

## **Running Tips- Week 2 How to set up a Workout Program**

### **Setting Up Your Workout Program: What to think about. By Bud James**

In trying to design any workout program you need to understand certain facets of the program must be consistent in order to get full training effect. I like to set up training programs based on a 7 Day Cycle. Using a cycle is important as it allows the body to adapt to the expectations and demands that the athlete puts on it in a physiological way. If you do similar types of work consistently on certain days of the week then you are able to set your body clock to more readily accept the demands of exercise. In any program whether it is a running program, weight training, swimming, biking or any activity you should always set the pattern on a hard day followed by an easy day. In a seven day cycle the use of hard days and easy days allows you to structure your work to meet the needs of rest and recovery.

**For a runner a typical week may be like this: Sunday - long run, Monday- easy recovery jog, Tuesday- medium run normal pace, Wednesday- Interval workout, Thursday- day off or easy jog, Friday- short interval workout, Saturday- off or easy jog and then back to Sunday to start the cycle again. For a weight training program you could do upper body on one day followed by lower body the next and alternate through the cycle while building in days of rest or easy work. An example would be: Sunday- upper body, Monday- lower body, Tuesday- day off, Wednesday- Upper body, Thursday- lower body, Friday- off or cross train, Saturday- rest, Sunday begin the cycle again.**

The 7day cycle can be adapted for any program as long as the principle of not working hard on consecutive days is applied. This principle allows the body to accept the training and to recovery in time for the next workout. Usually it will take several cycles to adjust your body clock to the rhythm of the program but as this happens you will be more able to work your program in a positive way around your life. When you are setting up the cycle be sure to think of all the variables that may enter into the cycle such as work and family responsibilities. You should schedule the work in such a way as to make it easy for you to follow through on all your responsibilities and at the same time meet your fitness goals. A well thought out pattern is what will make life enjoyable for you as you work toward your desired goals. I like to say that it is consistency over time that makes the program work!

Sample of a week: (this can be applied to any level runner as the pattern is what is important)

**Mon-Running** You should do a comfortable pace but not real far.

**Tue- Running- Workout-** should have a total distance of 1-2 miles of faster running in the workout.

**Wed-Running-** easy recovery run day. Just a jog day!

**Thurs-Running-** Medium long run- go about 2-3 miles farther than you are used to going.

**Fri-Cross Train** or take a day off.

**Sat-Running-** Long run should be at least a run of 8-10 miles but you will need to work up to this.

**Sun-Off**