visualize yourself crossing the finish line with your arms in the air.
- Develop strategies for overcoming the mental challenges.
- Believe in yourself and trust your training.