

RUN TRAINING

For any runner to achieve the best race results you will need to run efficiently, be relaxed and maintain good form and technique. To run you just put one foot in front of the other right?? Well, it appears that way for some lucky runners. For most of us, some thought about the movement of your body will be needed.

SAFETY

A few key running tips:

1. Leave word with your housemate or partner. If you live by yourself, then just make sure your loved ones, work colleagues and/or friends know that you are often out and about running!
2. Find a pocket for a mobile phone, or get one of those nifty arm straps... put your emergency contacts into your phone (under ICE), and take some ID with you
3. Be visible, especially when running on the roads. Use a headlamp if running at night. And Velcro reflective bands are cheap and very effective at ensuring that you are seen.
4. See what's coming! Face the traffic – if needs be run on the right side of the road - so that they can see you, you can see them and you can react!
5. Unplug your ears! It's amazing what you can hear coming round a corner or from behind you! If you want to run with music, then turn the volume down or just use one ear bud (preferably the one away from road).
6. Early in the morning or late at night, other road users are generally tired. So, stay alert!
7. Obey the rules of the road and be courteous!

TECHNIQUE / ADVICE

Stride Length

If your foot strikes the ground in front of your centre of gravity, this is called over-striding. This is like putting on the brakes every step! If you glance down while running and can see your toes way out in front of you then focus on keeping your feet directly below your hips. Generally, reducing your stride length will increase your cadence.

Run Cadence

Cadence can be quantified by counting how many times you land on one foot for one minute. Although many current sports watches will also calculate cadence. Try to aim for something similar to optimal cycling cadence e.g. 90 rpm, although that may depend on how tall you are. Around 85–90 strides per minute is good for taller people, while 90–100 is efficient for smaller athletes. But this is cadence at pace. Most runners, including elite athletes will have a slower cadence when running slower, so bear that in mind. Like stride length, cadence is not something you will naturally change overnight. But it is something that can be adapted and worked on with drills, over time.

Forward Motion

Bouncing when running causes vertical braking forces which slow you down. Plus, if you're putting energy into gaining height you're wasting energy that could be used propelling you forward. You want to run tall but imagine yourself running under a low ceiling: if you bounce too high, you'll bang your head!

Arm Motion

Arms can help drive the legs, the faster you swing your arms, the faster your legs move. Lightly pumping your arms is really helpful for running uphill and sprinting. Arms can provide some

rotational stability, but the movement should not become excessive. Keep elbows bent at approximately 90 degrees. It's also worth noting that you should not let your arm swing cross your vertical centre line: this creates a twisting motion in your trunk and is wasting energy.

Leg Recovery

A slightly bent leg requires less power to bring the leg through during the recovery phase of your run stride. The faster you run, the higher your heel lifts on recovery. Don't exaggerate heel lift when running at slow speeds. The best triathlon runners have a low, limber gate with a relaxed leg recovery.

EQUIPMENT

Footwear

The footwear is of course the most obvious and the most important! The first thing to remember is that there is no one ideal shoe for everyone. Your biomechanics, weight, foot shape, and the terrain all play a part.

It is wise to get expert advice before laying out good money on a running shoe! Many good running stores have treadmills and scanners to help determine the best types of running shoes for you. You can always buy your shoes through a store following 'gate analysis' with them, and if you're happy with the shoes then you can buy similar shoes online once they need replacing.

Winter Running Kit

If you love running all year round, then there are two things to consider for winter training: 1) trail shoes, especially if you like tackling muddy trails in urban parks, or muddier trails along coastal paths, or mountain tracks. These help with grip in slippery conditions, are often waterproofed with a layer of Goretex, and are perfect for off-road runs or cross-country; 2) a head torch. Whether you're taking to country paths or rat-running on winter nights in London. This is about being seen as much as seeing what's under your feet.

BENCHMARKING

Have a look at the [Ful-on Tri Benchmarking](#) section under 'Train' (or see 'More info' below) to see how to use the Copper Test to gauge improvement and design effective interval sessions to maximise your training.

LOCATIONS

Also have a look at the [Ful-on Tri Timetable](#) for locations and times.

Fulham Pools Training Hub (Tues, Thur, Sun swims, plus Thur runs): [Website](#)

Normand Park

Lillie Road

Fulham

SW6 7ST

Sunday Club Run: [Website](#)

Colicci Café

Roehampton Gate

Richmond Park

London

SW15 5JP

Summer Track Sessions: [Website](#)

Barn Elms Athletics Track
Queen Elizabeth Walk
Barnes
London
SW13 9SA

Winter Track Sessions: [Website](#)

Wimbledon Park Athletics Track
Home Park Rd
Wimbledon Park
London
SW19 8AU

Winter Cross-county: Find out more about this and the Surrey League: [FoT Racing for all](#)

More Info:

SAFETY

ICE – Stands for ‘In Case of Emergency’. Add your emergency contact details to your phone using this common feature. This ensures your emergency contact person can be reached without needing to unlock your mobile.

TECHNIQUE / ADVICE

Breakdown of technique / phases of running – For distances from 800m to marathon

Boost your cadence – drills

Arm motion – drills

Triathlon pacing

Yasso – the theory behind Yasso 800m

EQUIPMENT

Gear – running shoe fit

Gear up – with the right running shoe

FUL-ON TRI BENCHMARKING

Know your speed

LOCATIONS

Surrey Cross Country League

Run Britain – Race listings and results across the country