

— THE WAY WE SEE IT —

## **"But the Training Plan said..."**

**Training plans are strategically planned workouts based on a progressive build up in terms of volume and intensity while training to prepare for an event such as 5K, 10K or cycling. Frequently, "THE PLAN" can take on Biblical proportions in dictating the athletes training schedule.**

**How we see it at ActiveEDGE the training plan is a tool and guide to help shape your workouts.** There is a multitude of sound, and several not so sound, free training plans on the internet. **ActiveEDGE offers training plans for 5K, 10K and half marathon free to anyone signed up for full membership.**

**The training plan is not the final word for which workout to be executed for the given day. What has the final say as to the best workout for that day: ...your body!**

With that statement comes the assumption and understanding that you are aware of, respect and respond to your body's signals. Sometimes the body will give indications that you can "work through" a particular sensation. Often though when people "work through" they run the risk of injury. There are some sensation and signals indicating that the workout should not have started, stopped or altered.

**If you understand the spirit of the workout and the goal, you can make adjustments based on your body's response.**

For example, if you are doing track repeats and having a significant reduction in pace, the workout should be stopped. Also keep in mind that factors such as nutrition, muscular fatigue, and stress can effect performance.

SOME of the signals to abort or alter the workout are: pain, significant decline in performance, and unexpected increase in heart rate. Continuing on with a workout when the body is sending clear signals will not result in increased performance and fitness but often will result in injury. Always keep the risk vs. reward equation in the fore front of your decision making paradigm.

**The plan can be a powerful and effective tool when selected and executed with care and insight.**

**Here are some factors to bear in mind when selecting a plan to help you prepare for event.**

**Plans are NOT one size fits all**

Find a realistic and accurate starting point

Make sure the training hours and frequency are realistic for you.

**Use only trusted sources**

"Gimmicky" plans are unpredictable and will not necessarily lead to improved performance. There is no substitute for dedicated, consistent and precision training. There are no short cuts.

Build up should include some "drop down" or reset weeks. This is mainly indicated in the long run of the week.

Plans should follow, with the exception to a veteran runner, a pattern as follows: hard training days (speed, long or tempo) should follow an easy day (recovery or easy cross train).

**Individualized plans offer a greater chance of success and reduced chance of injury**

**An experienced coach who knows the history, and current landscape of YOUR body and your experience as an athlete will be highly valuable to creating a plan tailored to you.**

Checking in with your coach on a weekly or at least 2x a month basis will help refine the plan.

Many of the internet plans are “watered down” versions of plans for elite runners, and not specific to your fitness and goals and your orthopedic considerations.

**Plans are GUIDELINES- subject to change based upon your body’s response... (Yes, I am bring this subject up again because it is so important and so frequently not executed.)**

Ignoring your body's signals and following the plan regardless increases the risk of injury.

When injured, you are better served consulting with an experienced coach to develop a plan. Adhering to the plan just because “the plan says I need to run 8 miles” will set up for injury.

**The other side of this coin is true too; if you are NOT having body signals and the plan calls for a certain pace or volume, adhering the plan does have benefits**

Learning to train when fatigued and NOT in pain, has benefit mentally and physically.

The trick then is learning to decipher what is “the pain of the workout” and “pain that leads to injury.”

**Be willing to try a new or novel approach**

The old saying that insanity is doing the same thing over and over while expecting different results would apply to this situation.

If you have used the same build up plan for years, perhaps it is time to take a fresh look at the training plan.

Small alterations to the plan can often yield significant results.

**The plan should include some strength training and cross training days**

Those cross training days are interspersed with running sessions to allow for balanced and varietal range of motion, and to maintain cardiovascular and muscular strength.

Keep in mind that cross training, while it has many other benefits, rarely *directly* translates to specific running training.

**Cross training should not add to negative loading of the body.**

At ActiveEDGE we like to incorporate in ½ - 1 mile sessions **within a strength corrective program**. This increases adherence to strength work and helps to develop muscle activation during running.

Cross training or recovery days SHOULD FEEL EASY.

**Recovery promotes change.**

Going hard all training days promotes BREAKDOWN and reduced performance.

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Interested in some running tips, need coaching or training tips for running and triathlon training injury free or have questions on how to effectively and safely prepare for an event? We offer training plans for a multitude of events.

[Email Willee Broberg for coaching tips](#)