

JO'S JOURNEY TO SUCCESS!

In this Women On The Run Special we follow Jo Waters as she takes on a Race For Life run on May 5th. Jo will follow a schedule set by our editor, Fiona, who is also a coach



PERFORMANCE



This month, Fiona gets her started on her schedule, next month we hear how the training has gone, and in our June issue Jo will tell us how the race went! You can follow Jo's progress online at www.sherunsshewrites.com. By Fiona Bugler

“Before I get started on putting together Jo's schedule I need to find out what she does now, and what she hopes to achieve, as well as uncovering what she likes and dislikes about running and training so we can work on those areas.

“Last year she did her first *Race For Life*, which she was rightly proud of. However, she was a little disappointed that she had to stop for walk breaks. This year her goal is to not look a ‘prat with a big red face... like I'm going to die,’ as she claims she did last year. She also wants to run the whole thing.

Jo's stoppers

“I ask Jo if she runs at the moment. Her response is typical: ‘I'm no good at running,’ she says. ‘I struggle with the breathing, and I worry that I've got no technique.’

“But Jo's not completely averse to exercise, and for the last year she's been going to the gym regularly, doing 30 minutes of rowing or cross training. She's also followed a programme set by a personal trainer.

“Like many other runners, Jo has one big gripe: ‘I don't have much time with a very hectic work schedule and three girls to bring up – running is the last thing on my mind!’



Girls on the run – runners celebrate!

Getting started

“All of Jo's stoppers are typical of many would-be and beginner runners. Being ‘no good at running’ is probably just down to the fact that she hasn't done enough. Similarly, the breathing problem may also be down to fitness. Using CV equipment at the gym is nowhere near as taxing as running – and it's easy to cheat/make it easier for yourself.

As for technique, there are lots of tips that I will give to Jo to help, and it will improve further with a good foundation of strength, formed at the gym.

“Building a strong core means doing targeted exercises, such as the plank, or the type of exercises featured in *Move of The Month* (page 30). The focus should be on building moving leg strength so she can bound off the ground quicker. Balance is also key, so exercises done on one leg such as single leg squats are excellent to improve form.

“But for now, the priority is that Jo gets out there and runs!”

Time management

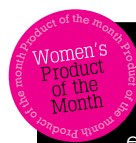
“I always start with lifestyle and find out when, where, and for how long someone can train – I then ask them to be really honest about how realistic it is for them to stick to that! Jo's first issue is time – she's time-poor and needs to manage it!

“We work out she can train three to four times a week, and agree that she needs to do three key sessions every week, ensuring they are well spaced out so we can plan in adequate recovery. She chooses to train on Monday, Wednesday and Saturday, which is the best day for her to do a longer session (important to bear in mind when you're planning).

Jo's three key sessions

“Jo will follow a walk-run schedule with three key sessions a week: a long walk/run, walk/run intervals, and a tempo or extra's on intervals session on the CV equipment at the gym (she'll alternate this). After five weeks she will aim to run 30 minutes continuously on her long run. In the second five weeks her goal is to run her 5k race continuously (as well as train by running continuously), and her A goal is to run at 10-minute mile pace.

“The goal in block one is to build an aerobic base with lots of walk/running. She's will get used to running faster for longer by running comfortably hard for around 20 minutes in her tempo sessions. Intervals will boost her fitness and speed. The goal in the second five-week block is to consolidate this and add in faster race pace practise runs.”



Thoosa

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