

RUN

trek**women**  TRIATHLON SERIES

an X²Go Mile LLC property

RUN



RUN SKILLS and RUN TRAINING

Running is the last leg of the triathlon. This means that run fitness is essential, because you must walk/run while feeling the effects of cumulative fatigue from swimming and cycling. Running biomechanics and cardio endurance are key to having a strong finish.

Running well is a combination of biomechanics, conditioning and pacing. Proper body position reduces the risk of injury while it improves your performance. Developing a running base and adding speed training to it improves finish times (and maybe your enjoyment). Proper pacing (minutes per mile) can help get you to the Finish Line in less time and with more smiles.

One of the secrets to success is to design a training plan and stick to it. You might even want to join a team with a professional, certified triathlon coach. Sometimes, and this is important, it is tempting to let our busy lives get in the way of our training and our health. Be prepared for this likelihood by planning your available time; don't let it get hijacked by other demands.

RUN TIPS

- Fall in love with running: it is a high caloric-burn sport.
- Blisters are common for runners. Make sure that your shoes are in good shape. Get shoes fitted correctly for your biomechanics; they should also have a lot of extra toe room.
- Get a training partner. She will help keep you from missing workouts.
- Learn the four parts of any workout and incorporate them into each session: warm-up, main set, cool down and stretching.
- Educate yourself by reading more. Naturally, I recommend the just revised [Triathlons for Women](#).

ESSENTIAL RUN GEAR

Shoes

Optional

Lace locks
Elastic laces
Hat or visor

Socks
DASH monitor

GENERAL RACE DAY ITEMS

Gear Bag marked with your race #
Warm clothes

Sunscreen
Rain gear
Pre-race snacks

Optional

Camera

Vaseline or BodyGlide
Baby powder

ESSENTIAL POST RACE GEAR

Some cash

Post-race meet up plan

Optional

Cooler for the post race picnic

Camera
Cell phone

SAMPLE WORKOUT

Steady State Run

| Training Time* | Description | Zones | Duration (min) | Distance (mi) |
|----------------|--|-------|----------------|---------------|
| 10% Warm-up | Easy to very fast walk | Z1 | 5 | ~ |
| 10% Skill Set | Biomechanics: work on running tall | Z2 | 5 | ~ |
| 70% Main Set | Run at 75-80% of your run maximum heart rate | Z3 | 15-30 | 2-4 miles |
| 10% Cool Down | Easy walk or slog | Z1 | 5 | ~ |
| Summary: | | | 30-45 min | 2-4 miles |

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