

TRAIL Running

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OFF-ROAD FITNESS
WALLPLANNER

GET FITTER, FASTER AND DIRTIER

ISSUE 1 | £4.30
SUMMER 2010

MOUNTAIN MARATHON

2 days, 53km...
1 pair of pants!

TRAINING ZONE

- › Boost stamina
- › Power up hills
- › Stuck in the city?
How to train for trails

RUN FASTER

Double your endurance
for your first trail race

RACE LISTINGS
YOUR GUIDE
TO UK TRAIL RACES

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What's really in
your bottle?

Joss Naylor

Training secrets
from the king of
the mountains

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29 MUD-BUSTING SHOES

- › LATEST HEART RATE MONITORS REVIEWED
- › SUNGLASSES › T-SHIRTS WITH TECHNOLOGY



Urban training for trail running

TOM BAILEY



Training for the hills and off-road events is so much easier when you've got them on the doorstep. But even in the middle of a city there's a huge amount you can do to get ready, according to personal trainer Matt Roberts.

"The big difference that runners notice when they start trail running is the draining effect on the legs of the softer terrain and the differing gradients," explains Matt. "Preparing the body for these challenges is one of the key difficulties if you live in the city."



Don't worry: if a mugger jumps out, you can easily out-run them

PHOTO FROM FROM THE WINDSTOPPER TRAIL RUN WORLD MASTERS 2009 IN DORTMUND
WWW.TRAILRUNWORLDMASTERS.COM

MATT'S INSIDE GUIDE TO OFF-ROAD TRAINING IN THE CITY...

"Your training should build cardiovascular strength and endurance, specific running strength and balance for rough off-road events," says Matt.

MAKE YOUR RUNNING FASTER

"This can be done on the flat in a park. To increase your running speed use interval training. Aim to run 400m then recover for 30seconds and repeat. Do this four times then recover for 3mins and repeat four times. Record each 400m sprint and as you get stronger your times will get quicker and the time of the first and last 400m will be closer."

THERE AND BACK AGAIN

"Find a route half the distance of your race. Run at race pace from start to finish, so if you are running a 10 mile race stop at the 5 mile point and record the time it has taken. Then rest for a minute and reverse the route to the start at race pace. The aim is to run faster over this distance and pace yourself so your time out and time back are as even as possible. In the real race this will make sure you don't set off too quickly and burn out."

HUNT OUT HILLS

"Regular hill sessions are vital, even on a short gradient in your local park. Aim to run up it at about 85%-90% effort, recover on the walk down and repeat."

BUILD MUSCLES WITH LUNGES

"You can use running sessions to really strengthen leg muscles. Run two intervals, then perform a walking lunge set for about a quarter of the distance and then repeat two more intervals and then a walking lunge set. Aim to build up to a point where you can do this four times.

"To perform a walking lunge, take one good stride out in front and then, keeping the back straight, lower the back knee towards the floor whilst keeping the front knee over your front ankle. Then using the muscles of the front thigh step right through with the back leg into a new stride and repeat."

RUN ON THE RIGHT TERRAIN

"To develop specific trail running strength find soft ground to use in a triangular or fartlek style of session. Look for a sand track, shale or long grass, ideally close

to short grass or a track. Mark out a triangular shape with each side being about 100-200m long. Use the softest ground to jog, then use the harder ground to fast sprint 100-200m and then walk to recover for 100-200m. Aim to repeat this 5-10 times."

STRENGTH AND BALANCE

"Strength and balance is the forgotten training element, but it's vital to gain strength, to make running easier and to reduce risk of sustaining an injury.

"There are two main goals of this part of the training. Firstly, to make sure that all the major working muscles are as strong as possible. Secondly, to make sure that the whole body works evenly and in balance.

"Most runners have a stronger side, which their running technique tends to overuse and that can lead to injury. The programme below will strengthen the body so it gains strength evenly on each side and so you become aware of any uneven strength within your own body. Start each training session with a short run to warm up or add this onto a running session."

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1	Strength training programme	Strength training programme	Rest day	Strength training programme	Rest day	Rest day
2	Steady pace run 10k (record time for future use)	Rest day	Strength training programme	Hill intervals	Rest day	Strength training programme
3	Rest day	Steady pace endurance run 11k	Steady pace endurance run 12k (record time)	Rest day	Strength training programme	Hill intervals
4	Strength training programme	Hill intervals with walking lunges	Rest day	Fartlek intervals x 10 sets	Speed intervals 400m x 8 with 3min rest halfway	Rest day
5	Hill intervals	Rest day	Fartlek intervals x 10 sets	Strength training programme	Rest day	Out and back run (record times for future use)
6	Rest day	Strength training programme	Strength training programme	Rest day	Strength training programme	Strength training programme
7	Fartlek intervals x 8 sets	Speed intervals 400m x 8 with 3min rest halfway	Rest day	Steady pace endurance run 15k	Steady pace endurance 14k (record time)	Rest day