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If you're bored of running down long stretches of road, here's your chance to add some variety by taking your run to the track. Nike's latest training plan will introduce you to sprint-based workouts to run your fastest-ever mile. The plan assumes that you work at least a little bit, but you don't have to know anything about track workouts. Instead of just calling for something like the 4x300 and getting you to scratch your head, each workout is illustrated with small diagrams showing exactly how many laps you're going to do and when. Summer is a great time to try this workout, since your nearest track is probably at school and otherwise you will have to work around school hours. (No track? guess two minutes, or two city blocks, as a replacement for each 400-meter lap.) So give a mile a try! To put your preparation to use, try one of the growing number of one-mile races, or just enjoy the newfound speed on your own terms. Find your fastest Nike's Run Club Getty Images Launch just might be the most comfortable workout going on. You don't need to be a qualified athlete and there is no fancy equipment involved; Just lace your furtime and go. It's also one of the most effective ways to blast fat and burn calories - about 600 per hour. Of course, walking has its advantages, but research shows that it works with a kicking butt when it comes to shedding pounds. One recent study of 47,000 runners and walkers, from the Lawrence Berkeley National Laboratory in Berkeley, California, found that runners burned more calories and had a much greater BMI reduction over six years. Runners who started out heavy (those with a BMI over 28) lost up to 90 percent more weight than pedestrians did. Runners are more likely to stay at a steady weight than those who do other forms of exercise, and they are more effective at losing pounds when they need to, notes Paul T. Williams, Ph.D., lead researcher of the study. One simple reason: The higher the intensity of your workout, the more calories you continue to burn after your workout. Falling pounds and toning are hardly the only benefits of this killer cardio workout: You also reduce your risk of heart disease and diabetes, boost your mood, moderate stress and build muscle, especially in the lower body and core. You don't even need to devote much time to reaping these rewards; do 20 to 30 minutes, three to four days a week, and you'll see a significant improvement. Ready to hit the road? Follow the plan that best suits your running level. Whichever you go with, add one day of cross-training (think cycling or swimming) to revs up to burning calories and help injury. Soon enough, you will feel as if you were born to escape. If you're a novice runner your stats: You're new to running and usually don't work consistently. Goal: By the end of 10 weeks, be able to work for 30 30 Straight- and build up to the 5K challenge. Your Trainer: Susan Paul is an exercise physiologist and program director at Orlando Track Shack Fitness Club in Orlando, Florida. The plan is very flexible, it includes a combination of running/walking intervals three days a week. Start with three minutes of running and one minute of walking for a total workout of 12 minutes. As you get fitter, increase running by one or two minutes, and reduce walking. By Week 8, you have to work without any walking. Your perfect pace? One where you can have a conversation but still feel like you're doing a brisk walk. Find the full plan here: Rookie 5K Curriculum 1 Start on the right foot. Creating a small investment in gear will now save you loads of aggravation later- you will feel more comfortable and avoid pain. A good pair of sneakers can help prevent injuries like knee pain, says Paul. Get a gait analysis at your local running shop (it's usually free) to help determine your ideal shoe type. 2 Stop the side stitches. Beginners often suffer from this cramp, which strikes like a boxer's body bump and occurs when an overloaded diaphragm starts to spasm. To relieve the pain, slow down and force exhalation every time your opposite leg strikes (so if the stitch is on the right side, exhale when the left foot goes down). It also helps to massage the area with two fingers. And don't eat too much before you go; a full stomach may be the culprit. 3 Think of a turtle, not a hare. The biggest mistake most new runners make is they start too fast, says Paul. It takes time for your body to get used to the demands of running. You need the condition of muscles, ligaments, tendons and bones, not just your heart and lungs. No matter how tempting you are to push yourself, don't you. Slow and steady wins the race of calorie burning! Next page: If you pound the sidewalk semi-regularly - pagebreak - Getty Images If you pound the sidewalk semi-regularly your stats: You're sometimes a runner who does at least three miles without stopping a couple of days a week, most weeks. Goal: Increase endurance, work for hours on end and tackle 10K by the end of 10 weeks. Your trainer: Jonathan Troy is an exercise physiologist and co-founder of City Coach Multisport in New York. Plan: Do three different workout runs each week, on alternate days. In the first run, build speed at intervals; Start with a two-minute burst speed at a challenging but steady pace and then three minutes easier recovery jogging. Repeat six times for a total of 30 minutes. As the weeks pass, alternate between building up speed surges and balancing out recovery time. For your second weekly which focuses on mixing speed and endurance, start by running for a couple of miles and build up to 4 1/2 miles during the plan. Teh Teh The day will help you build stamina. Focus on the distance, not the pace. Start with a 2 1/2 mile run. For 10 weeks, try running up to running 5 1/2 miles. Find the full plan here: Intermediate 10K Curriculum 1 Make Three Magic Numbers. If you're used to working twice a week, says Kane, three times is your sweet spot- you get a big kick in speed and stamina, but it's not so much that you run the risk of getting injured. And if weight

loss is the goal, remember that adding just one extra day of running will help you burn an extra 300 to 400 calories, depending on your pace and size. 2 It's ok to get on a treadmill. Some purists say there is no replacement for the outdoors, but all equal things, your heart and lungs don't really know the difference between a road and a treadmill, says Kahne. So if it's late afternoon, rain or just not a good time to go outside, but you really want to keep your workout, feel free to press the button on. To compensate for the lack of wind resistance and natural changes in terrain, keep the treadmill deck at 1 percent tilt. 3 Turn off the music. Yes, pumping JT through headphones can power you up that hill, but be sure to tune in to how your body feels. At this stage, you know you can already work for a while, says Kahne. But it is important to be aware of the signals: how hard you breathe, or if you have a small attack in the knee and need to slow down. It helps keep you from getting injured and makes you more aware of when you can pick up your pace or give a little more effort. Your stats are you work three to four times a week for at least five miles nonstop. Goal: Increase overall performance - speed, endurance and distance - over 12 weeks and then challenge yourself with a half-marathon. Your coach: Andrew Castor is the coaching director of asics L.A. Marathon and head coach at mammoth Track Club in Mammoth, California. Plan: In Week 1, run three to four miles at an easy pace (think 5 on a scale of 1 to 10) on the first day; four to five miles on days 2 and 3; and five or six on day four. In the following weeks, continue to do one easy pace of the day, and range from half a mile long to a mile long speed intervals. The detailed schedule also tells you how to add to the race pace workouts so that you can keep your speed over long distances. Find the full plan here: Expert Half Marathon Training Plan 1 Buddy Up. Let's face it, sometimes you just don't feel like going for a run, especially when you've been seriously challenging yourself. Having someone on your side is a great way to make miles more tolerable and maintain performance. When you train with a group or a package, you almost work a little harder or faster, says Castor. Take a friend or find a new friend jogging buddyup.com or Road Runners Club of America (rrca.org). Choose partners who are a little better than you; You are; want a call, but don't want to be burned out or injured. 2 Take the plunge. Castor, who works with many elite runners (including Olympian Dina Castor, his wife), recommends a cold bath immediately after a hard workout. It helps reduce inflammation by narrowing blood vessels, so less blood is combining through muscle tissue and you're not so sore the next day, he explains. Massage can speed up recovery, too: Give yourself a five-minute rubdown using a foam roller; slowly roll up and down your legs, butt, shoulders and back. You can also relieve soreness by gently pressing in the area with your fingers. 3 Write down your goal. You're amping up your workout-pump your motivation, too! Jot your goal time for a half marathon or just 13.1 on a sticky note, and place it on the mirror. As Castor says, Seeing this number, you will remind you to make the best choice for your body. Cycling using proper techniques usually only works the bottom half of your body. And even those muscle groups getting all the action are designed in some pretty specific ways. I love to ride a bike; chances are you love to ride your bike, too, just because you read this article. But the truth is that if you really want to help yourself and your body, cross-training is not only a good idea, it's almost a must. Cross-training means using other activities and exercises to enhance aspects of your physiology that your basic exercise hasn't hit. Cross-learning offers a number of benefits, including injury prevention, calorie burning, increased endurance, and simple rejuvenation of the joy you can experience in participating in something new. To take advantage of the positives and maximize yourself as a cyclist, consider participating in any or all of the following options: Running is a lower-body exercise that runs many of the same muscle groups as cycling, so it's a great boost to existing leg strength. However, at the same time, running also develops to some extent upper body muscle groups, which are ignored for the most part when you are busy pushing pedals on your bike, such as upper back, shoulder, and shoulder muscle groups. For me running is a much more physically demanding exercise in terms of cardiovascular products. Because of this, you can use running to enhance your stamina and ability to keep your wind on your bike. Last year I ran a half marathon in the spring, and in the fall - another. It was amazing to me how much stronger I became on the bike as my mileage preparation increased and vice versa. Skating or row skating are a good choice for cyclists like exercises because the striding movement used in skating closely mimics the smooth up-and-down movement of the cyclist's pedals. This means that you will work some of the same basic muscle groups, but with variations that will some related muscle groups. Skating in particular works your quadriceps (thigh muscles) and buttocks (buttocks), which are the main sources of energy in your legs. In addition, skating offers many of the same benefits as running without the impact that running can put on your knees, ankles and hips. Swimming is good as a general workout, and especially as a cross-workout for cardiovascular fitness it develops. This means it is good to help you strengthen your body's ability to process oxygen through the lungs and move blood to the muscles to give them fuel and air by making the heart pump stronger. In swimming, most of the work is done by hands. And while your feet work in conjunction with them, kicking to help propel you through the water, they just don't get pushed as hard as when you're running or skating. But this makes it a good exercise for the whole of your body, and the fact that this low impact exercise makes it a particularly good choice if you can't ride a bike due to injury or pregnancy. Close your eyes and imagine a skier. Think about how moving skis forward shuffling mimics the circular motion of a cyclist's pedals. Same with the elliptical machine. That's why these two exercises are grouped in this discussion: they both work for the same core muscle groups through similar movements and cardiovascular load levels they offer are roughly the same. It is also for this reason that I recommend you try ski racing if you are in the right climate, or have your head indoors to get on an elliptical trainer that looks like a ladder-climbing machine with more circular than up-and-down traffic. These exercises are good because your heart and lungs will get a workout, helping your stamina on the bike. You will also enhance the strength of your hips, quad bikes and stomach - key energy sources that you use to drive pedals. The rowing machine (also known as the ergometer) provides great work from the main muscle groups in the hips, thighs, buttocks, lower and upper back, and shoulders. It can also be a very vigorous exercise, good for increasing the potential of the cardiovascular system. It's worth talking to a fitness professional if you haven't used the ergometer widely before just jumping and just starting rowing. There are some specific techniques that you should be used to both maximize your workout on the machine and to avoid the load on your lower back. There are many exercises that can be done in the weight room that will be useful for you on your bike, making you stronger and faster. Some of them are particularly effective include: Foot PressCalf RaisesHamstring CurlLeg ExtensionsSquats Created for competitive cyclists who want to develop their sprint capabilities, these weight treatments certainly apply to riders of all abilities and fitness levels. Note that many of the Here are perfect for off-season/indoor workouts when the weather keeps you off the bike. This will allow you to maintain some semblance of your usual muscle shape and fitness level, even if you are not driving as much as usual. Normal. cross country running training plan pdf

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