

TARC Explanation of Training

- 1) **Relaxed pace:** The most common type of run, this should be a pace where you get your heart rate up but are still able to carry on a conversation with those you are running with. It allows for the gradual increase in your level of fitness. Try to add hills twice a week during these training runs to benefit all muscle groups.
- 2) **Long, Steady Distance:** This type of run is done roughly once every two weeks. As the name implies, it is a run that takes longer than the average run and at a slightly faster pace. The physical benefit is that it helps your blood work more efficiently. The mental benefit is it makes your “normal” run not seem so long. Also known as a tempo run.
- 3) **Fartleks:** Swedish for speed play, this type of training allows you to vary the pace of your running. It gradually prepares the muscles you will use to race and comes in many forms. We will focus on 30 second "strides" which are faster than a tempo pace but slower than a sprint and will be followed with 60 seconds of recovery jog. Throughout the eight weeks we gradually increase the number of strides done. Since these are done at semi-hard (C) pace, a warmup and cooldown are an important part of the session.
- 4) **Timed Loop:** Starting the second week of TARC, runners will do a timed loop (or out and back) at a semi-hard (C) pace that is repeated every three weeks thereafter. This is not meant to be all out or "raced" but a pace that is slightly harder than a relaxed run. By recording your time in your log chart you will be able to monitor your progress from week two to week eight.

Note: The length of training runs vary throughout the week as part of the easy/hard approach of building stamina and allowing recovery.

Please don't hesitate to ask a TARC coach for further explanation!