Science-Based
Performance Improvement Training

June 8, 2006

Cardinal Rules

As your own coach, you will find the following rules are a useful reference when designing your program and monitoring your progress. If the purpose of any rule is not obvious, reread "Fundamentals" and "Practical Considerations."

Take a day off from running once a week, do another sport.

Always provide a rest period following races and intensive workouts [necessary for your systems to recover stronger]. 2 days or so for a 10K, 1 day for a 5K, 1 week for a marathon, etc. 1 day for an intensive track or hills workout. Rest can be a slow jog or very slow run.

No 2 adjacent days, no 2 adjacent weeks, no 2 adjacent months the same.

Every couple of weeks, at a maximum, go for a long and slow fun run.

Always include about a mile warmup, at the start and end, for ALL workouts and runs.

Include some moderate speed work during long runs. Every 5 miles do about ½ mile fast. For 10 milers, run mile 9 fast, jog mile 10. 30 milers, run miles 27 and 28 fast, and jog miles 29 and 30.

All long runs should be very slow, relative to your 10K race pace, slower by:

• 10 miles: 30sec/mile;
• 15 miles: 45sec/mile;
• 20 miles: 60sec/mile;
• 30 miles: 2minutes/mile [It's the CG you are training]

Practice makes perfect, race often, it's the best training drill of all.

Always taper for races

Always plan every race and run your plan, even for training races.

Run all races with negative splits, 2% or 3% slower than the average pace for the first half and 2% or 3% faster than the average pace the second half.

When you are training for a target race, every time you get ready for a run or workout, ask yourself these questions:

• Am I looking forward to this run or workout? [If "no", suspect you're on the verge of overtraining]
• Does anything hurt? [If yes, let it rest for recovery]
• What is the specific purpose for this run or workout? Will it improve my VVO_2max and/or fatigue resistance?

If any answer is negative, do something else.