
14 STEPS TO RUNNING LIKE A PRO



— RUNVAULT —
P E R F O R M A N C E

Contents

INTRODUCTION

01 TRAIN LIKE A PRO

02 CONNECT WITH OTHER RUNNERS

03 EAT LIKE A PRO

04 RESEARCH AND READ

05 RECOVER LIKE A PRO

06 TRACK YOUR PROGRESS

07 HIRE PROFESSIONAL HELP

08 YOUR BREATH IS YOUR BEST FRIEND

09 FIVE KEY PRINCIPLES

10 EFFICIENT ON YOUR FEET

11 FORWARD THINKING MIND

12 RUN SLOW TO RUN FAR

13 RUN WITH PURPOSE

14 STRENGTH THROUGH SUPPORT

ABOUT

A male runner in a blue jacket and black shorts is captured in mid-stride, running from left to right. He is wearing bright blue and yellow running shoes. His shadow is cast onto the light-colored brick wall behind him. The word "Introduction" is overlaid in large white text across the center of the image.

Introduction

It can be a long and challenging road to reach a top level of running. From a young age as children we dream of big things for ourselves reaching great heights.

As we become older it's not much different. We still dream and aspire to achieve something great for ourselves, to remember or be remembered by.

Read on to discover simple principles and strategies to fit into everyday life to achieve results out of your running you previously thought impossible.

“

'Don't dream
of winning,
train for it.'

MO FARAH
OLYMPIC LONG DISTANCE RUNNER

Step 1

Train like a Pro

It really is no secret, in today's digital landscape we have access to a plethora of information, including the worlds top runners training plans.

Some of them are exhausting just reading! There is a common factor though. Duration, intensity, specificity and variety.

There is no question getting to the main stage takes a lot of hard work, however the road to the top is backed by smart training practices.

Training like a pro doesn't necessarily mean putting in 150km running weeks.

Simply follow the basic principles of training like these individuals who dedicated their lives to the sport at a level you can handle.



Step 2

Connect with other runners



Think of it like your social media circles, we tend to follow and connect with people and business we can relate to and make us feel better about ourselves.

When it comes to running, you are not alone! There are many people on a very similar journey as yourself wanting to improve their running performance.

Seek out athletes with experience and a track record of success in events you are training for, naturally as individuals we are willing to help. Ask questions and discover their secrets, their answers may surprise you.

Local running clubs can be found online or the State run Athletics Associations in your area are a good place to start searching.



Step 3

Eat like a Pro

As your interest in running grows, so does your appetite.

Continual improvement however isn't just a matter of quantity of calories to keep you moving, quality plays a big factor.

With so many diets out there, heck there's a trend for endurance athletes on Keto, it can be hard to understand what works for you.

Checking in with a qualified nutritionist can help determine what is best for you as an individual.

Next time you are deciding what to eat, ask yourself: Will what I'm about to eat help me recover, make me stronger and improve my performance?'

Step 4

Research and read



Some of our favourite pieces of literature here at Fit Tribe Oz are books that immerse us into the lives of top runners from all over the planet, proving that it is not only one pedigree that can reach top levels of running.

There are some basic fundamentals to follow when reaching a top level of running, however knowledge is a key factor to your success.

Our top recommendations are:

Running with the Kenyans - Adharanand Finn

Born to Run - Christopher McDougall

Eat and Run - Scott Jurek

Finding Ultra - Rich roll

A full-page background image of a runner on a mountain trail. The runner is seen from behind, wearing a light blue shirt, black shorts, and a backpack, running on a dirt path. The background features steep, rocky mountains under a blue sky with some clouds. A large blue semi-transparent rectangle is overlaid on the center of the image, containing a quote and the runner's name. A black shield-shaped graphic is positioned at the top of the blue rectangle, containing a white opening quotation mark.

“

'Run when
you can,
walk if you
have to,
crawl if you
must; Just
never give
up.'

DEAN KARNAZES
ULTRA DISTANCE RUNNER



Step 5

Recover like a pro

Eat, sleep, train repeat. Living and breathing the ethos of an elite athlete will deliver you the best chance's of success. We live in a world of wanting the fruits of hard work immediately and can often neglect aspects of our training we see as less important.

Overtraining is the most common cause of injury and can also result in burnout and fatigue.

Be sure to balance your schedule by including plenty of rest, active recovery and rehabilitation, including sleep, stretching and massage.

An often neglected part of recovery is your mental health and focus. Take a day (or even a week) every so often to 'check out' of training and enjoy your time away from the track, trails or gym.

Step 6

Track your progress

By keeping a track record of your training, you can easily determine if what you are doing is working for you and progressing you towards your goals.

This can be as simple as recording each workout with pen and paper, or being more savvy with an online training program that uploads your workouts instantly and delivers advanced and key metrics to analyse and use for future training.

Compliment the use of your records by hiring a performance coach to guide you towards success.

By recording your training and comparing sessions to previous one's, you can easily see progressions made which provides a great confidence boost and motivation to keep moving forward.



Step 7

Hire professional help

The best runners in the world have a team of Professionals behind them so that they perform at their peak, why should you be any different?

We are not saying sell your life's possessions and hire a team of experts full time! It's important however to have a qualified team in your corner to call on when needed

At Fit Tribe Oz, we suggest:
A running and training coach
Physiotherapist
Dietician or Nutritionist
Strength and Conditioning Coach

Your on demand team of Professionals are as much a part of your running journey as you. Over time they get to know you and your training on a deeper personal level which translates into specific and individualised treatment and guidance.

You may also consider enlisting the help of a Sports Psychologist for mental preparation and visualisation strategies.



A person is running on a dirt path that winds through a desert canyon. The canyon walls are made of layered red rock. In the background, a large, flat-topped mesa rises above the valley. The sky is filled with grey, overcast clouds. A semi-transparent blue rectangle covers the middle portion of the image, serving as a background for the text. At the top center of this blue area, a black downward-pointing arrow contains a white double quote symbol.

“

'Nothing, not even pain, lasts forever. If I can just keep putting one foot in front of the other, I will eventually get to the end.'

Kim Cowart
Runner and Journalist

Step 8

Your breath is your best friend

When running, we want to be calm and focused on the task, although our body can be under stress when climbing a hill or making a move on the person in front, we need to control how we manage our emotions and stress levels in these situations.

When your anxiety or stress levels increase, your nervous system responds by releasing stress hormones such as adrenaline and cortisol. In this situation your heart beats faster, blood pressure rises, muscles tighten and your breath quickens, all things we don't want to happen when racing.

By slowing down your breathing, your body and thoughts will naturally respond returning to a controlled state to allow you to perform at your best.

There are many breathing exercises to do in training to manage this whilst also maintain oxygen levels needed to supply our muscles.



Step 9

Five key principles

Focus on the **five key principles** of training to gain the most out of your efforts for long term progression.

1. **Specificity:** Stay true to your race and goal, your training is focused on the stresses to your body and environment in which you will be competing. Is there a point spending hours on undulating trail's when your goal is to run a 4 minute mile? Train to the conditions of your race.
2. **Progressive Overload:** Have you ever hit a plateau in training? Or have you injured yourself with overtraining? By gradually increasing your workload overtime you will see an improved level of performance and strength. Progression through frequency, length and intensity of workouts gradually will instill lasting habits to get you at the pointy end of racing.
3. **Individualisation:** What works for your friend may not necessarily work for you. Don't be disheartened if your running buddy posts a 5k time trial 3 seconds quicker than your PB. Stay true to your plan and you'll see your own results come. By implementing an individualised training plan that considers your lifestyle factors, what you have access to and your environment there is a greater chance you will mould your training into your everyday life and stick to it.
4. **Variation:** Not only is variation important to your overall performance goals, it's also important to keep your training interesting. Sure, keep one day a week for a Fartlek set but vary your Fartlek session with 8 x 200 metre sprints one week and tempo runs the next. This trains the body to be adaptable to surprise conditions as well as keeping your training interesting.
5. **Reversibility:** Like overtraining (doing too much), not doing enough (too little) can undo all that hard work in your consistent training over the last month. Rest is definitely important so you are prepared for each set, just don't leave too many sleeps between each workout.





Step 10

Efficient on your feet

It's really just one foot in front of the other right? Fundamentally yes. But when you think about it, our entire body is performing a function when running and every component is as equally as important as the other.

From our head down to our feet, energy is being used to work every part of our body. 'Perfect running form' is a reflection to a great performance on race day.

Have you noticed how effortlessly an elite runner glides along at 3min/km pace? Try these simple strategies on your next training run.

- Keep your gaze ahead on the horizon, not down at your feet
- Your shoulders should be low and relaxed, not up around your ears.
- Your arms should be bent 90° at the elbow and swinging forward to back, not across your body
- With your head up, your back will naturally straighten allowing you to run upright, which opens up your lungs to promote oxygen intake capacity. An upright posture promotes good stride length
- Hips are where you will source your main power. Your hips will naturally sit in the correct position as long as you stay upright in your torso, the moment you hunch over, your hips will tilt forward resulting in a loss of power.
- Your stride length and range of motion is different for a sprinter, whereby knees are high to produce max power along with a long stride. For an endurance runner there is a slight knee lift to conserve energy with a shorter stride. With the correct stride length, your knee is slightly bent when it impacts the ground with your foot directly underneath your body.
- Your foot should impact the ground softly between your heel and midfoot. Allow your foot to quickly and naturally roll forward while the ankle is flexed. As you roll onto your toes imagine a spring under your feet to launch you off the ground.



Step 11

Forward thinking mind

A forward thinking mind creates a forward moving body.

There is a lot to be said in the power of thought and self belief. This works very differently from one person to the next. Some of us need reminding daily to think of positive outcomes and visualise our achievements, which keeps us moving during the long and arduous training weeks, whereas others just seem to get up and chase it day after day without any reinforcement.

Positive thinking translates into success in training and on race day, Negative thinking can very easily de-rail our focus and risk failure.

As you near race day, start visualising your race and strategy and what you plan to achieve.

Step 12

Run slow to run far



We are getting into your energy systems here and how your body produces energy (ATP) to power the body.

For endurance athletes the aerobic system is the main energy system used to propel you forward, primarily limited by the use of oxygen to supply your running muscles. Whilst anaerobic training (short fast bursts of power) are vitally important to produce a high level athlete, lactate quickly accumulates in your muscles and can leave you finishing your race before the chequered line if you're in this system for too long. A good training program for an endurance athlete has lots of your training utilising the aerobic energy system with other sessions peppered throughout your week building your anaerobic capacity (speed and power)

Summary? Run slow and often to run far.

Step 13

Run with purpose

Only you can answer these questions and often a runner keeps the answers to themselves. Why do you run? Why are you running? What does running do for you that draws you back to the track or trails?

Running at a high level means weeks and months of training, resulting in many life sacrifices.

So why do you run? Does it make you feel empowered and resilient? Does it make you more grounded and create a stronger connection between your body and mind?

By having a meaningful purpose behind your running, there is a greater chance your new formed habits will stick and you will find great pleasure in your running journey.





Step 14

Find strength through support

Running can be a very solo pastime and often takes away limited time you have to spend with your loved ones. Whether you are a husband, wife, parent or carer for an elderly family member it's important to not let your running alienate yourself from the people that value and need you.

Let them experience your highs (and lows) of training and competing by talking about your experiences and inviting them to training sessions events.

The more your family and those around you are involved in your journey, the greater chance you have of staying focused as their support will translate to strength in competition.

Whether your staring down the track for a 100 metre sprint final or digging deep in an ultra race, the simple thought of knowing the people that care for you the most are behind you may be all that's needed for you to find the strength within to endure.

About

A healthy lifestyle begins with a balance in all areas of your life. Family, work, physical and mental health. Fit Tribe Oz was born out of a passion for endurance sports and the desire to help others experience the joy and satisfaction of training and competing at any level to achieve a sense of total fulfilment.

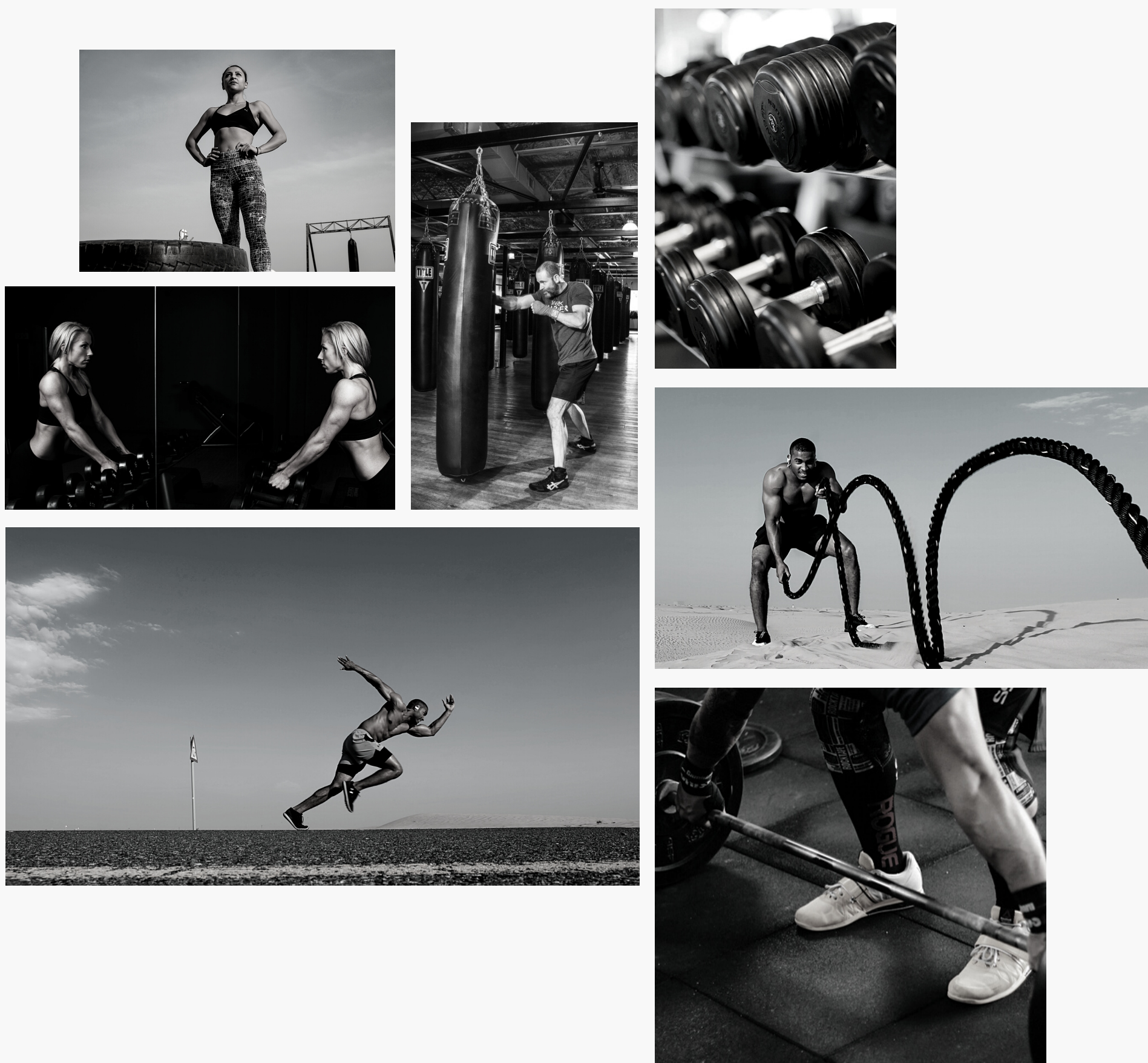
Jamie is a podium finisher at trail and obstacle races ranging from 42km through to 24 hour events. He's a regular top 5 Ultra Obstacle Race place getter and recently ran 204km in 24 hours around his home in isolation, with a weeks preparation.

Currently he competes in long distance road, trail and obstacle racing events both locally and internationally and has competed on Australian Ninja Warrior.

Jamie's philosophy in training is to always be ready, always be fit. He offers endurance coaching, personal training and runs regular group fitness sessions.

At Fit Tribe Oz, we practice what we preach!

Performance Coaching
Personal Training
Group Fitness



REAL PEOPLE REAL RESULTS



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