

Coaching at Cosmics

Both Ewen and Mike have done formal SAL Coaching but while Mike has a current certificate Ewen's has expired. (He is happy to explain why if you ask).

Cosmics is an adult orientated club so you are expected to bring your own thoughts and experience to any discussion about training schedules with either of the coaches. Two key pieces will be :-

- What are your goals
- What training are you currently doing (diary covering last month useful).

Cosmics currently have formal sessions on Tuesday and Thursday evenings and an informal longer run on a Saturday morning. The aim of these sessions is to provide some speed-endurance work in a group which will probably tax you more than your usual session.

As such these sessions form part of the mix that you should include during each cycle.

These are:-

- Speed-endurance work (less than 15% of the total) - faster than race pace
- Tempo runs - during longer run or as longer repetition sessions
- Long run/s to build/maintain endurance
- Easier recovery runs or Cross-Training

Both Ewen and Mike are happy to discuss your training plans on an individual basis but for all but newbies you are expected to bring your own experience, thoughts and practice to the table as noted above. When it comes to cross-training other club members will perhaps have more to offer.

Similarly although both have done a lot of races when it comes to targeting a specific race others may be more up-to-date or have particular relevant knowledge which they will be happy to share. Again specific skills eg. navigation may be better addressed elsewhere.

Ewen & Mike.

Two articles worth reading

Training for Hill-running - does the Theory exist

https://fellrunner.org.uk/fellrunner/1994_Feb.pdf - Page 16

Analysing Performance

https://fellrunner.org.uk/fellrunner/1995_June.pdf - Page 32