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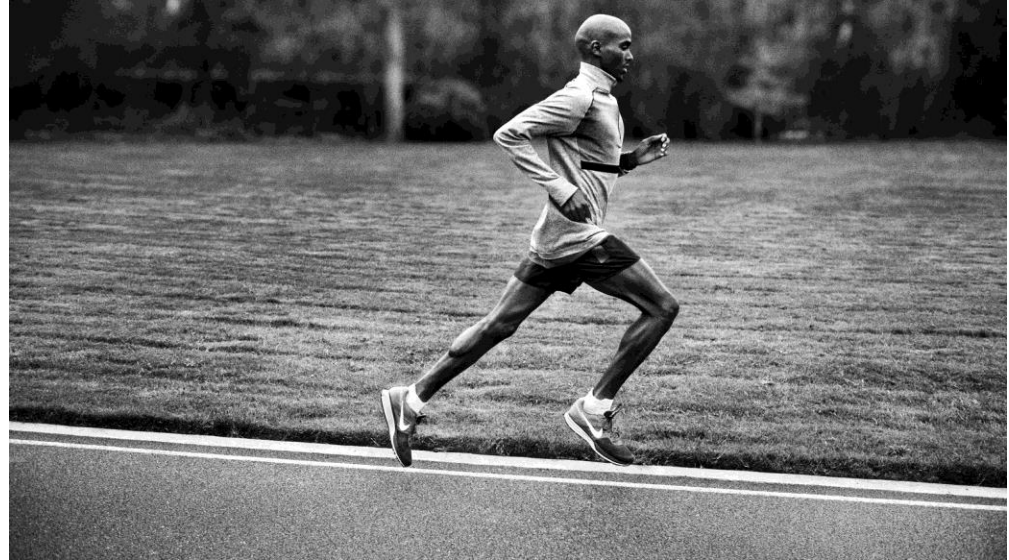
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RUNNING TECHNIQUE and TRAINING PLANNING

KLEMEN LAURENČAK, MAY 2025, LJUBLJANA

RUNNING TECHNIQUE

- 1. RUNNING EFFICIENCY**
(more produced energy is going directly into movement)
- 2. INJURY PREVENTION/
REDUCED STRAIN ON
BODY** (muscles, tendons, joints)
- 3. BETTER PERFORMANCE**
(you can train more + better efficiency)



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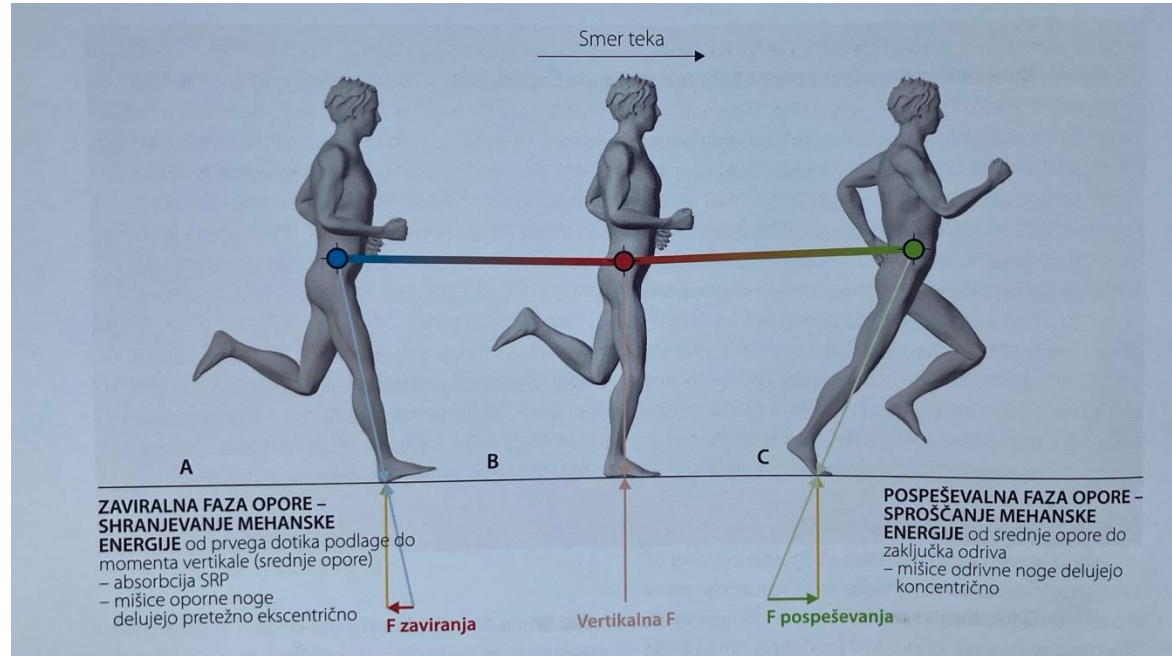


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RUNNING TECHNIQUE and
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RUNNING TECHNIQUE

1. **FOOT STRIKE**
(heel strike,
midfoot strike,
forefoot strike)
2. **SHOCK
ABSORTION
PHAZE**
3. **TAKE OFF**



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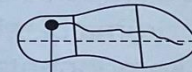
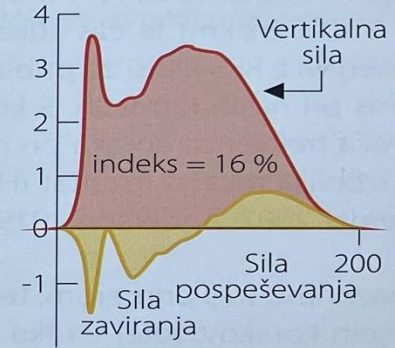
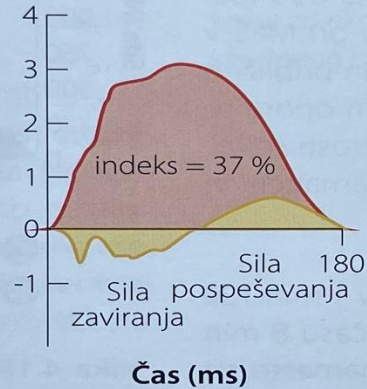
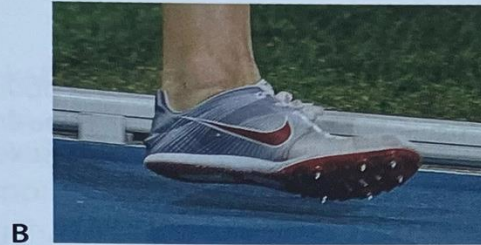
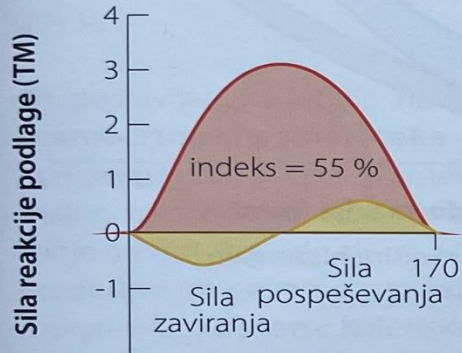
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RUNNING TECHNIQUE – FOOT STRIKE

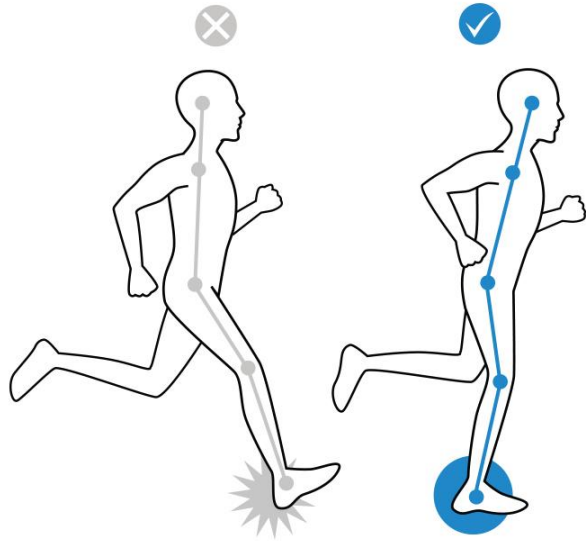


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RUNNING TECHNIQUE

POSTURE!!!

Basic of proper running technique



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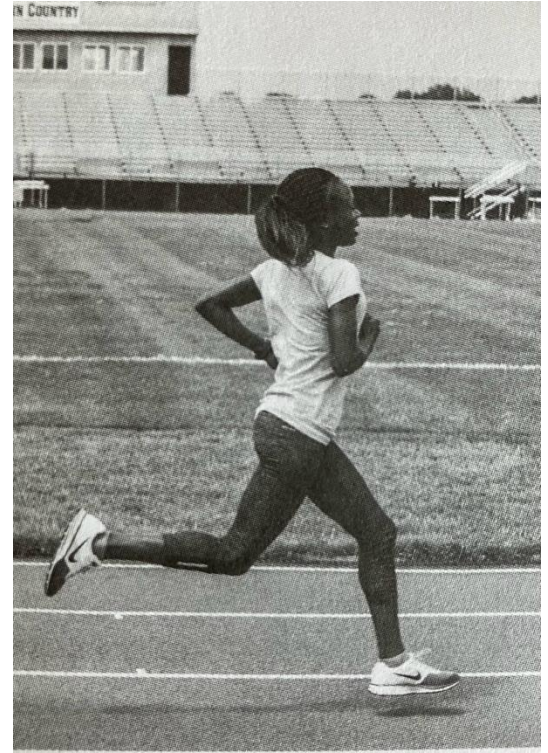
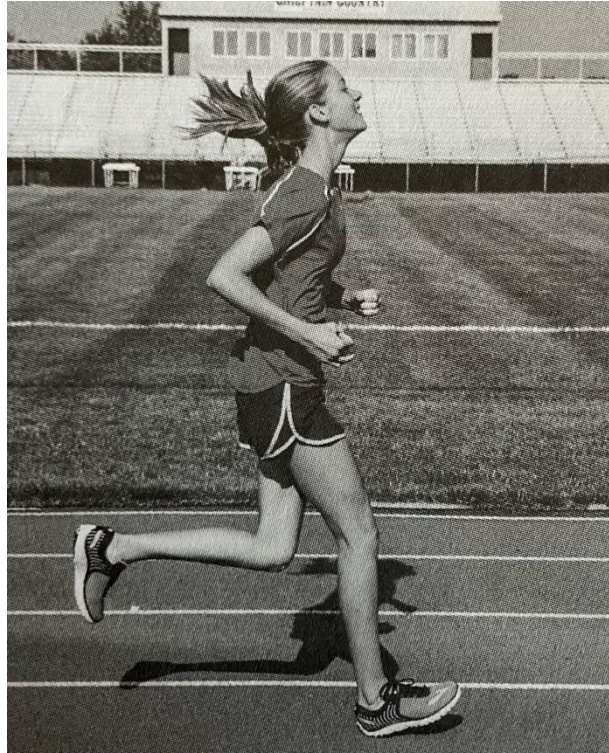
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RUNNING TECHNIQUE



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RUNNING TECHNIQUE

POSTURE – CORE STRENGTH!!! (CORE STABILITY)

CADENCE – SHORTER STRIDE, MIDFOOT STRIKE

The main fundamental guidelines for training runners should focus on maintaining good running posture and running with a high cadence. During running, the hips should be extended, and the centre of gravity should be pushed forward



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TRAINING FOR BEGGINERS

HOW TO START WITH RUNNNG?

- We must start running slowly and gradually
- The first activity should be walking, then we gradually add running
- All activities should be low-intensity, within the conversational pace zone
- BORG RATING (9 – 14)



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RUNNING DRILLS - VIDEO

1. 2 LEFT, 2 RIGHT
2. RUSSIAN SKIP
3. A SKIP/SKIP
4. SISSORS
5. ONE LEG SKIP
6. PAW-BACK SKIP (ONE LEG)
7. HIGH SKIP
8. ANKLE BOUNCES
9. BOUNDING
10. STRIDES



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TRAINING FOR BEGINNERS

CONSISTENCY IS KEY!!!!

The most important training factor for beginners (inexperienced runners)

What you do (during training) matters less than doing it regularly



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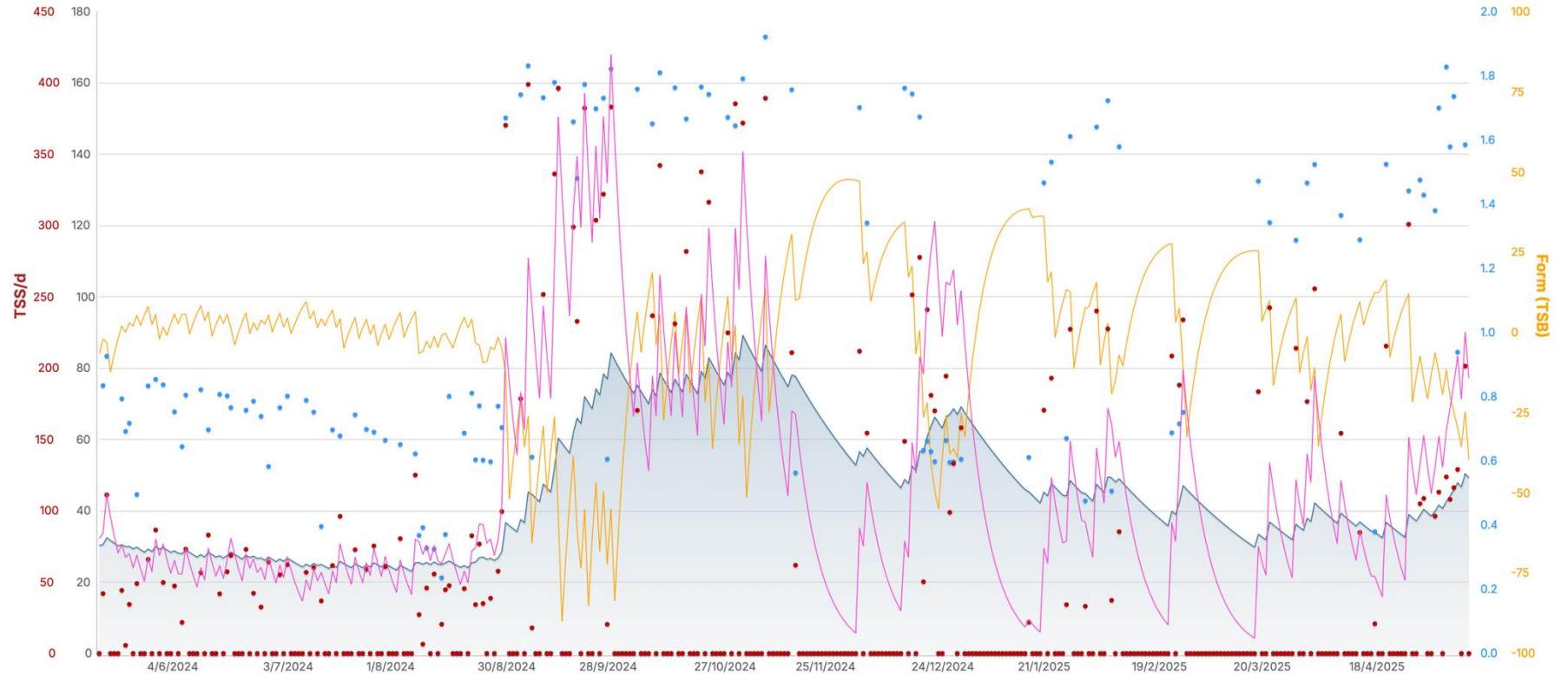
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**RUNNING TECHNIQUE and
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Performance Management - Workout Type: All Workout Types



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TRAINING FOR BEGINNERS

- For beginner runners: 3–4 (training) sessions per week
(*approx. 2000 kcal/week through physical activity*)
- It's enough to run 3 times per week (run-walk sessions)
- Add 1 extra session of another activity (walking, cycling, swimming, gym, etc.)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day off	Run/walk	Day off	Run/walk	Day off	Cycling,...	Run/walk or uphill walk
/	45´	/	45´	/	90´	45 – 120´



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TRAINING FOR BEGINNERS

WHAT IS ADEQUATE DURATION FOR BEGINNERS?

For beginner runners, each training session should last between 45 and 75 minutes

Example session (45 ')

10 min walking warm-up

Stretching exercises 5 '

10 x 1 min run / 1 min walk

5 min walk

10 x 1 min run / 1 min walk

5 min walking -cooldown



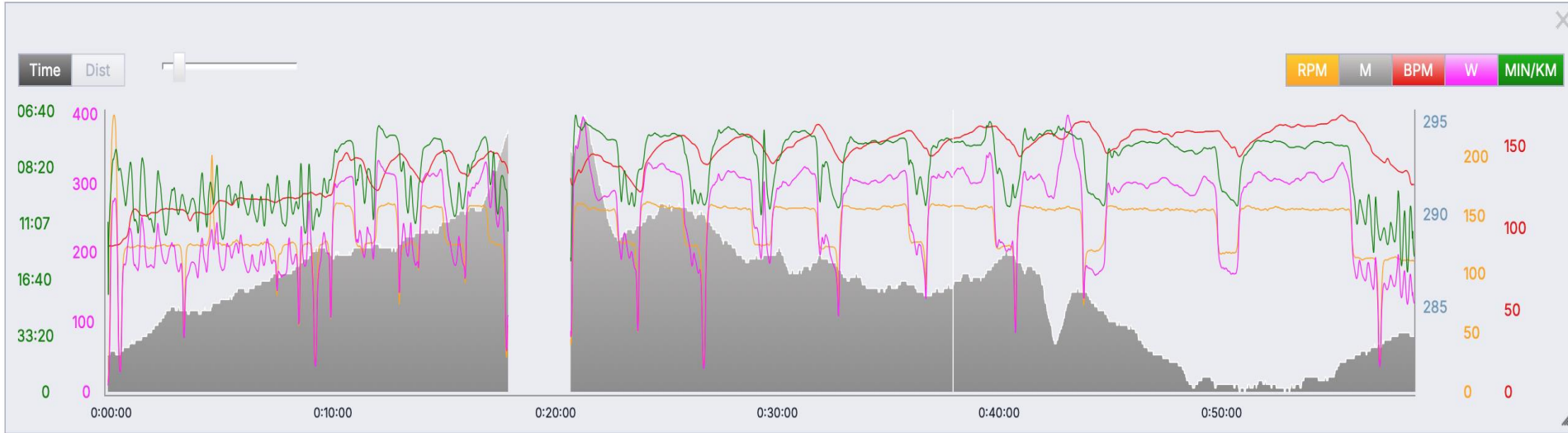
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TRAINING FOR BEGINNERS



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TRAINING FOR BEGINNERS

CORRECT TRAINING INTENSITY

Beginner runners should perform the majority of their training in the zone between 65% and 90% of their maximum heart rate (HRmax)

The conversational pace corresponds to approximately up to 85% of Hrmax

As we progress, we can begin to incorporate a wider range of training methods, including higher-intensity workouts (rule 45' easy run)



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Running is a highly stressful activity for the body of beginner runners

The joints and muscles are particularly affected, as muscles contract eccentrically during running

It takes several months for the body to adapt to this stress (lungs/heart; muscles; tendons)

Strength is the limiting factor!!!



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Younger adults tend to make rapid progress!

Such individuals should complement their running with a significant amount of preventive strength and flexibility training

Try to avoid exercises such as jumping, sprinting, and other intense activities that put additional strain on the body



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What should the structure of a training session look like, and what content should be included:

5-15 min WARM UP (walk with a bit of running, stretching, running drills,...)

20 – 30 min MAIN PART (run/walk combinations)

5 – 10 min COOLDOWN (walking, stretching, strength exercises)



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**RUNNING TECHNIQUE and
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TRAINING FOR 10 km

For runners above 60' on 10 km

- Part of instructions is same as for beginners;
- Better to do a little less than to risk doing too much
- A strong focus on injury prevention and supportive exercises
- Other activities (Walking, bike, hiking/mountaineering,...)



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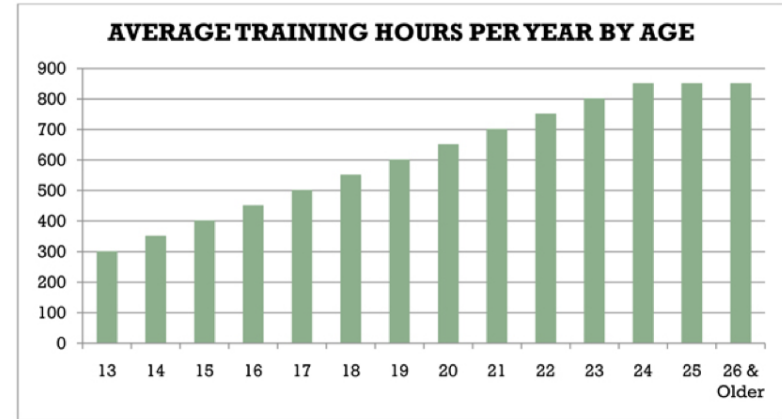
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**RUNNING TECHNIQUE and
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TRAINING FOR 10 km

Focus on:

- Low intensity training (long term development)
- **Running drills – part of every running session – STRENGTH**
- Max one intensive training per week!
- 3 – 5 running sessions per week
- Have a control over progress of training volume!



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TRAINING FOR 10 km - example

MON	TUE	WED	THU	FRI	SAT	SUN
DAY OFF	Fast hill repetitions 10 x 100-150m	DAY OFF	Easy run Z2 45 min + 10 x 100 m strides	DAY OFF	Cycling or hiking 90 – 120 min	Long run Z2 50 – 70 min
	+ basic strenght		+ basic strenght/ mobility			Or: 30 min Z2 – long warm up + 2 x 6-10 x 100 m strides



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RUNNING TECHNIQUE and
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TRAINING FOR 10 km

Runners above 60' on 10 km:

- This is quite slow running! It is hard to go so slow sometimes.
- They will be able to run intervals and shorter distances much faster than originally calculated
- You need to give them tasks that, through the organizational structure of the training session, will push them to maintain the appropriate intensity

	10 km – 62'	
Z1	Easy runs, warm up, cool down	7:30 – 7:00/km
Z2	Long run, aerobic run	7:00 – 6:30/km
Z3	Ondulating terrain, pregressive runs	6:30 – 6:10/km
Z4	Tempo run, race	5:45 – 6:10/km
Z5	Intervals, short races	5:30/km and faster



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TRAINING FOR 21 km

- Runners with more experiences
- Bigger volume of training
- Similar to 10 k training – a lot of specific strength (drills, strides, hills)
- at least 30 km/week (running 4 times per week)
- Long runs!!! + nutrition!
- A strong focus on injury prevention and supportive exercises
- Regeneration after runs (stretching, mobility, massage, foam roller)



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**RUNNING TECHNIQUE and
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TRAINING FOR 21 km – example for 1:45

MON	TUE	WED	THU	FRI	SAT	SUN
DAY OFF	Fast hill repetitions 10 - 12 x 150m + basic strenght 8 km – 60 min	Easy run Z2 45 min + basic running drills + Mobility	DAY OFF	Progression run 15 min – Z1 15 min – Z2 15 min – Z3 5 min – Z4 + running drills + 8 x 100 strides	DAY OFF OR Cycling or hiking 90 – 120 min	Long run Z2 75 min
		5 km test – 22:45		Z1 – 6:20 – 5:50/km Z2 – 5:50 – 5:15/km Z3 – 4:50 – 5:15/km Z4 – 4:20 – 4:45/km Z5 – 4:15/km and faster		



TRAINING FOR 21 km – LONG RUNS

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
10 km	11 km	12 km	12 km	13 km	13 km	14 km	14 km		16 km

W11	W12	W13	W14	W15	W16	W17	W18	W19	W20
	16 km		18 km		18 km		20 km		RACE

- CONSISTENCY!!!!



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WORKSHOP – TRAINING PLANING (45 min)

6 GROUPS (4-5 students)
Tasks for groups in a chat

15 minutes for planning

2 minutes for presentation
3-4 minutes for discusion for each group



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