

TUNNEL TRAIL RUN TRAINING PROGRAMS

“I’m not an athlete”, “I can’t run”! There’s many a day that I hear these types of comments and it takes all my self-control to not shout out that EVERYONE is an athlete, and EVERYONE can do something outside in the fresh air! The reality is that pretty much most of the population are not going to be Olympic athletes, Elite athletes or even competitive athletes, but that does not stop you being an athlete! Of course, we’re inspired by those that do get there and having something to aim for is always motivating, but the key is that exercise becomes a lifestyle.

Some people run to lose weight, take control of their lives, challenge themselves, run to relieve stress or just run to get that endorphin hit. I believe the positive feeling that exercise gives as a reward should be the overriding factor in anyone taking up any sport. There will always be challenges and interruptions – it’s called life, but if you can put a little commitment into the journey then the celebration of the finish line will be that much more sweet, and if you can do that with a positive attitude and a smile on your face the finish lines photos will show it.

These training schedules will help prepare you for a 5k, 10k and 20k, and if you can do it with a buddy then it’s more incentive to stick to your goals.

I am a great believer that no-one got injured going too slowly, so the premise behind my programs is a walk:run philosophy and will help to keep you injury free. If you can also do this on trails or softer ground this will also benefit your joints and give you a good feel of what the terrain your race will be on. For this it is recommended that you have trail-type shoes but is not essential. Road/gum trainers just won’t give you the stability and grip you need.

WARM-UP

This is essential to allow your body to prepare itself for the activity to come. This may mean a brisk walk for 5-10 minutes – you should feel warm by the end of it. Then head into some dynamic stretching. This can include a variety of things, but do some small shallow lunges, walking and reaching down towards your toes, bringing your heels up to your butt, high knees, side steps and some hips circles, will all help.

COOL DOWN

This is perhaps one of the most neglected parts of our exercise regimes – we usually just want to jump in the shower, or put our feet up, but by incorporating a good cool down you will prevent injury and bring the body back down to rest in the correct way. Cooling down effectively will help the blood cool down slowly and therefore prevent the pooling of blood in muscles and prevent dizziness or nausea – especially after high intensity efforts. So, finish your session with a 5-10 minute slow jog or walk.