



www.lgnwellbeing.com

Three **C** running philosophy

LGN's running philosophy has evolved over time, based on both elite running experience and scientific research, **Consistency**, **Control** and **Confidence** are key progressive training principles all LGN trainers embrace and work towards. Please find below a few simple tips on how to achieve each. At LGN we passionately believe that running is a gift for life and at all times enjoyment should be key goal before tying up laces and running out the door.

Consistency

Have a journey map and know where your training is heading.

Take your time, think 6 months not 6 weeks.

Fit with your individual lifestyle and don't try to temporarily squeeze it in.

Pre-empt injuries and illness (new shoes & physio appointment before you need them etc).

Factor in additional recovery days before you feel you need them.

Attempt to iron out severe running 'peaking and troughing'.

Keep routes varied and interesting.

Finish each run feeling you could do more.

Control

Listen to your body, turn off mp3 player & i-Pod's et al sometimes.

Slowly start to identify very subtle new running speeds / 'gears'.

Begin dictating to the run what you are going to do, rather than always vice versa.

Introduce very light interval running (Fartlek) with emphasis on holding recovery pace.

Strengthen your resolve to not be dominated by a training schedule.

Ability to miss sessions with confidence due to running background of consistency.

Identify your body's natural metronome via breathing and foot noise.

Finish each run feeling you want to do more.

Confidence

Your running should begin to feel like you are moving forwards as opposed to upwards.

Introduction of tempo run, same route, aim to run faster each week by only using 75% effort.

Knowledge that most injuries are solved when professional help is consulted early (pre-empt don't react).

Able to relax and recompose running style whilst in middle of session.

Train with quicker running friends but have confidence to cut run or session short.

Aim for PB (Personal Best) success – but via staying in control of pace.

Plan new running goal while training for current goal (5km after half marathon etc).

Finish some runs happily knowing you did do more than planned and still could do more.

Do a runner with LGN

