

**Date:** Sunday, September 4<sup>th</sup> 2:00 p.m.

**Location:** [Sunrise](#) Clubhouse

**Run:** Speed work

Distance	Run 1	Run 2	Run 3	Run 4
5K	2.25 miles or 36 min.	2.0 miles or 30 min.	1.75 miles or 28 min	1.5 miles or 22 min
10K	4.0 miles or 60 min	3.0 miles or 45 min	2.5 miles or 38 min	2 miles or 30 min

**Training Description: Intervals:** Getting faster is a matter of increasing lung capacity, which increases the amount of oxygen your body can take in. Getting faster also requires quicker leg turnover. This week the walkers will walk for 40 minutes. Runners and walk runners will run 4 laps (warm up), then run the following at a fast pace: 100 / 200 / 300 / 400 / 300 / 200 / 100. After each interval, walk for 1 minute. Conclude with a 10 minute cool down walk/run.

**New Vocabulary: Fartlek** – derived from a Swedish word which means ‘speed play’. It refers to a kind of workout in which the runner accelerates sporadically then slows down again with no particular structure. It is a kind of freestyle interval training which includes spontaneous bursts of speed depending on how the runner feels.

**Interval training** – Higher than normal intensity training sessions for shorter (defined) distances (i.e. 100 meters, 2 min rest, 200 meters, 2 min rest, etc.)

#### Previous Lessons:

[Week 1:](#) Expect Resistance + guidance on buying new shoes

[Week 2:](#) Of running clothes & spiritual armor + guidance on clothing and items for a more comfortable training session

[Week 3:](#) “The plan” – Setting a goal, creating a plan, how to manage the plan when life happens

[Week 4:](#) Handling hills – suffering in life produces perseverance, character & hope. Suffering through training produces speed!

## Teaching...“Getting Faster - Those who have will be given more” (Mt 25:14-28)

We are all likely familiar with the parable of the talents ([Matthew 25:14-28](#)), where three men are given money to hold for their master. Two of the three invest the money and are praised by him upon his return, but the third puts it in a hole in the ground and is rebuked. The parable, like the word, has a double meaning. Though the parable is about money (“talents”), it’s clear that Jesus is also talking about our use of the giftings (a.k.a. talents) that God has given us. God’s expectation of us is that we follow His Son, and when we are doing that, we are “investing” what He has given us back into His Kingdom for His glory (and as we are doing so, He promises to multiply His giftings back upon us – to whatever amount HE determines). The parable of the sheep and the goats, which immediately follows the parable of the talents makes it clear: those that follow Christ are called the sheep (the “righteous”) and are allowed entry into God’s eternal kingdom, while those that do not follow Christ, the goats, are sent away to eternal punishment. The good news is that if you know and follow Christ you do not have reason to fear that you will be separated as a goat. Instead, what we need to ponder (in relation to Cross Trainers) is: (1) to what level has God gifted you with health and fitness, and (2) to what degree have you re-invested His gift so that it will be multiplied? (cont. next page)

### This week’s assignments (complete before 9/10):

- Complete any of the assignments you didn’t complete previous weeks
- Complete 1 “long” and 2 “short” independent workouts per the plan and journal, blog, or facebook your experience. **For one of your runs, either do a speed workout or a hill workout.**
- Sign up for your 5K or 10K at [Run4Miles](#) if you haven’t already done so
- If you have a training partner, conduct a “fartlek” run. One partner will pick a landmark (usually anywhere from 100 feet to 100 yards out) and then both/everyone in the group will race to the landmark. Note: the goal is not to “win”, it is to run or walk faster. If going solo, do the same and try for 5 “pickups”

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Website: <https://www.run4miles.com/crosstrainers>

God has given each of us some level of “talent” in terms of our fitness. Some people naturally start with a VO2 max level (see last week’s “vocabulary” section) that none of us would ever achieve even if we were to train daily for years in high altitudes with a personal trainer. Others were born with, or have developed, asthmatic lungs, allergies, knee troubles, mismatches legs, fallen arches, and on and on. If you’re in the first category, God’s given you ten talents and he wants you to invest them all...and not only that, but He probably wants you to invest them all in professional racing (Google Ryan Hall for inspiration from of a 10-talent Christian runner). But even if you’re in the second category, or somewhere in between, God wants you to invest back at the level He has given you. Your job isn’t to become a professional racer, it is simply to take care of that which you’ve been given as a good steward. Maybe that means walking for 10 minutes at a time, if that’s all you can do. The key is, do it. When you do, He will multiply your investment. The logical, and typical, return on your investment is more stamina and a greater ability to achieve a higher level of fitness. And that is what He will usually grant (but we all know, our God is not always logical OR typical, so I cannot promise that your return will be improved fitness, only that He WILL give dividends in some manner on your investment.)

So far we have studied two ways of investing at the level of talent you’ve been given. The first is by gradually increasing the duration of your training (we’ve been doing that by following the 8-week CT plan). The second was by changing the terrain of your training environment (last week’s hill running teaching), which forces your body to work harder over a given distance. Today’s “high powered investment” teaching regards the benefit of intensity training. The information below is from a web page named best-running-gear.com (no longer active).

### **Why Do we Do Interval Running?**

The core of your running program consists of easy runs and a weekly long run. This is great as this type of running helps build the foundation of your running. You need that stamina, that basic endurance. Easy runs and long runs help you build your cardiovascular system in addition to leg strength and an ability to burn energy more efficiently.

Interval running serves a little bit of a different purpose. Interval running stimulates oxygen delivery to the muscles. How it works (very simplified): when you do intervals you run so fast that your body can't supply your muscles with sufficient oxygen. Your muscles need that oxygen to perform. Because this oxygen gap gets created your body gets trained to become better in getting oxygen delivered to the muscles. And the better your body gets at that, the faster you can run without creating this oxygen gap. So, if you include interval running in your running program, you will in turn become a faster runner!

### **How fast is interval running?**

The best way to describe it is that it is an intense speed without going all-out. If you want to run the same fast speed for five minutes it will still have to be a **controlled speed**. You would not be able to just go all out and sprint like a mad man.

### **Sample interval plan (interval training is done on a track)...this workout is called a “100/200/300/400/300/200/100 ladder”**

- After your warm up routine (arms, neck, trunk, legs), run/walk for approximately 10 minutes at an easy pace, then...
- Run/walk 100 meters at a fast pace (one “straightaway” on a track), followed by 1-2 minutes of walking
- Run/walk 200 meters at a fast pace (one “straightaway” and one “corner”), followed by 1-2 minutes of walking
- Run/walk 300 meters at a fast pace (one straight, one corner, one straight), followed by 2 minutes of walking
- Run/walk 400 meters at a fast pace (one lap), followed by 2 minutes of walking
- Run/walk 300 meters...200 meters...100 meters...each followed by 2 minutes of walking
- Run/walk 10 minutes at a very easy pace as a cool down

If you ever increase your race goal distance in the future (i.e. ½ or full marathon), distances can be extended (such as 400/800/1200/1600...) There are many other types of interval training plans and distances – Google “interval training 5K” for more ideas.