

Dear Dan, Thank you for choosing to train with Running4you.

Dan Caspi Technical Analysis

BMI (Body Mass Index): 26,6; Estimated **VO₂MAX**: 36,4 ml/kg/min;
Estimated **AT (Anaerobic Threshold)**: **10.3 km/h** (AT pace: 5.48/km);

I have calculated the running pace for your training sessions based on your **AT**, which I use just as a starting point. We will check your actual running speed, and the data will be updated if necessary based on your responses "on the field". Also bear in mind that the values which refer to your training pace and to your **HR** (heart rate) can sometimes be influenced by various internal (stress, fatigue, lack of rest, variations in the blood, etc) and external (warm and/or humid summer weather, low temperatures in the winter months, strong wind and the characteristics of certain training routes) factors.

With view to your objective (33rd Medoc Marathon) the preparation which I am proposing to you is focused mostly on improving your aerobic resistance.

The training load will be increased, in preparation for the marathon it is necessary to train at least three times a week, and also to start running gradually increasingly more km weekly.

To give you a way to improve and to also prevent injuries from overloading, the training load increase is not proportionate or excessive. Your weight is another aspect that should be improved; you'll have to commit yourself to losing almost 5-6kg and be under a BMI which is more suitable for those who are getting ready to prepare a long Race like a marathon. That is why I advise following a dietary plan which is functional to that objective.

The recovery period in between runs, always expressed in metres or minutes and seconds, should always be **dynamic (unless otherwise stated in the table)**, so should always consist of light jogging; there is no reference pace for this light recovery jogging, although to calculate it roughly I used Slow Run + approx. 40 seconds (e.g.: SR 5.40 = light recovery jogging 6.20).

Diet: The evening preceding your race or a long training session, your dinner should include somewhat more carbohydrates than usual, without eating excessively large portions. You should also avoid ingesting excessive salt, food that is difficult to digest and alcohol. On the morning of your race it is best to avoid consuming foods with a high GI (Glycemic Index) as these tend to increase insulin levels, causing a large amount of sugars to enter your body tissues, which could leave you feeling as if you have no "fuel" left after just a few km. For breakfast, it would be ideal to consume carbohydrates with a low GI and easily digestible proteins, around 2-3 hours before the start of the race (the time required for digestion may vary from person to person).

TERMS USED IN THE TRAINING CARDS:

SRST= slow run followed by strides; **SR** = slow run; **RR** = slow recovery run; **STR** = long steady run; **BR** = brisk or tempo run; **FR** = fast run; **CD** = cool down; **FK** = Fartlek; **IT** = Interval Training (followed by the distance for each rep); **LSR** = long slow run; **PR** = Progression; **SI** = short intervals (followed by the distance for each rep); **REC** = recovery; **WU** = warm up; **IT** = intervals, **LI** = long intervals (followed by the distance for each rep); **MI** = medium intervals (followed by the distance for each rep); **MARP** = marathon pace; **HILL** = hill; **VAR** = varied

Running Predictions

5 km

24 minutes 01 seconds

10 km

49 minutes 00 seconds

Half Marathon

01 ora 49 minutes 58 seconds

Marathon

04 ore 00 minutes 25 seconds

(These predictions will change over the course of your training)

STRETCHING EXERCISES FOR RUNNING

The benefits derived from exercises which stretch the muscles are well known, and it's astounding that some still consider stretching to be an "unimportant" activity.

How to perform stretching exercises:

- Stretch your muscles gradually,
- Aim to reach maximum distension of the muscle (you shouldn't feel pain),
- Maintain the position until you feel the muscle relaxing,
- Repeat each exercise several times,
- After a very long run it is best to wait until the next day before stretching.

STRETCHING EXERCISES **TO BE PERFORMED AFTER A SESSION** OF SLOW RUNNING

Hamstrings



Calves



Solei



Quadriceps



Quadriceps



Tensor Fasciae Latae



Iliopsoas



Aductor Muscles



Gluteal Muscles



15 seconds for leg



Buttocks



Back

