

Running Briefs



Getting the most out of your mileage

How to use multispeed training to improve your running

By Roger Sayre

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Have you ever trained for weeks or months, doing just the right workouts? You trained hard and had some great sessions leading up to your goal race only to feel flat on race day? Or maybe you're just getting into running, but you're not sure how to apply all this information flying your way. Whether you're trying to run 10 minute miles for 5k or can run 10k at under 5 minutes a mile, you will benefit from **multispeed training**. You can use this approach to prepare yourself to be ready to run a wide variety of distances, like our own Flint Hills series, literally from the mile to the marathon.

We have a pile of information on different training plans, but rather than just following a schedule how can you figure out what to do? What follows is a simple

guide that can be applied to your training to help you reach your goals.

At its simplest, running is about endurance and leg speed. Multispeed training helps you maximize your conditioning while establishing on your leg speed and, if applied correctly, it can be done without mega-mileage or killer workout sessions. You will still need a solid base, and you will tend to improve more by doing higher mileage, but with multispeed training you can get a lot out of a 30 to 40 mile week. Intervals also can help you sharpen, but if you do too many or do them too fast, they can actually set you back—or worse, lead to injury. Let's get started!

Your Running Gears

Experienced runners know that they have many gears or different paces for different races and training efforts. Your training pace can be divided into five physiological levels, which equate to different running speeds based on your ability.

Easy Running - This is your typical conversational pace. Ideally you want your heart rate to be about 120 - 140 beats per minute. This pace should be one or two

minutes per mile slower than your marathon pace, and a good two minutes slower than your 5k pace. Typically the majority of your training is easy running, but to be "easy" these sessions are relatively short, ranging from 20 minutes to 1:00 or 1:20.

Endurance Training - Your endurance pace is often pretty close to your easy pace, but these sessions tend to be longer, and they can include portions that are at a faster pace than easy running. The key with endurance training is to run at a sustained effort for about 1:30 to 2:30 (sometimes more for marathon training), and to keep these efforts aerobic. We used to call this LSD (long slow distance) training, but Arthur Lydiard, who coined the term, would have been the first to tell you that the distance is not always slow, but it is aerobic.

Tempo Training - Tempo training has really come into vogue over the past 15 or 20 years, and for good reason: it works. Tempo runs (also called lactate threshold or anaerobic threshold training) are a little more difficult to understand, and for some runners harder to master. The simplest version of at tempo workout is to

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Musings from the Back of the Pack

By Monte Jordan

Do you get tired of reading about winners? The fleetest of feet not to mention all those miles of marathons completed when you're happy to just finish a 5 or 10K before the finish line has been loaded in the Running Club North (RCN) trailer and driven away? Well, you aren't alone – no its not sour grapes because the fast men and women (and children that pass me) are great! They train hard, know how to focus and have earned the win, place and show medals they receive. But some of us don't, can't, haven't yet and perhaps never will be that good.

Still the middle and back of the packers show up, run and do their best too. Okay – some runners race for the fun of it - laughing, talking, trading recipes and gossip but the rest of us are grimacing, talking ourselves out of stopping to walk and just trying to find the finish line sooner rather than later. Now that I'm a "mature runner" I can sometimes come home with a ribbon from one of the top three in my age group (I figure next age group if I just show up I'll win without even having to run) but I never finish up front. My view in a race (depending on the size) is logos of the race sponsors on the back of the multitudes of shirts in front of me. Philosophically speaking there are some advantages to being a BOPER (Back of the Packer):

- You never get lost with all the runners to follow
- People running in the back have others to con-

verse with (who do the fastest men and women talk to – themselves?)

- No one expects you to look like a runner or to look fast
- Its okay if you don't travel half-way around the world to do a marathon
- In fact its okay if you haven't and don't want to run a marathon

Of course, RCN encourages everyone to join and support running not just the fastest and best. So why do you run ? What keeps you running? What do you think about our there on the trails, in a race, alone or with others? Why did you start, how did you start and when? How long have you been running? Why don't you stop – or did you? Where do you run? Would you like a MOPER/BOPER feature in the newsletter? Answers to these questions might prove interesting to others like yourself.

One last personal observation that I discovered a few years ago, after growing tired (literally and figuratively) of trying to do all the runs in Fairbanks. I realized I could volunteer to help at a run instead. This gave me an ironclad, unquestioned reason not to run. There are rarely too many volunteers for the multitude of running and track events in our community. Check the 2006 RCN calendar and give one of the contact people a call if you'd like a good excuse to take a running sabbatical. It is fun and you get to set-up the finish line instead of worrying about crossing it.

Race Against Racism celebrates 9th year

The Race Against Racism celebrated its 9th season with a 5- and 10-kilometer event on June 3 beginning and ending at the Mary Siah Recreation Center.

The race takes participants through South Fairbanks past landmarks honoring women and men from the minority community who have made contributions to Fairbanks and Alaska.

"It obviously does not in and of itself solve the Interior's racial problems, but we hope it brings the community to-

gether in a friendly atmosphere, giving us the opportunity to set a good role model for our children," said race director Andy Harrington in a press release. "Its primary purpose is to raise awareness of Fairbanks' ethnic diversity and the leadership and contributions made by people of color."

The 5k course goes by the Bertha Moses patient hostel on 17th Avenue, the Chief Andrew Isaac Health Center on 19th Avenue, the Paul Williams house on Cowles Street and the Bernice Allridge ball fields and J.P. Jones Center on 24th Avenue. The

10k course includes landmarks north of Airport Road, including the Jimmy Huntington Building, the Hannah Solomon elders hall, the Jay Rabinowitz Courthouse, the Chief Peter John office building and the David Salmon tribal hall.

Honorees also include Lung Chin Huang, Poldine Demoski Carlo, Al Ketzler, Sr., Morris Thompson and Clair Fejes.

The event is part of an inter-faith festival sponsored by the Baha'i communities in Fairbanks and North Pole.

Multispeed

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run for approximately 20 to 30 minutes at a pace that you could sustain for about an hour. For most of us, the range for your tempo efforts would be from your 10k pace to 10 mile pace. Many training guides suggest that you run these at about your 15k pace (usually about 20 to 30 seconds per mile slower than your 5k pace). When you're just starting out, it may help to break up your tempo sessions into two or three long repetitions at pace. For example do 3 X 8 minutes with a short rest (1 or 2 minutes), and lengthen the duration of your repetitions and shorten your rest in subsequent weeks so eventually you are running a full 25 minutes at tempo pace (see table for tempo pace that approximates your current level).

Maximum Oxygen Uptake (V02 Max) - Now we're getting into what we call interval training. Some people love it, some hate it. Your 5k pace is the ideal pace for these sessions, but you can also dip part or all of some of your workouts down to your 3k pace (about 6-8 seconds per mile faster than 5k) pace. You want to build up to about three or no more than four miles of running. The distance for each repetition can range from about 600 to 2400 meters. I find that 1000 to 2000 meters are ideal. The interval is the amount of rest you take between each repetition. Generally you want to "rest" (but an easy jog is best) about 1/2 to 2/3 as long as it takes you to do a repetition (so if it takes you 4:00 to run 800 m, then jog easy for 2:00 or 3:00).

Economy - Back in the 1960s and 70s, much of the training prescribed by coaches involved fast intervals with an equal recovery distance. This is ideal for a miler or 800 meter runner, and can help you with longer distances. Some training guides simply suggest doing 8 - 12 X 100m stride outs once a week or so. I have found that mixing in short speed sessions such as 4 X 400 at estimated pace for an all-out mile are great sharpening workouts that help with running efficiency or "economy." These workouts also build confidence for the ability to kick it in.

NOTE: Roger Sayre's training tables will be published in the Aug./Sept. issue; if you can't wait, email him instead at rwsayre@hotmail.com

Dave Cammack, now in Ireland, visits Fairbanks

In early June I returned to Fairbanks from Ireland for a short visit with family and friends, and while there ran in the "Back of the Pack" and "Mosquito Meander." It was good to be back and to see some of the runners, and to run on some of the "old" trails! Two Irish friends were with us in Fairbanks so we showed them as much of the sites as we could in 3 weeks. They were impressed with Alaska, especially the people.

I took up running for exercise and weight loss a little over 20 years ago, and now that I am 65 I am sometimes placing in my age group! I was quite active in Running Club North until my wife and I left the state 8 years ago to work in an orphanage in Mexico. I continued to run on the dusty back roads of Mexico but didn't get to participate in many races.

We moved to Ireland 4 years ago where I retired from medical practice. We are currently helping establish a Christian church in the town of Portlaoise

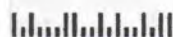
(Port-leesh) in the center of Ireland. I run on the streets and sidewalks here with an occasional trail run with a friend in a large park 12 miles south. I have participated in several races in Dublin and May 2 ran the somewhat hilly and blustery Belfast Marathon in about 4:14 (a good time for me). God willing I will continue running and in 10 years may even win my age category! Running has helped me keep off about 70 pounds as well as improve my mental outlook. I even have LESS joint pains when I run, so I think I will keep with it even though it often isn't a lot of fun and takes considerable time.

Thank you Fairbanks for helping me learn to run and to those individuals who ran with me even when they could have run faster! I have fond memories and miss you all. - David Cammack

- Dave Cammack was a physician in Fairbanks for about 30 years and raised four children here

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Thank-you to high school track volunteers!

Thank-you to the following 2006 High School Track Volunteers for another successful season:

Darrell Eversman, Ken Larimore, Bob and Sharon Baker, Dan Callahan, Steve Bainbridge, Tracey Martinson, Carol and Ron Johnson, Dave Covey, Bob Anderl, Rob Solomon, Pat Pitney, Scott Berg, Rich Boone, Gail Koepf, David McDowell, Liz Little, Keith Pollock, Chris Eversman, Jenny Mahlen, James Taylor, Barb Stockwell, John and Kay Alich, Bob and Cam Carlson, Danny Baker, Jim Loftus, Bobbie Ritchie, Sue Faulkner, Darren Rorabaugh, Jean Tsigonis, Monte Jordan, Greg Whisenant, Karen Nanseth and RL, Warren Taylor, Dave and Carol DeVoe, Barb Purcell, Betsy O'Connor, Brandon Newbould, Susan Nachtigal, Jane and Gin Parrish, Amanda Boone, Sherry Steffens, Dan Fisher, Gina and Davya Baker, Laura Johnson, Steve, Carol and Katie Smith, Mary Louise Hewitt, Gail Davidson, Dee Daniels, Kat Van Hoomissen, Roger Sayre, Karin Gillis, Mike Kramer, Nick and Sue Nugent, Tom Benjamin, Kelly Egger, Denise Jeffers, Sam Hornbeck, Bev Weis and a special thank-you to John Estle and Anna Sorenson for printing results.

RESULTS

The following is a non-comprehensive list of recent running results for local runners. The runner's name is followed by the name of the event, date, "chip" or "net" time when available (as opposed to the "gun" time, which would be slower at larger races), overall placing, and for women, place by gender. A runner need *not* be an RCN member to be listed.

Bob Hildebrandt	C'Oeur D'Alene ID	5/28/06	5:56.02	308
Bob Hildebrandt	Grandma's MN	6/17/06	5:41.48	6267
Curtis Seelen	Grandma's	6/17/06	4:39.23	4126
D. Hildebrandt	Grandma's		4:01.22	1878
D. Hildebrandt	C'Oeur D'Alene	5/28/06	3:35.06	57
Jane Lanford	Mayo Midnight Mar. YT	6/17/06	1st woman/4th	
Brian Jackson	Mayor's Marathon	6/17/07	3:05.14	15
Pavla Havlova	Mayor's 1/2 Marathon	6/17	1:22:45	1
Heini M.-McDonnell	Mayor's Marathon		5:25.50	952

Running Briefs is published six times a year (in February, April, June, August, October and December). Without contributions from Interior Alaska running enthusiasts, newsletter recipients would be subjected to drivel exclusively from the editor. Spare us that by submitting anything of interest to:

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