

## MARATHON TRAINING – By Rachael Pellatt

As every marathon runner knows, late September sees the release of the ballot entry results. If you have been one of the lucky ones to obtain in this years event, the first sponsored by Virgin, you are more than likely to be thinking about the training journey you have ahead of you.

A common question asked by those new to marathon training is whether to road run or not to road run? If you are completely new to running, don't panic, you have many months to prepare for the race next April and so long as you put the hard work in you can successfully complete the 26.2 miles.

Although it is essential that you start training on the roads as soon as possible, it can be beneficial to do a few weeks of treadmill running in or for you to gain some confidence. If you decide to start on the treadmills, don't be disheartened when you find that the roads are much harder to conquer.

The first step to marathon training is getting kitted out. You should buy a pair of running trainers, these are specifically designed to withstand the impact of pounding mile after mile on solid concrete; as important as the trainers are the socks – try to buy the double skinned type which help to reduce rubbing and blisters. Next you should consider what you want to wear whilst running, what you feel comfortable in and how close fitting you want it to be – although loose clothing can be more appealing you may find that rain and sweat make them heavy and uncomfortable and the increased movement means the fabric can rub against your skin. Consider buying a skull cap and gloves for winter training – you will find that they save you chilly ears and frostbitten fingers! Try discussing your requirements with a running specialist; they can advise you on the best equipment for your needs.

When you start the training, try and look at each week as a mini goal. If you start out thinking about the challenge ahead, you can easily become disheartened when your first 3 mile run reduces you to a gibbering sore wreck the following day. There are some fantastic marathon training programmes available on-line, just make sure you download one suitable for your level of experience.

It is important to try and give your legs a rest for a while whilst training for a marathon. Months of relentless running can become painful, so think about incorporating some alternative, low impact training in to your regime as well. Sports such as swimming are great as they will ensure you maintain you strength and stamina but will support you joints and muscles whilst you exercise.

So you are set to go, you have the kit, the training programme, the entry place and the motivation.....GO GET FIT, HAVE FUN AND RUN A MARATHON!

## on the PULSE

### Departures and Arrivals

Although only having been with us for a short while, Evan has moved on to a different field. He will be working at Easton College as a Sports Lecturer, passing on his technical knowledge to the next generation of sports professionals. I'm sure you will join us in wishing Evan the greatest success within his new field.

On a brighter note, many of you will have noticed a new face on the scene. Gemma has joined us in recent weeks and has already fitted in as part of the Sportspark family. Catch her when you're next in and have a chat!

Hi Everyone, I thought I would take this opportunity to introduce myself to you all. My name is Gemma and I am the new Health and Fitness Advisor here at The Sportspark. I started in the middle of September so some of you may have seen and spoken to me by now. I have already been involved in Circuit and Bootcamp sessions and I would certainly recommend them to everyone – you must try them out! Having completed my Sport Science degree I have been working with athletes, teams and the general public providing a range of physiological fitness tests, along with making recommendations to develop training plans and improve fitness levels. Please approach me with any questions you may have – whether it is advice on how to introduce some variety into your training or how to tone up and reach that 'goal weight'.

I have been involved in sport/exercise for the majority of my life. Previously I was a county runner and netball player, and have been a club swimmer for many years. My typical week includes netball matches, spin and bodypump classes, gym sessions and running/swimming on the weekends. I have just found out that my entry for the Virgin London Marathon this year was unsuccessful so I'm now thinking of what challenge I can take on instead – any ideas?

### Train Specific; a guide to HIIT training – Matt Gurney

Before setting a personal programme, we need to set out goals, obvious right!? However we need to be concise and specific with how we want to look, feel and perform. Many gym users have their goal which is a great start, however they are either un-sure of how to start their journey or they are not training specifically enough. For example, if a client has always wanted to perform 5 pull ups, yet they are not including pull ups within their programme, or even a specific series of exercises precise to a pull up movement this will inevitably slow the process.

Sport specific training is also essential, I'm not just talking about a rugby player lifting heavy weights as they will be required to exert maximal force throughout the course of a match, I'm talking about specifically training with similar movement patterns they would perform during competition. Ok, so it's all well and good saying that and thinking how I can do that in a gym!?!? Try to use your imagination; a lot of rotational force exercises along with compound and plyometric are all more specific to sport movement patterns therefore requiring a higher intensity. The closer you train to your ultimate goal the quicker you will get there and the easier it will be to stay at that level.

Dynamic functional training generally requires us to work at a higher intensity, with the majority of compound exercises manipulating numerous muscle groups simultaneously. Also dynamic training will require core muscles to be engaged for correct and efficient form, again encouraging a higher intensity workout.

HIIT (High intensity interval training) revolves around generating high amounts of force at fluctuating intervals throughout your workout. Due to the body not being physically able to maintain such intensity continuously without rest, interval training incorporates regular short decreases in intensity throughout a set workout time. For example, a 20 minute run split into 1 minute @ 18.kmph followed by 1 minutes @10kmph x 10 times. This will enable the body to be pushed at intensity close to its lactate threshold but in order to maintain completing 10 bouts of such an effort; the pace is reduced in between. This type of training is relative to many team sports as well as for those who want to strip fat deposits. Another benefit from HIIT training is that is different from most users' workout, its challenging and keeps you "pumped up" due to the continuous decreased rest to work ratio.

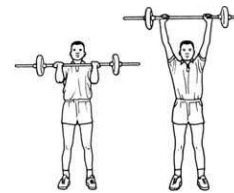
So, next time you're in feel free to ask for a HIIT workout challenge!

### Upper Body Blitz – James Richards

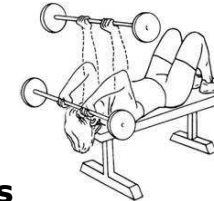
At the beginning of the year we published a leg blast workout combining 5 exercises back to back for a total of 125 reps in a set. It was designed to be a toning and conditioning workout for the lower body. Now with the legs done, here comes the turn of the upper body.

It runs along the same principle as the leg blast with 5 exercises back to back. These being the Military press, Skull crushers, Upright Row, Chest press and Bent over rows. The idea is to do 20 reps of each exercise with no or as little a rest as possible between each, using a barbell equal to a third of your body weight.

You are aiming to get through 3 complete sets of 100 reps. If you can't quite finish the 3 sets then try and improve the next time. If you are really struggling then bring the weight down to a quarter of your body weight or reduce the reps to 15 for each exercise. If you can complete all 3 sets then increase the weight or increase the number of reps.



**Military Press**



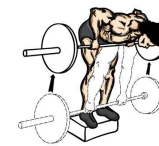
**Skull Crushers**



**Upright Row**



**Bench Press**



**Bent over Row**