

## TRAINING THROUGH THE CRISIS

Some thoughts for older school age middle distance runners

### Golden Rules

Only train outdoors in places where you can be 2 metres away from others  
When you return home immediately wash your hands

You need to maintain a good base level of fitness so try, if possible, to go for long runs of around 7-8 miles, a bit less for the girls. You may get a bit bored of such runs so think about mixing things up with 30 minute tempo runs at a faster pace or with fartlek sessions where you decide to combinations of jogging pace, tempo pace, sprints and if you are being kind to yourself even a bit of walking.

Try to keep up your speed. If you can find a quiet park, try faster reps of 250m+. You should try to do 10-12 with short breaks or 5-6 with long breaks.

There is much you can do at home to improve all-round fitness. It is an ideal time to improve your core with plank, the much beloved side plank and sit ups. Do some press ups. Try some lunges and squats. The Times recently suggested that for older people 20 squats in 40 seconds was a good way of reducing your biological body age. Not a priority when you are 16 but a good exercise nonetheless for all ages.

Now is a good time to explore new ideas. If you haven't done yoga or pilates before, read up about them on the internet and try some of the basics. They can help your running