

Bob Masters

Dave's Running Shop Training Director



- Competed In Track & XC At University of Toledo '88-'92
- Retired Teacher & Coach At Bedford Public Schools
- Competed In 2000 Marathon Olympic Trials
- Coaching All Levels & Abilities For Over 33 Years

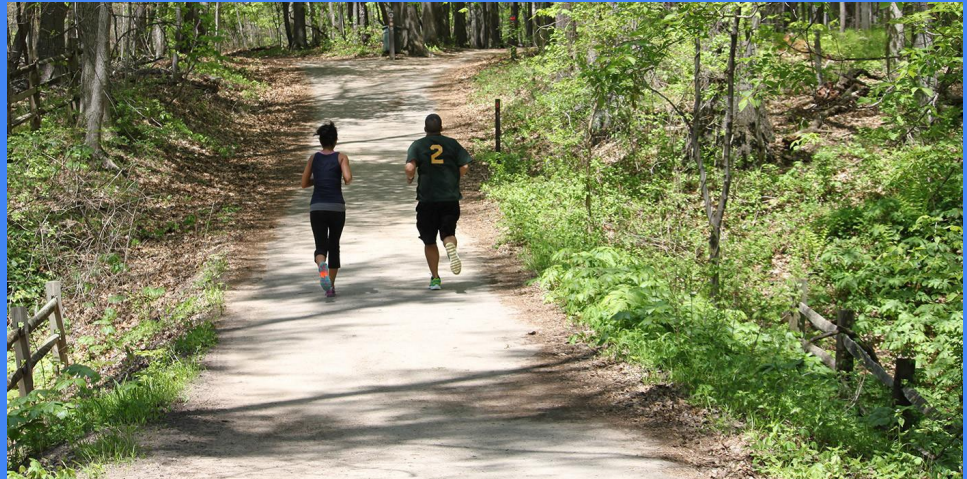
CONSIDERATIONS TO FOSTER SUCCESS

- Health Status; Check With Family Doctor for OK
- Proper Fitting Shoes to Match Your Gait & Foot Strike
- Block Off Time to Allow for Activity
- Look for Training Partners & Communities for Accountability
- COMMITMENT is Key



BASICS TO BEGIN

- A Dynamic Warm-Up Prior to Running (Handout Provided)
- Outdoor Running Is Ideal
- Treadmill Advantages & Disadvantages
- Need Some Type of “Timing” Device



WALK TO RUN



- Begin and End Each Activity With a 5 Minute Walk
- Distance Is Not Where to Begin, Rather Time Is Main Factor
- Walking Should Be the Primary Driver of Training With Running Added
- Over Time, Walking Lessens & Running Takes Center Stage
- Easier to Manipulate Time Instead of Distance
- Once Running Becomes the Main Time Component in Training, Then Total Running Can Take Place
- Running Should Still Be Time Focused NOT Distance Focused

4 Week Fitness Plan Example

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 minute warm-up walk 8 x 30 second run/2 minute walk 5 minute cool down walk	REST	40 min "brisk" walk	REST	5 minute warm-up walk 8 x 30 second run/1:30 minute walk 5 minute cool down walk	5 minute warm-up walk 10 x 30 second run/1:30 minute walk 5 minute cool down walk	REST
2	5 minute warm-up walk 10 x 30 second run/1:00 minute walk 5 minute cool down walk	REST	40 min "brisk" walk	REST	5 minute warm-up walk 14 x 30 second run/1:00 minute walk 5 minute cool down walk	5 minute warm-up walk 7 x 1 minute run/2 minute walk 5 minute cool down walk	REST
3	5 minute warm-up walk 7 x 1 minute run/1:30 minute walk 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 10 x 1 minute run/1:30 minute walk 5 minute cool down walk	5 minute warm-up walk 10 x 1 minute run/1:00 minute walk 5 minute cool down walk	REST
4	5 minute warm-up walk 12 x 1 minute run/1:00 minute walk 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 7 x 1:30 minute run/2 minute walk 5 minute cool down walk	5 minute warm-up walk 7 x 1:30 minute run/1:30 minute walk 5 minute cool down walk	REST

TIME TO RUN

- Once Running Is 3 minutes & Walking Is 30 Seconds For 35 Total Minutes, Then You Are Ready To Move Into Running For Time
- Still Complete 5 Minute Walk Before & After Running
- Aerobic Based Running Is Proven To Be The Most Effective Way
- ABR Generally Means Having An Average HR Between 130-150
- A Safe Starting Point Is 15 Minutes Of Running With Incremental Increases
- When 30 Minutes Of Running Is Achieved & Able To Be Completed Routinely (3-4 Times Per Week), Then Distance Can Replace Time.



Basic Running Plan Example

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 minute warm-up walk 15 minute run 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 15 minute run 5 minute cool down walk	5 minute warm-up walk 17 minute run 5 minute cool down walk	REST
2	5 minute warm-up walk 20 minute run 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 20 minute run 5 minute cool down walk	5 minute warm-up walk 23 minute run 5 minute cool down walk	REST
3	5 minute warm-up walk 25 minute run 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 20 minute run 5 minute cool down walk	5 minute warm-up walk 25 minute run 5 minute cool down walk	REST
4	5 minute warm-up walk 25 minute run 5 minute cool down walk	REST	50 min "brisk" walk	REST	5 minute warm-up walk 28 minute run 5 minute cool down walk	5 minute warm-up walk 25 minute run 5 minute cool down walk	REST

Dave's Running Shop

- Good Form Running Class
- Monday Runday, Winter Meet 4 Movement, Metropark Mondays, Brew Series, & Other Community Events
- Group, Individual, & Remote Training Offered
- bob.masters@davesrunning.com

