

RacePace Coaching



Contract for Services

RacePace Coaching undertakes to perform Quality Training and Coaching Sessions for Magnolia Running Club, these session will take place on Wednesdays from 4:30pm to 6:30pm.

This Contract will start in January 2017 and finish at the end of May 2017, the contract will be reassessed in April 2017.

Invoices will be issued in advance and be due on the 1st of the month.

Signed

Clinton Hunter

RacePace Professional Coaching (Pty) Ltd

Signed

Magnolia Running Club

What type of sessions can you “look forward to” on Wednesday Nights?

Lung Busting Speed workouts – Yes those arduous interval, fartlek, variable pace and blended sessions are part of many speed sessions that you can do that will improve your marathon running performances. These workouts are sub-maximal and are done at varying velocities from 800m pace up to 10km pace depending on the adaption you want to train. Some of the benefits of speed work are improvements in cruising speed, injury prevention, fatigue resistance, Neuro-Muscular Improvements and pacing and focus improvements. There are of course improvements in threshold velocity and VO_2 & vVO_2 as well. Speed workouts also bolster your psychological hardiness. Navy SEAL David Goggins talks about what he calls the 40% Rule. “When you feel like you are totally tapped out and feel like you have absolutely nothing left in the tank, you’ve actually only used about 40% of your capacity. There’s ALWAYS more left in the tank.” If you have done these track sessions, you know that feeling and you know how it feels to finish a track session despite feeling it was impossible to do. This is the mind set you need to run a marathon or ultra-marathon.

Hill Repeats or as we call them – Hell Repeats – We all know hill repeats and the majority of us dislike them but they are incredibly important to improving leg power which would improve stride rate and stride length. So how would this help in a marathon besides making you more comfortable on the hills. You have a higher stride rate which = less time on the ground with each foot strike and a longer stride which = more ground covered between foot strikes and this is all thanks to the leg muscles contracting more forcefully, more explosively and more quickly. Just these improvements could give you huge improvements on your marathon time. There are other reasons that hill training is so beneficial i.e. lactic threshold improvements, VO_2 & vVO_2 enhancements, fatigue resistance and injury prevention. In a future post I will be taking a more detailed look at hill training.

Threshold Training – Running at threshold paces or more commonly known as tempo running is what I like to call running on the edge of fatigue. The science behind that is that as you run at higher velocities lactate starts to accumulate in the blood and a proverbial bottle neck is caused, in simple terms, the more lactate in the blood the more fatigue sets in. Think of a bottle of water, as you tip it to empty it, the water runs out unhindered at first, as you tip it more and more a bottle neck is created causing the bottle to empty at a slower rate. This is what is happening in your blood stream once you cross the threshold. The average heart rate of threshold pace is approximately 80-85% max heart rate. The most beneficial improvement of threshold runs is the increase of velocity at lactate threshold which is simply fatigue resistance. New research reveals that tempo runs have more of a moderate training affect and are more suited to longer distances from 15km to ultra marathons, though it is an important addition to any training

plan, however increasing the tempo pace for athletes performing distances up to and including 10kms.

Please fill in the following info form for your coach before your first session:

Name:	
Surname:	
Age:	

Your current goal race:	
Your current weekly Mileage:	

Current Injuries: (If any)	
Previous Injuries:	
Any Chronic Conditions:	
<i>e.g. high blood pressure, asthma</i>	