

How to train for challenge of competitive running

Some people become serious about running after they take it up to loose weight. Others quit smoking and want to rehabilitate their poor abused lungs while still others simply want some other reason to get up in the morning besides going to work.

There are a lot of reasons why people start running, but for many, the real reason in the end is competition. Running and running every day because they have a specific goal in mind, these people are challenging themselves in a time where life's

challenges have either been eliminated by a machine that does it better or are simply beyond human means. Training for competitive running is different from recreational running, not in technique but in intensity.

While a recreational runner can achieve a level of fitness by running three times a week, the competitive runner must run at least five times a week and will often continue for a sixth or seventh day.

"If a person wants to run a marathon," says Doctor Joe Dolezel of Midland, "he has to run quite a bit - at least 50 to 100 miles a week."

Dolezel is a former competitor in middle distance races (1,500 and 3,000 metres) and has taken up running again after he discovered one day that he was still in fairly good shape from his school days and wanted to stay that way.

"Consistency is important," says Dolezel, "how far and how fast you run are the basic indexes and should be worked at regularly."

Style is important too. A runner must try to run so that he is moving as fast as possible with the

McDonald's to help crippled children

Midland's McDonald's will be setting aside one day next month to lend their generous support to the crippled children of Canada. McDonald's restaurants all across Canada will be donating all proceeds of every Big Mac sold on Wednesday, October 12 to a recognized local or national organization which helps crippled children.

Midland's McDonald's expects a large turnout for the special day and have personally invited a number of local officials and businessmen to assist them in their campaign for this worthy cause.

least amount of effort.

Don Foster is a cross-country skier from Midland and runs with Dolezel to train for that event because it is similar in the demands it makes on the body.

Foot technique

"Most joggers land on the heel and roll off the foot when they run," says Foster. "but when you start to go faster you don't have time and you must then land on the flat of the foot."

"Sprinters will stay on their toes for the whole distance."

Whatever competition you set as your goal, a warm up routine of some kind is essential to prepare the muscles for the exertion they will undergo and also to bring the heart rate up.

"The main thing in a warm up," says Rick Presse, coach of the Georgian Bay Roadrunners track club, "is to get the muscles warmed up and to feel relaxed. The exercises also get the heart working so that it's ready to go right away, before a race, rather than having to warm up first during a race."

In addition to the static stretching described above there are also dynamic stretching drills that will aid the competitor not only in his warm up but also in achieving the proper style of running.

Sets of drills

A set of drills called A's and B's involves high knee steps and extension of the leg outward prior to being drawn in quickly. These exercises are particularly useful for sprinters as they approximate the leg movements of the sprint and develop co-ordination of the legs.

For this type of exercise it is advisable to seek some of coaching as they are best learned by demonstration.

An additional benefit of the warm up is that it affords the runner a better chance of learning the proper style of running. If he is relaxed he can concentrate more on the fluid easy movement that will increase his speed without an excessive increase in effort.

As well as just running, a competitive runner should do interval training to improve his cardio-vascular system.

The idea behind running intervals (short, full out sprints with rest in between) is to increase the efficiency of the heart and lungs by exerting them in a short run, something that is not achieved with the steady long distance run.

"This will decrease a person's recovery time," says Midland Secondary cross-country coach Elmer Vuorimaki.

After running up a hill the body is put into an oxygen deficiency and needs time to recover. Interval training increases the body's ability to take in oxygen and shortens the time needed to recover from a deficiency.

Diet is important to anyone and a competition runner is no exception. A balanced diet with no excesses will serve the

runner well, however there are certain diet techniques being used by marathon runners to help them build up a supply of energy immediately before a race.

One of these is called carbohydrate loading and is a short term diet that is maintained for about a week prior to an event.

Carbohydrate loading involves following a high protein diet for the week before a race to induce the body to store as many carbohydrates as it can.

During the days immediately before the race the diet then switches to foods rich in carbohydrates at a time when the body is trying to take in as many as it can.

Midland's Mark Badior has run several marathons in the past and has used the carbohydrate loading technique.

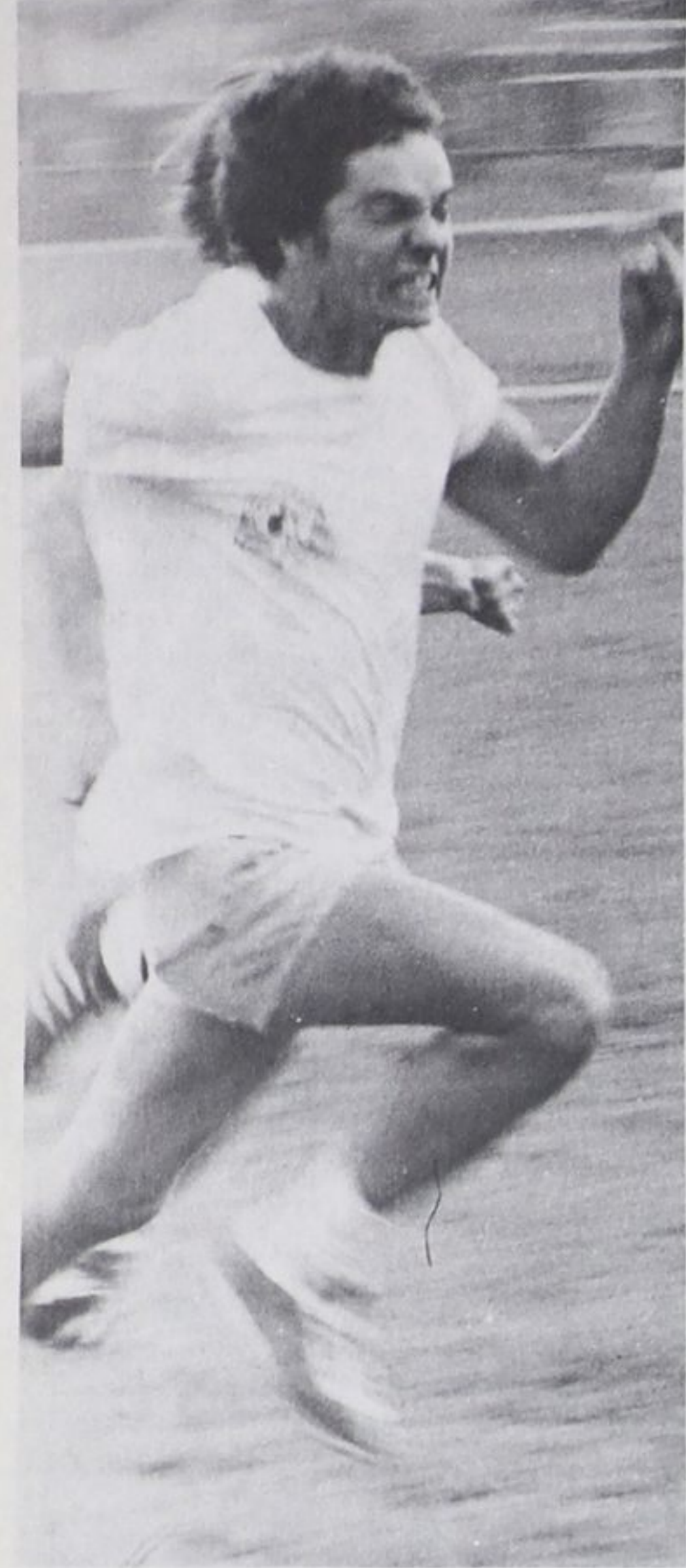
"The carbohydrate depletion fools the body into storing more glycogen," he says, which is the stuff that your muscles run on."

The extra carbohydrates taken in during the day or so before the race load the body as much as possible so that when a runner reaches the twenty mile mark of a twenty-six mile marathon he will still have something to run on, when ordinarily the body is nearly depleted of glycogen.

The marathon is of course a special test of endurance and many runners compete with no intention of winning - they just want to compete against themselves and finish the race.

For other people, a three mile cross-country race is more enjoyable, while still others like sprinting.

Whatever type of competition you undertake, a rigid training schedule is essential and the key is consistency.



Sprinting

Interval training involves short full speed runs with rest in between. The sudden exertion of the heart and lungs increases cardio-vascular efficiency more so than if a runner trained by distance only. These short drills will also shorten the recovery time of the heart and lungs from an oxygen deficiency.

Staff photo



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Sports Calendar

Sunday, October 2

Midland Minor Hockey will begin its annual tryouts for their all-star hockey clubs at Wasaga Beach.

Please check the sports page for complete details

Monday, October 3

Cross-country enthusiasts 16 and under are invited to Midland Secondary School, to partake of a new track venture. Sessions begin Monday at 6:30.

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