



Created By:

## Merrell Down & Dirty Training Week 9

### Some things you need to know about this program.....

If you're uncertain of your health, check in with your doctor before starting this or any training program. If you're supremely confident that you're healthy, check in with your doctor anyway, brag about the training you're about to take on, and get a check up just to be sure.

When in doubt about your energy level or a possible injury, err on the lighter side of things (which might mean taking a day off or several days off). It's so much better to show up on race day slightly undertrained than to show up exhausted or hurt

Every workout should have the same structure: warm up, focal point on technique, main body of exercise and cool down. If you're tight on time, trim the main body of exercise but keep the warm up, technical focus and cool down intact.

### 10 Week Training Program details....

- There is a Marker Run early and often in the program – do this on a track, make it repeatable, and it will show your progress. You must have a heart rate monitor (HRM) and a stop watch (could be same device) and you gotta know how to use 'em. Run 800m (1/2 mile, 2 laps) warm up. Run a 400 (1/4 mi, 1 lap), building into a strong run. Walk for a bit, then start running and progressively build your HR up to 150 beats per minute (bpm). When you've got it there, note where you are on the track, start the stop watch and run 1 mile exactly (4 laps) right at 150bpm (hold it steady). Time that mile precisely at that fixed heart rate. Then run an easy 800 cool down jog and you're finished! Some folks find that 150bpm is uncomfortable (too slow of a run or too hard of a run) – that's fine. Pick a HR that is challenging for you, but doable – for most that's 150bpm but if you have to tweak that, do it. However, remember your Marker HR and make sure to repeat at that intensity each time.
- There's some short hand in this program: RI means Recovery Interval. Fartlek is a Swedish term meaning speed play – you choose how long your intervals will be that day, how fast you'll run your intervals, and how much rest you'll take between them. If you feel good; go strong. If you're feeling off, then keep 'em short and easy with lots of rest between each interval.
- There are days with nothing scheduled; on those days you have choices. You can take a day of rest or you can cross- train with some cycling, swimming, yoga - whatever you like. There are times when a "day of rest" is required.

**Intensity....**We have to agree on some terms of intensity. In a desire for simplicity the program uses "zones". The chart below should help you find those zones. Zone 1 is there for you in warm up, cool down and recovery. Zone 2 should feel like a "go all day" pace. Zone 3 should be a strong effort but one that you could still hold for 90+ minutes. Zone 4 is a very solid effort and one that you might only be able to hold for 45-60 minutes and Zone 5 is pretty much all out and something you can hold for only a few minutes.

If you like numbers, then decide on a way to find your maximum heart rate (Max HR). An internet search will reveal some options on how to make an educated guess at this or you can seek out a sports lab that can test for greater accuracy. Take that Max HR number and do the math necessary to figure out your zones based on HR and use a heart rate monitor for your workouts. If you'd rather go by feel then consider the RPE (Rate of Perceived Exertion) or, an even simpler method; the talk test.

	<b>Zone 1</b>	<b>Zone 2</b>	<b>Zone 3</b>	<b>Zone 4</b>	<b>Zone 5</b>
<b>RPE</b>	1-2	3-4	5-6	7-8	9-10
<b>% of Max HR</b>	~65%	65-72%	73-80%	84-90%	91-100%
<b>Talk Test</b>	Easy Chat	4-7 Words	2-3 Words	1 Word	Grunts

### Regarding strength.....

The most critical aspect of resistance training is posture. No matter what exercise you are doing, be aware of your back and keep your spine in alignment so that you are a) safe and b) strengthening good posture that can hold up even when fatigued. Start with lighter resistance (even just body weight), and after a week or two add a bit of resistance if you like. A gym would be great but all of this can be done at home with just the simplest of equipment: an exercise ball and some resistance bands (stretch cords).

- “AA” refers to Anatomical Adaptation. These sessions focus a bit more injury prevention. AA Exercises should include:
  - Core exercises for the lower back (extensions on a ball), for the obliques (dead bug), and normal crunches for abs.
  - Chest press: this could be a bench press with a bar or a press with dumbbells, cords or push ups from knees or toes.
  - Lat and back work: this could be a cable pull down, a pull down with cords, a pure pull up or an assisted pull up.
  - Inner and outer thigh (aka abduction & adduction): this can be done by lying on your side and lifting the leg, or by standing and using a cable machine or stretch cords.
  - Leg work: this should start with a squat and in the AA phase is should be just a body weight squat. Leg work should also include calf raises and hamstring curls.
- “MS” refers to Max Strength. These sessions focus more on prime movers & power. MS Exercises should include:
  - Core work, chest press, lat and back work and leg work – however, you need to change the exercise slightly by either making the resistance a bit heavier or by altering your approach to that body part. As examples: a squat can become a squat with dumbbells or standing on a stretch cord to increase the resistance. A crunch on a mat can become a crunch on a ball with a twist included.
 And MS should also include:
  - Biceps curls: this could be with a barbell, dumbbells or cords.
  - Triceps extensions: this could be with a cable machine or with cords or by doing dips.

### A tip for the race itself....

- Part of the beauty is that you don't really know what is going to be asked of you. You'll need to run – yes, but you'll also need to perhaps lift, crawl, shimmy, jump, hoist, pull, etc. etc. That's part of the thrill of this event!! To get a sense of how this might feel consider stopping in the middle of a run and dropping down into a half dozen pushups, then popping up again into a run. It's going to feel odd, but you'll discover that your body can handle it and will adapt from the transition into and out of different exercises.

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginner</b>	Run 30 minutes Z2 easy and comfy. Loosen legs from yesterday		Run 45 minutes mostly Z2 but include 5x2' in Z4 with 2' RI in Z2.	Run 50 minutes 15' easy Z2 30' steady Z3 5' Z2	Run 45 minutes hills: try to hold a steady pace on ups, flats, downs.		Run 75 minutes All in comfort, pace it easily right from the start.
<b>Intermediate</b>	Run 40 minutes Z2 easy and comfy. Loosen legs from yesterday		Run 55 minutes mostly Z2 but include 5x3' in Z4 with 2' RI in Z3.	Run 60 minutes 10' easy Z2 40' steady Z3 10' Z2	Run 45 minutes hills: steady pace on all terrain.		Run 75 minutes Include 4x12' at a strong race pace with 2' RI.
<b>Advanced</b>	Run 45 minutes Z2 easy and comfy. Loosen legs from yesterday		Run 65 minutes mostly Z2 but include 6x3' in Z4 with 1' RI in Z3.	Run 70 minutes 5' easy Z2 20' steady Z3 10' fartleks 30' steady Z3 5' easy Z2	Run 50 minutes hills: steady pace on all terrain.		Run 90 minutes Include 4x14' at a strong race pace with 2' RI.
<b>Other</b>		Lift MS: 2 sets Mod wgt, 20 reps		Lift MS: 2 sets Mod wgt, 20 reps			