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

George Kamps Technical Analysis

BMI (Body Mass Index): 26,0; Estimated **VO₂MAX**: 42,0 ml/kg/min;
Estimated **AT (Anaerobic Threshold)**: **11.9 km/h** (AT pace: 5.03/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 that I am proposing to you in this first training cycle is focused on the following objectives:

-Increasing the volume of blood
-Improving the cardiovascular system
-Losing weight (fat mass)

The means of developing these physiological qualities are middle/low intensity trainings, while to upgrade the sessions and improve the oxygen flow the Interval training sessions (from 200 to 400 metres) are the most outlined.
Weight is another aspect to consider, especially for those whose objective is a marathon. In order to have a better BMI which would you to run without taking a risk, I advise you to follow a diet which is focused on losing between roughly 5 and 6 kg.

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