

BeFitLifestyle's Training Basics for all Levels

There are two basic ways to improve as a runner/walker. You can (1) run/walk farther during training, or (2) run/walk faster during training.

BeFitLifestyle's **beginner** training programs (as seen in our 8-week Introductory Programs) focus on gradually increasing mileage while properly developing an "aerobic base"; the efficient utilization and exchange of oxygen between among the lungs, the blood and the working muscles. Establishing an aerobic "base" can take from 1-6mos depending on a person's BASE (50-65% of heart rate reserve (HRR)) training consistency and physiological make-up (genetics plays a BIG part, but so does sex, age, weight and fitness level).

After establishing a "base," the **intermediate** training programs focus on progressively running/walking the gradually increasing miles a little faster – at a consistent TRAINING (60-75% of HRR) pace.

Experienced runners and walkers learn to vary their training routines; running/walking far on some days and running/walking short on others - also programming days of rest since recovery is essential to continued, long-term success (and staying injury free!). BeFitLifestyle's experienced training programs include "speed work" in the weekly routine: running/walking hill repeats, tempo intervals, wind sprints, strides and fartlek - terms that as a beginner you don't need to know, but will someday come in handy!!

Running Repeats – any distance that is repeated with 1-3min rest between sets

Tempo Intervals – varied distances (.25 – 1mi) of varied speed (slow – fast)

Tempo Runs-20-30 min of "comfortably hard" or "race pace" running in between a slow warm up and cool down

Wind Sprints – 50-100yards (ONLY 30-90sec) of accelerated speed followed by a recovery walk returning to starting location and repeat (3-9 repeats)

Strides – short distance of lengthened running steps 1-3min rest between sets

Fartlek – varying speeds mixed throughout a mid-distance run (2-5miles)

At any level, it's important to remember to take care of your body. Fitness and fun can go hand-in-hand when you feel good doing something you know is good for you! But MORE is not always BETTER. Following ANY race, you should take one "recovery" (BASE Training) day for each mile raced. Therefore, following a 5K, you should stay in your BASE zone for at least 5 days and keep your mileage around 1-2miles, however, after a 13.1mile half marathon, all runs done 13 days post race should be under 4miles and at 50-65% of HRR.

Once you achieve a certain level of fitness (whether measured by your 5K times or not) and find a workout regimen that you are comfortable following week after week, there is no reason to seek improvement. Dr. Kenneth H. Cooper once said, "If you run more than 15 miles a week, you're doing so for reasons other than fitness." You don't need to run a certain number of miles each week at a specific speed to consider yourself a runner. Define your own level of achievement and enjoy the sport.

ZONES*

- i. **BASE** (New Leaf Zone 1)
 1. Aerobic Low intensity (50–65% of HRR** or 180 rule)
 2. Max Fat Burning Zone
 3. Initial 3mo training zone, Over-trained/Recovery zone

- ii. **TRAINING** (New Leaf Zone 2)
 1. Aerobic Moderate intensity (60–75% of HRR**)
 2. Fat Burning Zone
 3. Overall conditioning and endurance zone

- iii. **TEMPO** (New Leaf Zone 3)
 1. Aerobic Intermediate intensity (70–85% of HRR**)
 2. Almost anaerobic; short duration only (10-30 min)
 3. Race Day ("race pace") zone

- iv. **INTERVAL** (New Leaf Zone 4)
 1. Anaerobic High Intensity (80–95% of HRR**)
 2. Used for wind sprints (3-90sec)

*New Leaf Metabolic testing recommended for most reliable results.

**Heart Rate Reserve (HRR) = Max heart rate (MHR) – Resting heart rate (RHR); use Karvonen's formula to calculate percentages