

6ft Track 2003 Training Guide

This is a guide only. As all runners have different training tolerance levels (before they strike injury) you need to base your training on your experience. Prior to commencing this 14 week programme you should have a good running base, e.g. have been running regularly for 2-3 years, have completed a half marathon at the least. If you are in any doubt about your level of fitness or general health I recommend you speak to your Doctor.

Recommend:

3-4 runs minimum per week to include:

- 1 x long run (Saturday)
- 1 x interval training session
- 1 x hill session (walk/run)
- 1 x easy/medium pace run - say 1hr building to 2hr in late Jan

Plus

- 1 x long walk - 2-3 hours by mid January

Additional training: Weights/circuits

Alternate training: If injured stop running and swim, bike ride or deep water running instead (injury permitting)

Other: 1 x massage every 2-3 weeks - regular self massage of calves/glutes
Eat a good healthy diet - take supplements if required.

NOTE:

Do not take the 6ft Track lightheartedly - if you don't train you won't finish. If it is your first time then plan to take it easy and walk all the hills. I would suggest if you don't run a marathon in sub 3hrs then it's unlikely that you will run the entire 6ft Track. Therefore, if you plan to walk in the race, walk in training.

The emphasis on the weekend sessions is Long Slow Distance (LSD), leave the hard work to the interval/hill sessions in the week.

It is essential on the long training sessions to carry a water bottle as taps are not always readily available and you MUST keep yourself hydrated. Additionally, you should carry energy replacement on any of the runs over 2 hours e.g. High 5 gels, Power Bars etc (find out what suits you - test a few out).

It is much easier if you do your long runs with a group – and if it's your first 6ft Track, with people who have run the track before. Their advise/experience will help you considerable with your own training. If you are based in Sydney you may wish join the Northside Running Group who have a number of organised training runs each week. Members of this group have been running the 6ft Track for 10 years and over 400 people have successfully completed the event following the attached training programme. For insurance purposes you will be required to join the club (half year membership Dec-April is only \$25). Visit www.nrg.asn.au for information on the club.

This programme is based on the runner completing the 6ft Track between 4hrs 45min and 6 hours. The amount you train each week will be dependant on how much time you have available, your training tolerances and other training commitments (cycling, swimming etc).

| Wk No | W/ ending | Weekly training | W/end | Hill Session (see below) |
|-------|-----------|---|---|---------------------------------|
| 1 | 8 Dec | 1 x easy run up to 1 hr 1 x interval/fartlek session (45 mins) | 1 x LSD 2:00 run/walk 1 x walk 2 hrs <u>or</u> 1 x run 1 hr | |
| 2 | 15 Dec | 1 x easy run up to 1 hr 1 x interval/fartlek session (45 mins) | 1 x LSD 2:00 run/walk 1 x walk 2 hrs <u>or</u> 1 x run 1 hr | |
| 3 | 22 Dec | 1 x easy run up to 1 hr 1 x interval/fartlek session (45 mins) | 1 x LSD 2:30 run/walk 1 x walk 2 hrs <u>or</u> 1 x run 1 hr | Beg – 3 Int – 3 Adv – 4 |
| 4 | 29 Dec | 1 x easy run up to 1 hr 1 x interval/fartlek session (45 mins) | 1 x LSD 2:00 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 3 Int – 4 Adv – 4 |
| 5 | 5 Jan | 1 x easy run up to 1:15 1 x interval/fartlek session (45 mins) | 1 x LSD 2:30 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 4 Int – 5 Adv – 5 |
| 6 | 12 Jan | 1 x easy run up to 1:15 1 x interval/fartlek session (45 mins) | 1 x LSD 3:15 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 4 Int – 6 Adv – 6 |
| 7 | 19 Jan | 1 x easy run up to 1:15 1 x interval/fartlek session (45 mins) | 1 x LSD 3:30 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 5 Int – 6 Adv – 7 |
| 8 | 26 Jan | 1 x easy run up to 1:15 1 x interval/fartlek session (45 mins) | 1 x LSD 2:30 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 6 Int – 7 Adv – 8 |
| 9 | 2 Feb | 1 x easy run up to 1:30 1 x interval/fartlek session (45 mins) | 1 x LSD 4:00 run/walk 1 x walk 3-4:00 hrs | Beg – 7 Int – 7 Adv – 9 |
| 10 | 9 Feb | 1 x easy run up to 1:30 1 x interval/fartlek session (45 mins) | 1 x LSD 3:30 run/walk 1 x walk 3:00 hrs <u>or</u> 1 x run 1:15 | Beg – 7 Int – 8 Adv – 9 |
| 11 | 16 Feb | 1 x easy run up to 1:30 1 x interval/fartlek session (45 mins) | 1 x LSD 3:15 run/walk 1 x walk 3:00 hrs <u>or</u> 1 x run 1:15 | Beg – 8 Int – 9 Adv – 10 |
| 12 | 23 Feb | 1 x easy run up to 1:30 1 x interval/fartlek session (45 mins) | 1 x LSD 3:00 run/walk 1 x walk 2:30 hrs <u>or</u> 1 x run 1:15 | Beg – 9 Int – 10 Adv – 10 |
| 13 | 2 Mar | 1 x easy run up to 1:00 1 x easy run up to 50 mins | 1 x LSD 1:45 run/walk 1 x walk 2 hrs <u>or</u> 1 x run 1 hr | Beg – 4 Int – 5 Adv – 7 |
| 14 | 9 Mar | 2 x easy runs up to 40 mins 3 days rest prior to race | RACE DAY | |

HILL SESSION

Beg = Beginners (1st time 6ft Trackers who run 50+ mins for 10k)

Int = Intermediate (previous marathon experience 40-50min for 10k)

Adv = Advanced (experienced marathon/6ft Trackers sub 40 min for 10k – 3 hr marathon)

The following is what the NRG runners do for their hill session. You can make up your own course if this doesn't suit.

AWABA STREET HILL TRAINING

Are you interested in doing our tried and tested hill training session? This is an excellent work out for the quads and the mind!! Here's the info.

Route: Up Awaba St all the way to the traffic lights on Spit Rd. U turn at the lights and come back down, take the first lane on right (Punch Lane) and follow that until you come to the next T junction, turn left into Punch Street, at next T junction turn right into Mouruben, run for about 50 metres then U turn into the lower road, follow the road round to the right into Lower Punch St then turn left into Stanley Ave, at next T junction turn right back onto Awaba and down to the bottom. Turn round and back up again. (No resting at bottom.)

Distance: 1.8k

Note: Carry a water bottle with you.

Suggestion: monitor your progress, time yourself on each loop (use a split timer on your watch), and record it at home. Your splits (e.g. each circuit) should be within 15-20 seconds of each other. If this is not the case you are not pacing yourself very well. If you are really keen you can do your up and down splits. Don't think this is only for the experienced runners - it's not. I find it very useful myself and it sets you target and you can see yourself improve (and you will improve if you do it each week). The other reason it is good is to show you when you are fatigued. There may be a night when you are just right off your pace (e.g. 30-40 seconds slower than your usual efforts); this may well indicate you are tired and fatigued and a REST would be better than to trudge out the session just because you think you should - just pack up and go home rather than continue. There is a fine line between fatigue and just being lazy so it's your own judgement!

Warning: Don't try and do too much too soon and if you miss a week do try and stick to the programme the next week.

Why do it! - because it's good training for the huge hills on the 6ft Track. For most people don't expect to run up Awaba St, you will run/walk/run. The only people who'll run all of the up section are those runners who will run sub 4:45 6ft Track. So get you legs used to up hill walking. The other thing is mental discipline. It's hard work going up and down such a hard course, but in reality this is the 6ft Track a LOT of going up hills - so get your head around it and join the group on Thursday nights.

Recovery: The best thing for your legs when you've finished your session is to go into the water, swimming or just cooling off your legs assists in recovery of fatigued muscles.

Useful Web Addresses :

Northside Running Group : www.nrg.asn.au

Six Foot Track Marathon : <http://www.sixfoot.com/>