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(2002) 3km Training [WWW] Available from: [Accessed Thirty six summers ago, on August 10, 1984, the world tuned in to events in the Los Angeles Coliseum as the golden girl of US distance running prepared to take centre stage in her quest to become Olympic champion. While an adoring American public had wide eyes only for the star-spangled Mary Decker as the red-vested heroine set off with her trademark front running over seven and a half laps of the track, more cultured observers of track and field pointed to the threat posed by the imposing blond figure of the Romanian Marica Puica, who had already showed her potential on the global stage by bagging the world cross country title. As the athletes jog through the opening lap in a brisk 67 seconds, the presence of a slight 18-year-old controversially running in the red, white and blue of Great Britain, in closely tracking the home town favourite, seems symbolic. Born in Orange Free State in South Africa, Zola Budd was controversially granted British citizenship at what many felt was breakneck speed, to allow her to pull on a GB vest at the Games. Anti-apartheid protestors understandably vented their anger but their targeting of Budd was an ethical minefield. With 800m of the Olympic final reached in 2:15, it looks as if the global media had been spent on in billing this clash as unequivocally 'Decker versus Budd', with the imposing yellow-vested Puica seemingly being the only one capable of gate crashing America's party which would be in full swing following the four gold medals bagged by the majestic shining star of Carl Lewis. With the pace slowing to a 69-second third lap, for the first time in the race we see a 24-year-old from Hampton in London, whose talents and prospects seem to have been overlooked in the media circus which has come to surround Budd and the all singing and dancing razzamatazzi which golden girl and darling Decker brought to her stage. Her presence in the lead group as the race enters its mid stages seems at first quiet and unassuming. Indeed the proverbial working of her way into the race was indicative of the year she had experienced. Wendy Sly was easing her way back in on the comeback trail after injury. After four laps of the Olympic track, Decker continues to hold the inside, with both Budd and Sly level with her but spread across the first two lanes of the track. It is as if Sly's non-verbal communications are subliminally telling the young pretender Budd, 'hey, don't forget I'm the British number one'. Sly, growing in confidence, is talking back to Steve Peters' 'Chimp on the Shoulder' and telling him that although she has missed some vital training, she is the reigning Commonwealth silver medalist who also turned in a hugely impressive 8:37.06 in placing a fine fifth at the inaugural world championships in Helsinki. She is reminding the field that she is the owner of the fourth fastest time in the world that year and she means business. As they enter the home straight with just over three laps remaining, the pressure exerted on Budd by Decker, Sly and the ominous presence of Puica exposes the young woman's fragility of mind as well as body. Her inexperience of international competition due to South Africa's being outlawed in sport manifests itself in panic as she attempts to move ahead of Decker, clipping her slightly in the process. BBC commentator Brendan Foster observes that Budd is lucky not to get a palm or worse in the back from Decker but there is no such fistful protest about the invasion of space and the young woman hasn't got the confidence to commit to driving harder to ensure her acceleration gives her a clear path. Consequently, Decker attempts to focus and check her stride and at 4:57 of the race, the inevitable occurs and the BBC's David Coleman screams into his microphone the immortal words, 'and Decker's down! Oh the world champion and one of the favourites is now flat out on the infield'. The combination of the horror etched across Budd's face together with the adrenalin rush she receives as a result of being spiked from behind in her unprotected bare feet gives her the belated surge she ironically needed to overtake the fallen Decker in the first place. From this point onwards the medals appear set to be fought out by Budd, Sly and the imposing Romanian, with Lynn Williams of Canada giving what now appears to be a forlorn chase. With just over a lap remaining the adrenalin is wearing off and it's clear that Budd's bid for gold is over as Sly and Puica effortlessly breeze past her while the chorus of home town boos for the beleaguered Budd continue to ring out from the Coliseum crowd - their Decker disappointment has now turned to outright anger. With 600 metres remaining, a growing in confidence Sly nails her sails to the mast and goes for home. They pass the fallen Decker, receiving treatment on the infield, once more. At this point, the dogged Puica appears to grow in stature, her imposing presence on the shoulder of Sly looking more ominous than ever. The blond Romanian brushes past the gutsy Sly, instantly staking her claim to the coveted gold medal. The gap grows ever wider down the final straight she crosses the line just over three seconds ahead of a jubilant Sly in silver (8:39.47). Budd's capitulation on the last lap has become the good fortune of the hard chasing Williams, who has moved through to grab a podium spot with bronze. The BBC camera pans in on a delighted young woman, sporting the number 175 on her red, white and blue GB vest, waving to coach Neville Taylor and husband Chris in the crowd as she crosses the finishing line. The inimitable Coleman utters the words, 'Wendy Sly looks up there to the big screen and she knows she's got the silver medal'. As a huge and much-valued supporter of the British Milers' Club, more than three decades after her finest hour, Sly passes on the baton of advice to those considering embarking on their own 3000m challenge by way of the organisations' forthcoming 3km time trial. Training tip 1 - Don't neglect the aerobic base The woman who also bagged a Commonwealth silver in 1982 and a European indoor bronze was running for eight and a half minutes in Los Angeles. This being said, as she tapered the intensity of her training towards Olympic sessions she still maintained an aerobic base of gently covering around 10 miles per day in very hot and humid conditions in Los Angeles. Aerobic development is the basis of athletic performance for events which exceed two minutes in duration. According to research conducted by Duffield and Dawson (2017) the aerobic contribution for the 3km for male athletes is around 86%, so aerobic conditioning is foundational and critically a key facilitator which services recovery. Sly reminds us: "I did lots of easy running around all of the hard sessions I did." So you still need to maintain a level of lower intensity running and perhaps cross training as you approach the BMC 3km TT even as you include more speed and speed endurance type sessions. Training tip 2: Interval training Six days before her Olympic session, Sly ran one of what she describes as her "go to sessions" of 10-12 x 300m. She recounts that she averaged 46.3 seconds per repetition and also that she was "slowing down deliberately so that I didn't hammer my legs too much". So if you are going to effect interval training within days of your 3km time trial, you may wish to bear this in mind. Your own 'go to' session may well be different from 300m repetitions but critically, like Sly, you should try and put the emphasis on a 'roll on' recovery. Sly's mode of active recovery for this session is described by her as a "fast jog over 100m". While 'roll on' recoveries are not new in terms of athletic practice, much work has been done in recent years by Oregon-based coach Peter Thompson in terms of understanding the benefits of these modes of recovery. In drawing on physiologist George Brook's (1986) notion of 'the lactate shuttle', the BMC life vice president has articulated how alternating periods of high intensity activity with lower intensity activity is of enormous benefit. It is often overlooked that during the latter you are doing more than just 'recovering' from the previous repetition. Your engagement in what Thompson has termed 'lactate dynamics training' is habituating the muscle cells to both productively utilise and clear the lactate. Systematic use of these sessions through progressive overload will help improve running economy, VO2max and limyVO2max. Thompson uses a 1:1 ratio of 100m fast jog followed by 200m slow jog, so this was a good sign my fitness was there before the final - specific endurance sessions would involve maximum distances of 9 km in a single repetition. Training Activities The following are links to the appropriate page for the activities identified in the training programs. Training Pace The pace indicated for the sessions is in terms of the percentage of a distance pb, e.g. 3 A – 1 km in tpb+5%. If the athlete has a target personal best (tpb) of 10 minutes for the 3km, then running at tpb+5% pace would require the athlete to complete the 3km in 10.53 minutes (10 x 100 ÷ 95), which is 10 minutes 31 seconds, so the 1 km should be completed in 3 minutes 30 seconds (10.53 ÷ 3000 A – 1000). 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Here are the best meat-free foods to boost your protein intake if you hate protein shakes. Whether you've embraced the Veganuary Read More » You go out for a long run or a hard workout, and the next day that familiar soreness creeps into your muscles. In many ways, Read More » As all athletes have different needs, a single program suitable for all athletes is not possible. A training program has to be developed to meet the athlete's individual needs and consider many factors: gender, age, strengths, weaknesses, objectives, training facilities etc. The program supplied here is just an example and will require updates to meet your specific aims and objectives. Before starting any training, you must have a medical examination to ensure it is safe for you to do so. Overview of the Training Program The season's training plan is based on six phases, each comprising a repeated four-week program. 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(2002) 3km Training [WWW] Available from: [Accessed Robin Skoldborg/Getty ImagesThe benefits of time trials are available to all runners with competitive goals, but what exactly are they? Here's what you need to know about time trials - and how they can help you to race faster. A time trial is a planned all-out effort that prepares you physically and mentally for a near-future important race. Time trials are almost always a fraction of the distance of your goal race. If you're thinking that sounds like a warm-up race, you're right. But time trials have some key aspects that can make them the better option. Time trials give you the opportunity to test yourself like you would in a warm-up race, but without having to worry about things like travel and logistics," says Jenna Wrieden, assistant coach for the Nike Elite team in Flagstaff, Arizona. "You can do time trials whenever is best for you, at whatever distance makes the most sense in the overall scope of your training. "They can be more like a lab experiment, where you control the variables," says Mark Coogan, coach to Olympic runner and New Balance athlete Elle St. Pierre, as well as the rest of New Balance Boston. You're also likely to get caught up in the excitement and overexert yourself than in an official race. Oh, and time trials are free and don't eat up half a precious weekend day. In addition to all of these reasons to do time trials, they simultaneously improve your fitness and provide feedback on your fitness. "Time trials give you a chance to see where you're at in a low-stress setting," Wrieden says. "If it goes great, you get a confidence boost. If you don't quite get the result you want, remind yourself that there's still time before your key race to get fitter." How should you incorporate time trials into your training? Time trials are best run from one to five weeks before a goal race. As a general rule, the longer your goal race, the more time you should allow between it and a time trial. Wrieden and Coogan agree that, for distance runners, time trials should be shorter than your goal race. "Don't try to exactly duplicate what you'll do on race day," Wrieden says. "Give yourself room to improve. Here are some sample time trial distances relative to popular race distances: Race distance Time trial distance When before race 1 mile 800-1,000 metres 1-2 weeks 5K 2K-3K 1.5-2.5 weeks 10K 5K 2-3 weeks Half marathon 8K-10K 2-4 weeks Marathon 10 miles-half marathon 3-5 weeks How fast you should aim to run your time trial? "As fast as you can on that day, with the understanding that you might not run as fast as you think you "should" because it's ultimately just a workout," Wrieden says. Coogan adds that being able to cover more than half of your goal race distance at goal race pace, such as hitting 5K pace in a 3K time trial, is a good result. For time trials that are 5K or shorter, a running track is the best setting. If that's not possible, find a flat, low-traffic stretch of road or bike path where you can concentrate on running fast. For longer time trials, roads or bike paths are preferable unless you're okay with the mental fatigue of dozens of laps of a track. The longer your time trial, the more you'll want to err on the side of caution. If you're doing a 10K time trial three weeks before a half marathon, running at or a little slower than half marathon pace is plenty fast enough. For marathons, time trials are best thought of as dress rehearsals for race day. "If you warm up a few miles, run 10 or 13 miles at marathon pace, and cool down a few miles, that's a huge confidence booster and a heck of a workout," Coogan says. It's also important to remember you do time trials during some of your hardest training, so you'll carry some residual fatigue into it. Wrieden and Coogan don't advise significantly interrupting your build-up for the sake of a time trial. Instead, they say to treat the day before as you would the day before a race - a short jog or a complete rest day, some stretching, good nutrition and sleep. Going through that routine before a time trial will help you on race day, especially if you haven't raced in a while. Afterward, remember Wrieden's take on interpreting results. If you run what you want to, fantastic - tell yourself you just did that by yourself in the middle of a build-up, so race day should go even better. If you run a little slower than you want to, don't get distraught. You'll almost certainly run faster on race day. "Time trials are about testing the waters," Wrieden says. "But nothing is quite the same as putting on a number and standing on a start line. Why you shouldn't try and smash every workout The 3K time trial has been a cornerstone of the Guelph Victors track workouts for the past decade and a half. We do them every seventh week through our outdoor season as a way of gauging our fitness, and our progress. Here's a guide to why we do it, how to prepare for it, and how to execute your best time trial. Purposes to monitor your progress through the season to help you set appropriate race paces and goals to help you determine appropriate training paces to practice race preparation Practice Unlike other sports, running workouts aren't typically called 'practices' because the primary goal is to train our energy systems rather than practice skills. However, the 3K time trial gives us an opportunity to practice some important skills necessary to run a peak performance race. Pre-Run Nutrition Eat ideal pre-race food the night before and the day of the run. In other words: plenty of carbohydrates that are low glycemic index, some healthy proteins and low fat. Eat light, stay hydrated and come to the run feeling light. You will likely want to have a sports gel or sports drink about 30 minutes prior to your time trial. Since a 3K run is so short, we want the high carbohydrate supplement to already be kicking in when the gun goes off. You will be bristling with energy, like a race horse who can't wait to start running. There are hundreds of articles on the web about what to eat before a short race. Here is one from Runner's World: what to eat. This is your chance to experiment and practice, rather than before an actual race. Warmup When you toe the line, you want to have a good sweat going and your heart rate should be up. A 3K run is quite short for distance runners. Have you noticed when running track intervals that the third interval feels easier than the first interval? We want to start the time trial feeling like it is our third interval. The distance is so short that there isn't time to work out the kinks in the first couple laps. So how should you warm-up? Here's a method: run easy for 10 minutes pick up the pace for 5 minutes execute some drills (knee lifts, butt kicks, lunges) do some quick strides (short accelerations up to 80-90 per cent of your top speed) no static stretching Pre-Run Visualization To make the most of this 'practice', your goal is to fool your subconscious mind into actually believing this is a race. Tap into your 'peak performance emotion'. That is the emotion that helps you to over-achieve. There are many different emotions that athletes find effective: peace, nervousness, happiness, fun, seriousness, intense focus, etc. A small amount of 'pressure' is good. choosing a Pace During the 3K time trial, the most important aspect to practice is pace. You must know your planned pace per lap before starting the run. To determine this, Google for one of the many 'Equivalent Race Time Calculators' on the web. If you have an idea of what your current 5K ability is, you can use the chart on the bottom of this page to determine the time per lap. A time trial should be run at a consistent pace. Ideally, your lap times should be consistent. This differs from a race, where you may have a strategy that involves slightly different paces during different phases of the race, and where you're reacting to the runners around you (you're racing them, not just yourself), executing your pace Most importantly, you should not have enough energy left to run a fast last lap. If your last lap is fast, you didn't run a good time trial. Likewise, don't start out fast and then fade in the last few laps, which is the most common mistake. The first 2-3 laps should feel somewhat easy, or at least controlled. You shouldn't have to 'dig deep' until the at least the halfway point, about 4 laps completed. 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