



Unlocking your
running potential : philosophical and physiological
reflections on a career of running and coaching

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About us!

- PE teachers, exercise physiology backgrounds, work in WIT and IT Carlow, ex-athletes, parents, coaches.





Philosophical, physiological and mental reflections on a career of running

- The physiology of running-understanding the why (in brief!)
Resource links at the end of this presentation
- 10 lessons learned-an elite athlete's perspective
- The coaching process
- The long game-a case study of long term athlete development

Q&A.

Running faster-what do I need to improve?



- VO2max (the max amount of O2 you can use when you run)
- Lactate Threshold
- Running economy (miles; S+C can help)

Last two are arguably the most important!

Better performance happens through improved..

- blood supply to the working muscles
- muscle usage of fuel
- adaptation, and controlled overload

The important thing is knowing **WHAT** type of session you are doing and **WHY**



See handout for detailed description

Often a lack of clarity about what we understand by “threshold” pace, or ‘LT’ sessions, or tempo pace (or maximal lactate steady state)

Nice 3 minute explanation here

<https://youtu.be/0j3XWp5fjx0?t=24s>

4 lessons I have learned from physiology

<https://www.runnersworld.com/advanced/a20803353/four-lessons-i-have-learned-from-physiology/>



Noel



May-Dec 1992: PBs from 1500m to half-marathon

- Training geared towards 10,000m on track but PBs at 1500m and 3000m also
- Scale of improvement notable (for a 27 year old!):
5000m (-23secs); 10000 (-57secs); 10 miles (-90secs)
- Consistent level of form: E.g. 3 10ks on the track -
28.51 (13th Jun), 28.32 (5th Jul), 28.41 (21st Aug)



Key sessions



Tempo, 3x2mile (3 mins)	< Threshold	165-170 bpm
10x1km (70 secs) 6x1600m (2 mins)	@ Threshold	170-175 bpm
20x400m (30secs) 16x90secs hills	> Threshold	175-180 bpm
Speed sessions for fine tuning		



10 Lessons Learned



1. If at first you don't succeed...
2. There is no substitute for hard work
3. Dream big and don't set limits on performance
4. Say 'F*** Off' to the voice inside your head that says you are no good
5. Invest in a strong base to achieve peak performance



10 Lessons Learned



6. Recovery is as or more important than training
7. Find a good coach
8. If you do the same thing all the time, you will get the same results
9. Have a plan for next week, next month and next year
10. Don't take yourself too seriously

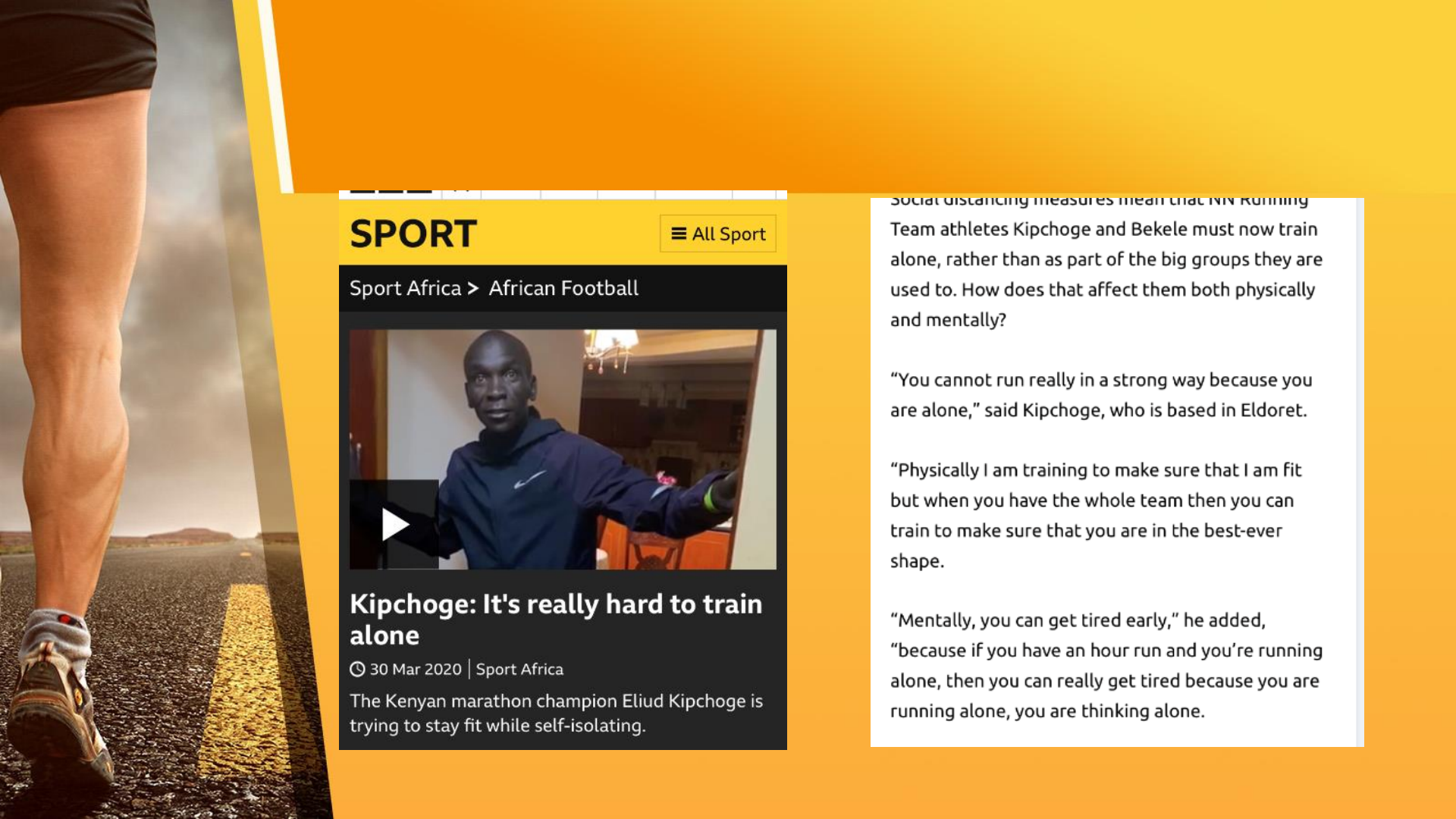
“Everyone spends too much time on the athletic procedure and doesn’t take enough time to consider the environment, the attitude, the psychological approach” Marcus O’Sullivan, Irish Examiner, Feb 2019





The day to day stuff





SPORT

☰ All Sport

Sport Africa > African Football



Kipchoge: It's really hard to train alone

🕒 30 Mar 2020 | Sport Africa

The Kenyan marathon champion Eliud Kipchoge is trying to stay fit while self-isolating.

Social distancing measures mean that Nike Running Team athletes Kipchoge and Bekele must now train alone, rather than as part of the big groups they are used to. How does that affect them both physically and mentally?

“You cannot run really in a strong way because you are alone,” said Kipchoge, who is based in Eldoret.

“Physically I am training to make sure that I am fit but when you have the whole team then you can train to make sure that you are in the best-ever shape.

“Mentally, you can get tired early,” he added, “because if you have an hour run and you’re running alone, then you can really get tired because you are running alone, you are thinking alone.



- “Not everything is countable
- And not everything that’s countable counts.”
- .. Liam Moggan’s grandfather from Cloonaglasha (Albert Einstein stole it from him)



Empowerment (and Education)

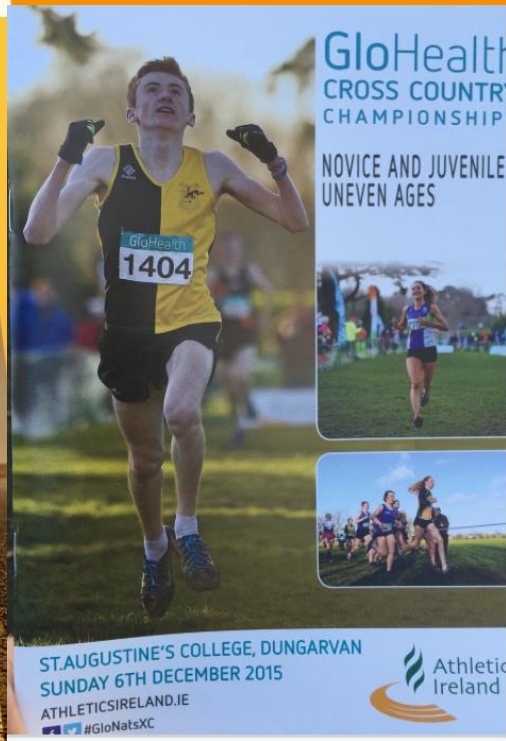
- Everyone has the outline training programme for the coming 2-3 months
- Teach warm up, mobility and S and C routines. Self directed thereafter
- Teach athletes about the physiology of running-why we are doing what we are doing
- Being proactive with injuries; pool running; lucky to have Clare Lodge

A close-up, low-angle shot of a person's right leg and foot as they run on a dark asphalt road. The runner is wearing black shorts, a grey and white running shoe, and a white sock. A yellow dashed line runs parallel to the road on the right side. The background shows a hazy, overcast sky and distant hills.

Our philosophy

- Regular coffees, occasional dinners
- Training away-days (Dunmore East)
- Company, and local role models
- Algarve Easter camp
- All are welcome, from any club
- Mixed ages
- Craic
- All are treated equally
- Flexibility and patience-other sports, growth spurts
- There are other things in life

Case study, 3 athletes



The long game



“The fastest way to good shape is slowly”

Brian Maher



Progression National cross country



Peter

- 2011 65th, 81st u16
- 2012 33rd u17, 55th u16
- 2013 12th u17
- 2014 7th (U19 1st)
- 2015 and 2016 2nd
- Nat Junior CC
- Scholarship athlete, Tulsa
- 13th NCAA cross country 2019
- 26th u23 European CC c'ships 2019

Personal reflections from
Aoibhe and Peter in
additional resources
section at the end

Aoibhe

- 2011 65th u16
- 2012 21st (u17)
- 2013 15th u19 , 16th u18
- 2014 13th
- 2015 2nd Nat Junior cc
- Scholarship in Portland,
- Now in Univ San Francisco
- 19th NCAA cross country 2019
- 17th European senior CC c'ships
- 2019, silver team medal

Shay

- 2013 110th
- 2014 60th
- 2015 33rd u16, 10th u15
- 2016 12th u17 7th u16
- 2017 3rd u17, 10th u18
- 2018 1st u18, 2nd u19
- 2019 5th u20
- 76th European junior CC c'ships 2019
- Scholarship in Tulsa 2020-



Equally great days





© Bjorn Paré



Teamwork

Role models?



A close-up, low-angle shot of a person's right leg and foot as they run on a paved road. The runner is wearing black shorts, a grey sock, and a black and white running shoe. The road has a yellow dashed line in the center, and the background shows a hazy, overcast sky and distant hills.

In summary

E's....and lots of the F word

- Ethos
- Empowerment
- Education
- FUN
- Equality
- Edging forward
- FUN

A close-up photograph of a person's lower leg and foot as they run on a paved road. The runner is wearing black shorts, a grey sock, and a black and white running shoe. The road has a yellow dashed line in the center, and the background shows a hazy, overcast sky and distant hills.

Questions/Comments

- Additional resources on the next slides



Additional resources



Examples of lactate threshold workouts

<https://www.youtube.com/watch?v=vYewLhJMex8>

Tomorrow's World 800m energy systems

<https://www.youtube.com/watch?v=GbDvWbU9VVo>

Brother Colm clip

<https://www.youtube.com/watch?v=mnSHw8as2OU>

Peter Lynch reflection <https://youtu.be/q0OI9QUQ1xQ>

Aoibhe Richardson reflection <https://youtu.be/80InNnOA8vE>