



# At home with the Myersons

Interview by Janice Turner *Times2* News page 5

# THE TIMES

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## Joy for Chelsea on great night for English clubs



Didier Drogba celebrates after scoring in Chelsea's 3-2 aggregate win over Juventus in the Champions League. Liverpool also reached the next round Sport

# Renegade IRA groups 'co-ordinated attacks'

### M15 knows little about new terrorist recruits

Michael Evans, David Sharrock

The Irish republican terrorist groups that murdered two soldiers and a police constable in two separate attacks over 48 hours may have co-ordinated their operations, security officials have told *The Times*.

Alarming, the rifles used to murder the two soldiers are believed to be new, more sophisticated weapons imported illegally into Northern Ireland by the dissident groups.

The surge in violence has forced M15 to divert more resources to Northern Ireland and raised questions about the Government's state of readiness.

Security officials admit that they have little intelligence on young recruits to the Real IRA and Continuity IRA, who, they say, are probably being trained on both sides of the border.

There is no unified command structure linking the Real IRA, which claimed responsibility for killing the soldiers on Saturday, and the Continuity IRA, which claimed responsibility for killing PC Stephen Carroll on Monday. However, officials said that there appeared to have been an unprecedented level of "basic co-operation" in plotting such big attacks.

A teenager and a 37-year-old man were in police custody last night in connection with the murder of PC Carroll. The 48-year-old Catholic police officer was hit in the back of the head when a gunman fired through the rear window of his unmarked patrol car.

The *Times* has learnt that the leadership of the Ulster Volunteer Force met on Monday — before the police officer was murdered — and is continuing to monitor republican violence, al-

though it has resolved for now to maintain its ceasefire.

The crisis forced Sinn Féin to make its clearest endorsement yet of the Police Service of Northern Ireland and condemn republican terrorism.

Martin McGuinness, a former com-

### The 48 hours that changed everything

Reports and analysis, pages 6-8

mander of the Provisional IRA, stood side by side with Sir Hugh Orde, Northern Ireland's Chief Constable, and Peter Robinson, the First Minister and Democratic Unionist leader, to appeal for information that would lead to criminal prosecutions of the

killers. "These people are traitors to the island of Ireland," Mr McGuinness said. "They have betrayed the political desires, hopes and aspirations of all of the people who live on this island."

Government sources said that it was a "hugely significant" moment in helping the parties to make the case that the terrorist groups were isolated.

Mr McGuinness and Mr Robinson visited PC Carroll's widow before flying to the US, where they are due to meet President Obama next week.

The police have called for a fundamental review of security arrangements. Terry Spence, the chairman of the Police Federation of Northern Ireland, said that officers had been coming under attack from dissident groups increasingly in recent months. **Leading article, page 2**

Kevin Toolis, page 26

### IN THE NEWS

#### Madoff pleads guilty and faces life in jail

Bernard Madoff could spend the rest of his life in prison after pleading guilty to running a "Ponzi scheme" that cheated some of America's most famous names out of billions of dollars.

The 70-year-old financier appeared in court to face 11 charges of fraud. Prosecutors said the charges carried a maximum sentence of 150 years and vowed to show no mercy. **News, page 3**

#### Mugabe's peace call

President Mugabe unexpectedly joined mourners at a service for Morgan Tsvangirai's wife, who died last week, and called for peace in Zimbabwe. **News, page 37**

#### Anger of Dalai Lama

The Dalai Lama accused China of pushing Tibetan identity and culture to the brink of extinction during the 50 years that he has been in exile. **World, pages 34, 35**

#### £50m bill for summit

The G20 summit in London next month, when world leaders meet to discuss the global economic crisis, could cost taxpayers £50 million. **News, pages 18, 19**

#### Industry struggles

Blue-chip shares soared despite official figures showing that British manufacturing is suffering its most brutal slump in four decades. **Business, page 38**

### Inside today

#### 'We're skint. Both the Left and Right have grim choices ahead'

Daniel Finkelstein, page 25



#### Paris for two on Eurostar for £90

For details see *times2*, page 22



# RUNNING



### Run and never give up

Julia Buckley on how she transformed the grinding school jog into a career, lifestyle and social networking opportunity. **page 4**

### Slowly does it

Matt Roberts, personal coach to the famous, on how to build your performance from humble beginnings into a star turn. **page 5**

### Win free shoes for life

A lifetime supply of running shoes to keep you active for five lucky readers who enter the competition, courtesy of Sweatshop. **page 9**

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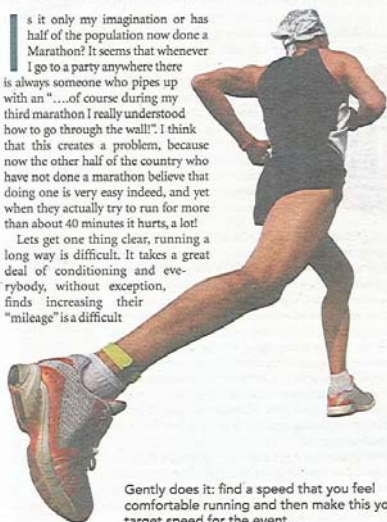
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# The loneliness of the long distance runner

Matt Roberts, trainer to the stars, explains how those who wish to run longer distances should slowly build up the distance covered over a number of weeks.

Is it only my imagination or has half of the population now done a Marathon? It seems that whenever I go to a party anywhere there is always someone who pipes up with an "...of course during my third marathon I really understood how to go through the wall!". I think that this creates a problem, because now the other half of the country who have not done a marathon believe that doing one is very easy indeed, and yet when they actually try to run for more than about 40 minutes it hurts, a lot!

Lets get one thing clear, running a long way is difficult. It takes a great deal of conditioning and everybody, without exception, finds increasing their "mileage" is a difficult



Gently does it: find a speed that you feel comfortable running and then make this your target speed for the event.

thing to do. As with all fitness goals, good preparation is your number one priority and I can't stress enough how important it is that you complete all parts of your training plan.

The key to running further is progressively to increase your mileage every week. So if your goal is to run a 10km or a half marathon for example, and you currently average around three miles for each run, will need to increase the length of your "long run" once per week by around one mile per week on average. You will therefore need to allow around four to five weeks of training for a 10km, or 10 weeks of training to prepare for a half marathon.

If you are training for a marathon you will be able to add two miles per week after the first 10 weeks, therefore making you able to complete your training within around 16 weeks.

If measuring distance is a problem when you train, you could follow the same principle of increases, using time instead as the changing factor, for example, starting at 30 minutes in week one, add eight to 10 minutes for each mile over the same pattern as I have highlighted.

This will improve your ability to go further, but you also want to go faster of course, there's no point having the goal of coming last, so lets shoot higher than that and see where you can land. There is of course the added pressure of know-

ing that in an event like a half marathon or a marathon there are seasoned lunatics who manage to complete the course backwards, or even walking, faster than the majority of competitors just finish it! There is nothing more humiliating than being overtaken by a man walking backwards, although a sprint to the finish line against a seven foot tall chicken does take some beating!

To go further and faster, one run per week is of course not enough! For your other sessions you will need to do one "medium" length run (60% of your long run), at the same pace as your long run, one short run (30 minutes), at a pace that is fast enough to leave you feeling pretty well exhausted by the end, and one "interval training" session.

Your Interval Training session will start as a pattern of two minutes of high intensity (fast running or hill running) followed by one to two minutes of low intensity (slow jog), and grow into a routine of four to six minutes high intensity and one to two minutes low intensity, over the course of 4-6 weeks. Interval training is vital for increasing the heart and lungs ability to cope with the increased workload within your long run, and will make you much more able to do it at a reasonable pace

This combination of long duration/distance training with shorter, high intensity training will allow your body to increase its endurance, stamina and speed and will make you very able to cope with the demands of running further than you have previously thought possible

You can take this principle and use it for any distance that you wish by simply adjusting the final distance involved and changing your timeline accordingly.

Mastering running for long distances is a great feeling and will not only make you feel a great sense of accomplishment, it will also make you feel as though you can join the smug set.

## TOP TIPS FROM MATT ROBERTS

- Write down your training diary in advance, and tick off each session when you have completed it.
- Spend plenty of time stretching after you run. As your mileage increases you will get tighter and tighter in your legs and lower back. Spend 10-15 minutes per day stretching these areas.
- Find a speed that you feel comfortable running at after the first six to eight weeks and make this your target speed for the event itself, and on the day of the event you need to stick to it, not go off too quickly!
- When running for more than 40 minutes, carry water with you.
- When running for more than 60 minutes carry an isotonic drink with you.
- When running for more than two hours, take some small snacks such as a banana with you, you will begin to run out of calories.



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# How to get out and into the park on a spring day

Consistency is the key to success when starting on a regime and no need to run for more than a couple of minutes to start, explains Matt Roberts.

**F**un Run! The very term for many people is an oxymoron! Trudging your way through a torturous slog, pounding your legs, making your heart pump out of your chest may, strangely enough, not seem like your idea of fun!

But it doesn't need to be that way, in fact running really is fun (stay with me on this one!), and in most cases the reason why running seems such a chore is a lack of any real plan or programme to follow to ensure that your progress is smooth and effective. The beauty of running is that pretty much anybody can do it, and you can do it almost anywhere in the world. It is the most flexible form of

training open to you, so lets give you a chance to not only get into a programme, but to master it.

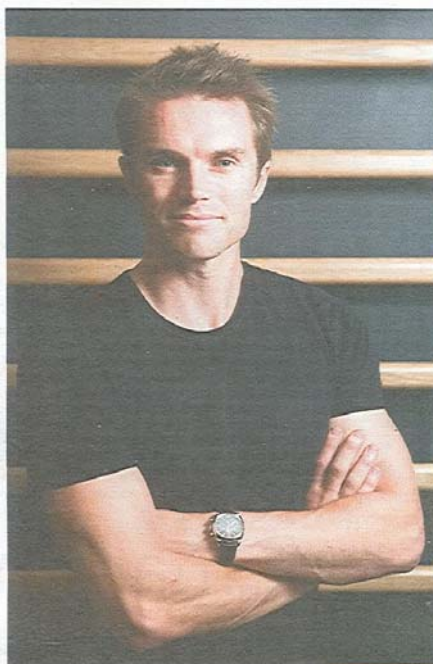
Consistency is the key when starting a running programme, you need to make a small amount of regular time to commit to going for a run. As a beginner I would only ask that you do three runs per week, and each of them will be no more than 30 minutes in length, not much to ask really. If a lack of time is your main reason for avoiding exercise, and for most people it is, then you have the obvious choice of staying as unfit as you currently are, or making some time in your schedule and increasing your chances of making it past 50! Once you have taken this step I want you to write down

your training days in a diary so that you know at the start of every week, which days you will be running and I want you to stick to it, no excuses.

In your first week, I just want you to run for spells of 2-3 minutes, followed by a walk for the same time, for a total of 30 minutes. When you run, you should run at a pace that feels comfortable and that you could carry out a conversation if you really had to, before walking at a fast pace to recover again. Do this same approach twice in the first week, before then doing a third session, in which you will just run at a slow pace for 12-15 minutes. The first two sessions will have prepared you for the longer run and you should find that it is surprisingly easy, and dare I say it, enjoyable!

In the following couple of weeks you should reduce your walking time, increase your running time when combining a walk and run, and also increase the duration of your "long" run by 2-3 minutes per week. Within a month you will be running three times per week for 30 minutes each time, and feeling really comfortable doing so. If it sounds straight forwards, it should do because it is!

It may seem like a million miles away right now, but once you have broken into a pattern of running that this approach will give you, you will honestly feel great about getting outside for a run. At this time of year in particular there is nothing better than making the most of the lighter and milder days than running in a park. Personally I use running as a real sanctuary, it gives me time to think if



Matt Roberts advises those setting out to always keep exercise regimes comfortable and never to be badly out of breath.

I want to, and also some time when I can't think because I am so focused on what I am doing in my run if it is particularly challenging. Running provides a commute on some days and a

place to chat to a friend or others, it can be something that you fit into a short space in the day, or something that you decide to do for hours, it truly can be suited to all people.

## TOP TIPS FROM MATT ROBERTS

- Buy some good shoes such as Asics or Saucony, your knees deserve something good.
- Wear kit that fits you, not kit that just focuses on covering you out of sight. You don't need to have flesh on show, but you will feel better if your clothes are not flapping around while you run.
- Monitor your heart – ideally use a heart rate monitor, otherwise check it manually. Your maximum heart rate is 220 minus your age. Aim for a rate of around 70-75% of that maximum.
- Drink plenty of water – running is a high intensity exercise and you will need to rehydrate after your run. If you run for more than 40 minutes, take some water with you, or plan to get some on the way around.

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