

## **How to stay motivated during the winter months.**

During the winter months work on building strength, stamina and consistency.

Remember the body needs time to adapt to new distances and build up strength and aerobic capacity. So don't go for a 3 mile run one week and 8 miles the next. Key is to build up each week and be consistent. Always warm up first for 5 to 10 minutes, no matter what the session you are planning to do, always remember to cool down for 5 to 10 minutes.

### **5 Types of training session to consider:**

- 1. Split your long run into 2 half's and run the second half faster than the first.**
- 2. Fartlek session (general unstructured intervals or distance) alternate fun bursts of speed with jog or walk recover between bursts.**
- 3. Add strides in the middle of your easy long run, 6x20/30 seconds strides at 80/85% of exertion.**
- 4. Tempo, comfortably hard, faster paced run, 25 to 30 seconds slower than your 5k pace.**  
**(To ensure you're running at the right pace, use your recent 5K time). Warm up easy running for 10 minutes, 20 to 40 minutes tempo run, 10 minutes easy cool down run.**
- 5. Tempo run session, 10 minutes easy warn up, 5 x 3 minutes at tempo pace, 60 seconds easy jog/walk recovery, 10 to 15 minutes cool down.**

**Angela**