

Running

by Amby Burfoot (1997)

It takes 120 calories to run a mile at any speed. Base aerobic workouts should be at 60-70% MHR (+/- 220-age). Start slow by walking 9 minutes and running one; and progressively increase the amount of running. Increase weekly mileage by 10%. Don't use the clothes washer & dryer for running shoes. Replace running shoes after 400-500 miles. Wear polyester micro-fiber clothes (including socks) to "wick" sweat away from body.

Eat 55% carbs, 30% fat & 15% protein. Eat fish, chicken, rice, beans, cereals, bagels, fruits & veggies. Eat carbs 1-2 hrs before a race; drink 8 oz of sports drink 30 minutes before and every 20 minutes during (along with 50 calories [12g] of carbs). Warm up with walk, jog, run, sprint. Cool down with jog walk, stretch. Rest one day per week (with 2 easy days, 2 moderate days & 2 hard days).

Rotate types of training: long-slow, hills, tempo, short-fast. Cross train with cycling, weights, pool running, cross-country skiing. Once per week run 3 miles at a tempo pace of 20 seconds/mile slower than best 10k. Every other week run 4x800m repeats at 20 second/mile faster than best 5k with 5-minute jog between. For speed run 6x200m at fastest mile pace or 70m strides.