

Now many Masters will be contemplating a return to Track and Field competition – the most likely possibility for a resumption of our activities, as social distancing is more easily achieved in this scenario – some may find Keith Redpath’s guidance for his local athletics group useful.

VW

PLEASE NOTE: the names in the chart at the end of this offering are NOT Masters members, but the figures might be a useful comparison/guide for our members.

## RECOMMENDATIONS FOR “**SMART**” CONTINUOUS RUNNING SESSIONS FOR RUN AND BECOME ATHLETES

One of the easiest ways to develop your Aerobic Endurance is to undertake Steady State Continuous Runs. These runs should be done on days before or after your interval work with our training group. The duration of these runs should be between 20 and 60 Minutes depending on your current level of fitness.

I have calculated a series of “**Smart**” paces based on your 5000-metre personal best. Your “Smart” pace should be used when you do your continuous running sessions as this is the most efficient pace to train at. It is always measured in minutes and seconds per kilometre and can be monitored during your run via either a “**Smart**” watch or a “**Smart**” phone. If you do not have a “**Smart**” watch or a “**Smart**” phone, try and borrow one. We should be embracing this new technology.

There are numerous free Apps which can help you monitor and record your “**Smart**” pace but the one I like best is Adidas Running. Strava is also extremely popular among athletes.



# RUNNING



## Record Keeping

These running Apps keep a record of all your runs which you can “Share” with your friends on social media platforms like Facebook or Twitter. If keeping your own log in a diary you only need to record for example: 42 Minutes at Smart Pace. This is all the information I require to evaluate the quantity and quality of your continuous running training sessions. Frequently running significantly faster than “**Smart**” pace will inevitably lead to illness and/or injury. This is not smart.

## TO START TRAINING “**SMART**” :

- Look up your PB in Columns 2 and 3
- Look up your corresponding “**Smart**” training pace in Columns 6 and 7
  - Borrow a “Smart” watch or phone and start running

1	2	3	4	5	6	7
Athletes Name	Current Parkrun Personal Best	In Minutes and Seconds	Current Parkrun Racing Paces	In Minutes And Seconds Per Kilometre	“ <b>Smart</b> ” Training Paces	In Minutes And Seconds Per Kilometre

	From	To	From	To	From	To
	17-25	17-40	3-29	3-32	4-18	4-47
	17-41	17-56	3-32	3-35	4-21	4-51
	17-57	18-12	3-35	3-38	4-25	4-55
Ben	18-13	18-30	3-38	3-42	4-29	4-59
Johannes	18-31	18-48	3-42	3-46	4-33	5-04
Aiden, Daniel	18-49	19-07	3-46	3-49	4-38	5-08
	19-08	19-25	3-49	3-53	4-42	5-13
Dean, Rodney	19-26	19-45	3-53	3-57	4-46	5-18
Rolf, Brendan	19-46	20-06	3-57	4-01	4-51	5-23
Derek, Jerry, Clint	20-07	20-28	4-01	4-06	4-56	5-29
	20-29	20-50	4-06	4-10	5-01	5-33
	20-51	21-12	4-10	4-14	5-06	5-38
Joash, Ben M	21-13	21-37	4-14	4-19	5-11	5-44
Sarah, Amity	21-38	22-01	4-19	4-24	5-18	5-51
Luke, David, Mia	22-02	22-27	4-24	4-29	5-23	5-56
Julia, Rachel	22-28	22-54	4-29	4-35	5-29	6-04
Herman, Derek	22-55	23-23	4-35	4-41	5-36	6-09
Jordan, Nikola, Eunice	23-24	23-52	4-41	4-46	5-42	6-17
Keith, Georgia, Cody, Maia	23-53	24-23	4-46	4-53	5-49	6-24
1	2	3	4	5	6	7
<b>Athletes Name</b>	<b>Current Parkrun Personal Best</b>	<b>In Minutes and Seconds</b>	<b>Current Parkrun Racing Paces</b>	<b>In Minutes And Seconds Per Kilometre</b>	<b>“Smart” Training Paces</b>	<b>In Minutes And Seconds Per Kilometre</b>
	From	To	From	To	From	To
Robert, Marius Janella	24-24	24-54	4-53	4-59	5-56	6-31
Ashley, Megan, Inus, Joel, Lisa, Lora	24-55	25-28	4-59	5-06	6-03	6-39
Georgia, Frederique, Dawid, Rebecca, Devon, Melissa, Mia, Georgia, Jacinta	25-29	26-03	5-06	5-13	6-11	6-47

<b>Eric, Rose, Carina, Edward, Joshua</b>	26-04	26-40	5-13	5-20	6-19	6-55
<b>Liam, Courtney, Tracey</b>	26-41	27-18	5-20	5-28	6-28	7-05
<b>Jennifer, Mendel, Jorja, Levi</b>	27-19	27-59	5-28	5-36	6-36	7-11
<b>Sarah-Jane, Kay, Leah, John, Francoise, Andi</b>	28-00	28-41	5-36	5-44	6-46	7-24
<b>Miriam, Jessica, Andrew, Tracy</b>	28-42	29-32	5-44	5-54	6-56	7-34
<b>Carlien, Sara, Aleksa, Gillian, Brielle, Cruz, Alli</b>	29-33	30-14	5-54	6-03	7-06	7-45
<b>Carolyn, Anesha</b>	30-15	31-05	6-03	6-13	7-17	7-56
	31-06	32-00	6-13	6-24	7-28	8-08
<b>Maree</b>	32-01	32-55	6-24	6-35	7-39	8-20