

Program Overview

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Hi, I'm Coach Murphy. Congratulations on joining this MBS Fitness Program and taking the initiative to propel your fitness to a higher level. This Program will change your life. It is based on sound, scientific principles and ones that I've been using to coach athletes for over 10 years. I use these principles in my own personal training program, which helped me get to the Olympics in 1988. So, I know they work.

In this seminar, I will be giving you an overview of your program and discussing the different phases. As you know by now, your program is an individualized, dynamic program. Based on the fitness evaluation you have taken, we have calculated the elements of your program, including the distance, time or both that you should run each workout. Your workouts are structured within your week to complement each other, and are based on your scheduled availability.

The program consists of 6 key phases built around 3 main workouts. Each phase has a specific function to prepare you for your race. The length of each phase will depend on your individual program. The phases are as follows: Conditioning, Strengthening, Endurance, Tapering, Recovery, and Transition. The Recovery and Transition Phases occur after your race. Depending on how much time before your race, you may also have a pre-conditioning phase. I will go into each of these phases a bit later.

The 3 main workouts complement each other in any given week to provide you with the greatest benefit for your efforts. They consist of a Long Run, a Pace Run and Interval Training. You will find each of these workouts every week in your Strength, Endurance and Tapering Phases. You may also have them in your Conditioning Phase, depending on your fitness level and your availability to train.

Additionally, you may have an unloading week throughout the Strength and Endurance phases of your program. The Unloading week is identified by the decrease in time you spend running and working out, so your body gets a chance to recover.

The Long run

This is the workout that builds endurance for the given race distance that you will be training at your chosen event. It increases the capacity of the muscles to store more glycogen, it also increases the size and number of mitochondria cells. The mitochondria is also called the "power house: of the muscle. The long run is generally done on the weekend and is the longest workout of your week, its not always done on the weekend depending on the individuals training schedule. The level of intensity of this workout is generally done

between 60%-80% of your VO₂ max, the maximum amount of oxygen your body can utilize.

The Pace run

In this particular workout you are training your body to maintain a steady state VO₂. This will improve your cardiovascular system. Your pace run is shorter than your long run. The distance needs to be short enough so you can maintain your workout at intensity above 80% of your VO₂ max. Generally the pace run is done around 85% of your VO₂ max. Your program will provide you with the recommended pace for each of your workouts.

Interval training

This workout provides you with the greatest potential to improve your body's ability to efficiently use oxygen and increase your VO₂ max. That is, this workout will help you run faster.

The interval training workout consists of doing multiple repetitions of two phases: a stress phase and a recovery phase. The stress phase consists of running at a high intensity, above 85% of your VO₂ max and as high as 110% depending on your fitness level. The stress phase is followed by a recovery phase. The recovery phase consists of walking and jogging to bring your heart rate down and give your body time to recover before moving into the next stress phase. You do these phases or intervals multiple times within a workout. Interval training is usually done at a track. In the stress phase, you have a set distance to cover in a recommended target time to ensure the intensity of your workout. This again is followed by a recovery phase. Each interval beginning with the stress phase is set to start at a pre-determined period, based again on your fitness level. If you do not have access to a track, you can do this training anywhere the surface is flat, such as the beach or a park. In this case you will have a set time where you run fast enough to push your body above 85% of your VO₂ max. And the recovery phase, you can walk or jog for a set time.

The conditioning phase

This phase is the beginning and core of your training program. In this phase you build a foundation for the rest of your program. Depending on your fitness level, the conditioning phase is anywhere from 3 - 6 weeks. During this phase, the goal is to accumulate the specific amount of time each week. Consistency is everything. I have a saying I use all the time, "a little a lot is better than a lot a little." So for example, let's say your program calls for 3 days of training to do and each day you are set for 40 minutes in each of those workouts; it is best to do those 3 days at 40 minutes then to do 2 days with an hour in each workout. Consistency is everything in the conditioning phase. The goal is just to put time on your legs, train your muscles, and get into a routine. You're setting the foundation for the strength phase. There is no emphasis on how fast you go or how much distance you

are covering, depending on your fitness level. You just pick whatever location you want to run at, you go out there and enjoy your time. If you need to walk, you walk. Again, the goal is to get you used to a regular training routine and to keep you on the road.

The strength phase

Well this is where it gets very exciting. You're coming in here now conditioned having gone through 3-6 weeks in your conditioning phase. In the strength phase, the changes that occur are primarily due to the adaptation of your body during the previous phase. Now we can increase the intensity of your workouts, we will be adding more variety to your workouts. So not only are you going to be faster, but you will also have changes taking place in your workouts. We will be adding specific workouts individualized to your fitness level, including the long run, the pace run and interval training. To further strengthen your body, you can train in the hills. The team I coach here in LA do their long workouts in the Santa Monica Mountains. The key workouts train you specifically for your event. Now you can see why it is vitally important for you to do a conditioning phase, by doing so your body can handle this new stress load with minimum risk for injury. You are more confident now; you're familiar with how your routine works. You are training your body specifically in each of these workouts to prepare you mentally and physically for your event.

Endurance or Power/Speed Phase

After the strength phase, one of two things take place depending on the event you are training for. If you are training for a half or full marathon you will move into the endurance phase; if you are training for a 5k or 10k you will move into a power/speed phase. In the endurance phase increasing the amount of time you spend in your long run which in turn increases the overall volume of your work in the week. The pace run and the interval training will continue in your endurance phase. The emphases will be on maintaining the intensity in those workouts while the volume of your long run increases. In the power/speed phase, if you are doing a shorter run, the emphasis is on decreasing the volume in your training while increasing the intensity of the workouts. Having completed the strength phase your body has adapted to that stress load, now you are going to go into this endurance phase to do those specific workouts better. You want to master your workouts, which are gearing you up for your event. You can see yourself accomplishing your goal successfully. You are excited and looking forward to completing your endurance phase and moving into the last phase before your event.

Tapering Phase

This phase is where you reduce the volume of your workouts over a set period of time. In these three weeks you decrease the amount of time you spend working out and preparing your body for your event. At this time, you will have accomplished the work needed to

successfully achieve your goal. So it is very important to taper correctly, so that you can maximize your efforts on the day of your event. Again, the goal is to reduce the volume of training over this period. So let's say you were doing 8 hours training in a given week during your endurance phase; that means you would taper to 6 hours then 4 hours and then two hours over the three weeks leading into your event. This process is scientifically proven to maximize athlete's results on the day of your event. Those of you who are training for the shorter races will also drop in volume but your intensity will increase over the last three weeks. Many athletes make the mistake of not tapering correctly, not giving themselves enough time to allow their bodies to recover before their race day. By following the taper recommended in your program, you will successfully achieve your goal.

Recovery Phase

The recovery and transition phases occur after your race or event. The recovery phase is a time to allow your body to recover, not only from the training prior to the event, but also from the event itself. If you run an endurance event, the rule of thumb is to provide a week for every hour it took you to complete the event. For example, if you ran a marathon in 4 hours and 30 minutes, you will be in the recovery phase for 4 and one-half weeks. Does this mean you do not run at all during this phase? No. It means you do an active recovery where you gradually bring yourself back into a training program. The intensity of your workouts will remain very low. After the recovery phase your intensity will increase again. If you have run shorter events, such as a 5 or 10K, your recovery time will be much shorter. It will be about 3-5 days before you begin adding to the intensity of your workouts again.

Transition Phase

This is the period where you will be deciding the event or race you will complete next. The goal is to maintain your fitness level while you are making this decision, and build on the training cycle which you would have just completed. During the transition phase you can incorporate all three key workouts.

Conclusion

We covered a lot today. I encourage you to watch this seminar again to become more familiar with the program. You will also want to watch our other MBS Fitness seminars including ones on stretching, strength training, nutrition, injury prevention, biomechanics, and others.

As I said earlier, this program will change your life. There will be days when you will love it, however there will also be days when you will be challenged and not want to do the workouts. But I say to you, persevere, stick with it and you will achieve your goals. So, let's go do it.