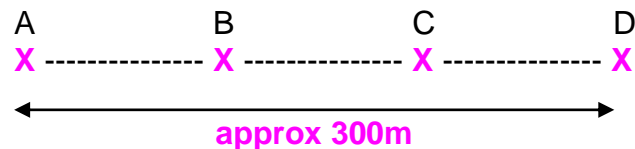


Run by Instinct Rep Session

- This running session is designed to allow you to experiment with the **way** that you run, and also the **spacing** that you can use.
- Find a relatively straight and short run of approx 300metres... a length of road will suffice. Split the run into 3 thirds/zones. On a country road use trees, gates and bushes as markers... or cone out three equal sections on a length of field/pitch.
- You will find the markers as useful reference points to gauge your pace and progress during the runs.
- You are going to use an awareness of running "technique" to manipulate the way you run within these thirds. **DO NOT LOOK AT YOUR WATCH** during the runs, only at the rep finish line... go by instinct and feel. Use the time sheet provided. It has spare slots for additional times if you decide to extend the number of reps.



1. Set a warm-up benchmark time ... A to D. This needs to be a **very easy pace** benchmark. Easy please! Note the time down at the end of the rep.
2. This first exercise is about appreciating intensity and pacing. Do 3 reps with a 30 sec rest from A to D (D to A on returns). Your task is to make sure the first rep is just quicker than the easy benchmark, and the second rep is just a little quicker than the first one, and the third quicker than the second. But do not look at your watch mid rep... go by feel only. Record your rep times at the finish line.
3. REST (suggest 1.5min)
4. The next exercise is about appreciating cadence. We all have a natural rhythm and cadence to our running... one that we feel comfortable dropping into on a "standard" run. Set off from A to D and within the first 20 metres pick a cadence that you "feel" is higher than your normal distance running "training" pace (you do not need to think about altering stride length etc... just your cadence), keep the feel for this cadence and stick to it from A to D, note down the time at the finish.
5. Short rest and repeat this but select a cadence that you feel is just one small notch up from the previous run. Think cadence, stride turnover... you don't need to think speed. Do not peak at your watch! Go by feel, note your time at the end.
6. REST (suggest 1.5mins)
7. The next exercise introduces an awareness of how postural change affects running performance. The A to D rep is going to be performed whilst maintaining:
 - Head and spine height... visualise a cord drilled into the top of your head that pulls you up as you run. Tall but **not** stiff.
 - Encourage your shoulders to relax and drop down... release them.

- Fix your gaze well up the running trail, avoid looking just a metre or two in front of you but rather fix on a tree, road markings etc that are way in front, also look past the finish “line”.
 - During the rep it may help to think “**Head up, shoulders down, eyes up front**”.
 - Record your time.
8. The next exercise uses the three thirds zones. You are going to experiment with change of pace through the three zones. There are 3 paces: **Slow**, a very easy pace, **Medium**, approx your comfortable training pace, and **Fast**, which is hard training/race pace.
- Do a slow, medium, fast rep... first third slow, second third medium, final third fast. Record the A to D time. Short rest.
 - Then do a fast, medium, slow rep.
 - Finally do a fast, slow, fast rep.
 - Note times down for each full A to D (D to A)run.
9. REST (suggest 2mins)
10. The next exercise builds an appreciation of a gradual and continuous increase in tempo during the run. Start the rep slow but immediately build pace... build slowly but progressively, feel that you are constantly accelerating, or that your tempo is constantly but gradually rising. Build, build, build until you finish on above race pace intensity. Your mental tip is to think of a noise gradually building in volume until it is blaring by the time you hit the finish. Record the time.
11. After 45 secs rest you are going to do another tempo building rep, but this time you are going to "go through the gears". The first zone is approx comfortable training pace, at the first marker quick change up so the second zone is at a quicker pace, at the second marker quick change up so that the third zone is a fast... above race pace. Record the time.
12. REST (suggest 1.5min)
13. Blitz option. You may be fatigued now and the final exercise is optional but you could finish on an “all out” rep and run A to D as hard as you can... concentrate on the “**feel**” you have developed with the previous exercises. Note your time.

DO NOT LOOK AT YOUR WATCH during the reps, only at the finish... go by instinct. Develop and “train” the way you respond and feel with these exercises. Use the recording sheet provided and after the session review your times. How did the exercises influence your times? Did the posture run influence your time? Was the slow-medium-fast rep different to the fast-medium-slow? Which ones surprised you in terms of pace gained... or potentially pace lost?

Repeat this process periodically within your training schedule.

Run by Instinct Time Sheet

ATHLETE:

DATE:

Exercise	Time 1	Time 2	Time 3	Time 4
Benchmark A to D				
3 standard reps getting quicker				
Fixed cadence reps				
Posture reps				
Split thirds pace changes	slow, medium, fast	fast, medium, slow	fast, slow, fast	
Tempo build reps	gradual build	through 3 gears		
All out rep				

ATHLETE:

DATE:

Exercise	Time 1	Time 2	Time 3	Time 4
Benchmark A to D				
3 standard reps getting quicker				
Fixed cadence reps				
Posture reps				
Split thirds pace changes	slow, medium, fast	fast, medium, slow	fast, slow, fast	
Tempo build reps	gradual build	through 3 gears		
All out rep				