

FEARmanagh Training Program Suggestion

FEARmanagh short race 35km combining cycling, trail running, cliff run/walk (including steps), kayak and more cycling.

SO, breaking that down into 4 parts:

CYCLING – Just over 27km of flat runs, hills, steep climbs and the all enjoyable and exhilarating descents.

RUNNING – 4.5km, the trail run is a mixture and flat decline runs with 3 or 4 challenging hill climbs.

Magho CLIMB - walk/run- 1.2km, 1000ft consisting of STEPS.

KAYAK– 1km option -Single or double kayak.



REFLECT, ASSESS, PLAN & PRACTISE

What do you do already?

What level of fitness are you at already?

Maybe you are a runner?

Avid bike rider?

Gym work and classes have given you a strong core and have good muscular endurance and fitness?

SO, ASK YOURSELF. Which parts of the race need your immediate attention and practice? And remember EVERYONE WAS A BEGINNER ONCE!

I know some fantastic cyclists who happily sit in their saddle of comfort (not that I should ever use COMFORTABLE and SADDLE in the same sentence EVER!) A few of these people who would think 20 miles was a short ride did FEAR last year and in signing up for FEAR they HAD to challenge themselves to get out running AND OUT OF THEIR COMFORT ZONE/SADDLES. On the other hand there were runners who got onto a bike for the first time since they were young, in order to challenge themselves to do FEAR. Being fit in one sport does not ensure fitness in another. The bike and running, like anything else takes practise.... if you do not like something because of lack of confidence due to your limited ability and fitness YOU MUST DO IT MORE! Look at the big picture and think of the benefits of sticking to a training plan to achieve your goal... health, fitness, good habits, new hobbies and increased self-esteem and confidence.

The following training schedule is a guideline aiming from novice to semi – experienced athletes.

- 1 CLASS PER WEEK to strengthen your body and condition it for the STEPS (climb), to carry you easier on your run and build strength to get you up the hills on the bike. Be careful where in your schedule you do this as if you are hill training (running or cycling) you will want fresh legs!
- Up to 2 cycling sessions per week (possibly one session for distance and another shorter session for intensity i.e. hill training)
- Run – 1-2 sessions per week, dependant on your starting point.
- Kayaking – dependant on your starting point it would be a good idea to get AT LEAST 2 lessons coming up to the event.

Beginner Cyclists

(ALREADY A CYCLIST - PLEASE TAKE NOTE OF WEEK 5+ ON THE EXAMPLE TRAINING PROGRAM)

Your bike, is it sized properly for your height? Who can check this?

Take safety precautions, wearing appropriate attire and adhering to road etiquette. What are these?

Increasing confidence on the road is essential. Taking your bike out initially at quiet times and on quiet roads and days (i.e. Sunday mornings) would increase confidence on the road.

Practise flat and then slightly hilly routes to make sure you are confident with the GEARS. If on a road bike you must be familiar with which side adjusts your BIG cogs and which side adjusts your SMALLER cogs therefore making the ride as easy as possible. REMEMBER the route is hilly with some steep climbs, so awareness of the gears is paramount. Getting advice about this from more experienced riders is invaluable. Get a feel for the gears by reading the road ahead... "I'm coming up to a hill I need to make life easier for myself by decreasing resistance." This is probably my best piece of advice for a beginner as once you have the gears sussed by trying and trying again I promise it will get easier. Once you have a sense of confidence with your bike then get out and work your miles up gradually. How often you get out on your bike really will depend but my advice is AT LEAST once a week if not twice a week. If time is an issue you could do a long route one day and a shorter route another day, simply to practise your gear changing abilities or hill intervals for example.

EXAMPLE TRAINING SCHEDULE FOR NOVICE BIKE RIDERS (Already a cyclist - skip to week 5)

Week	Route/Distance	KM	NOTE TO SELF
1	A flat and hilly 5km route X 2 TWICE A WEEK. Ideally something familiar and local to you. 'The Circle' in Derrygonnelly or Monea for example.	10km	Struggled with the gears need to practise more coming up to the hill.
2	The same route X 3 laps TWICE A WEEK	15km	Concentrating on being ready for the hills and THINKING about what I'm doing.
3	The 5KM route X 5 laps TWICE A WEEK	20km	Persistence prevails, and the gears are becoming more natural... think gears of the car!
4	The 5km route X 6 laps	25km	I am reading the road in front and am now confident with the gears... I am ready to move on and try a different route to test my new-found skills!
Wk. 5-8	Varied route with some challenging hills in preparation for Lough Navar. Pushed for time? Can you fit in some HILL intervals? Find an incline and push yourself up it 3-5 times using your downhill for recovery.	30km	Building endurance – thinking about adding the running at this point, a flat 3km route
Wk. 9-11	Can you practise the route? Are you local? If so get yourself to Derrygonnelly and practise from Derrygonnelly Community Centre to The View point, Lough Navar and back again. NOT LOCAL? Find an appropriate route with a steep incline. Suggestions?		
Wk. 12	No less than a week before the actual race day.	*COMBO	*COMBO

*COMBINING A HILLY CYCLE AND A RUN.

Beginner Runner or 5km/10km Runner (please see wk 5 of example training schedule)

The 'Couch to 5km' a 10-week program that gets COMPLETE beginners to fitness running in just 10 weeks is a great example of what you CAN achieve over 10 weeks with CONSISTENCY. Start NOW!

COMPLETE BEGINNERS –

Start with a walk/run routine and increase the running, decrease the walking. Download a couch to 5km program to your phone. Join a running club. Community running clubs are great to keep you motivated. Derrygonnelly Running Group meet at 12noon Saturdays and on a Tuesday evening at Derrygonnelly Community Centre and welcome new members. There are also many other running clubs locally. You WILL get around the route on the day regardless of how many times you stop, but you must give yourself the best chance so START NOW. Again, how your training regime begins with will depend on your starting position. Set yourself weekly goals and log your progress. Running is not easy if you are not used to it, so remember if you are finding it hard then you will be getting fitter so keep it up. It takes practise and consistency and most importantly, it is getting your HEART fit.

EXAMPLE OF A COMPLETE BEGINNERS TRAINING PROGRAM FOR 4.5KM TRAIL RUN (If you are already a runner - skip to week 5 and start there).

Week	Route/Distance	KM/TIME	NOTE TO SELF
Wk. 1	Example 1.4km route around Lake Achork in Lough Navar forest X 3 Fast walk one lap then run 1 min walk 1 min for 2 laps REPEATED twice this week.	1.4 X 3	HARD! Must repeat!!
Wk 2	Lake Achork X 4 laps. Walk 1 lap run 2 mins walk 1 min.	1.4km X 4	Take it easier for the first
Wk 3	5km route - 5 minutes fast walk, Run 3 mins walk 1 min till the end.	5km	Doesn't seem to be getting easier but then I'm pushing myself harder each week... progressing!
Wk 4	5 minutes fast walk, run 5 minutes and walk 1 minute.	5km	One month on ..look how far I have come.. time to prepare for the hills.
Wk 5	Fast walk for 5 minutes (warmup) HILL INTERVALS – find a hilly route and practise running the flats and walking the hills. Repeat for 30mins.	30 MINS	
Established 5/10KM road runner	Lough Navar Forestry trails, endurance training. CHALLENGING runs in comparison to what you already do.	5-6km	A challenge must repeat!

MUSCULAR STRENGTH & ENDURANCE (will help with running and cycling the inclines, kayaking and steps)

So you might be a good bike rider and good runner but what about strength? A strong core includes abs, back and glutes and will get you where you need to be easier and faster than just practising running and biking on their own. You need strength to get you up Magho (the dreaded steps!). Join a circuits class, the gym, pilates, yoga, strength and conditioning - all of these will help strengthen your core and don't forget exercises that strengthen your legs and glutes too.

MY TOP 5 EXERCISES to hit the whole body & predominately the core and legs.

- SQUATS
- PLANK
- LUNGES
- FRONT SQUAT PUSH PRESS
- DEADLIFT



KAYAKING

Muscles used - upper body, lower body and especially your core. There is a technique involved and any courses run by any local club will benefit you greatly - if you are local check out Enniskillen's <http://facebook.com/ernepaddlers>.

PUTTING IT ALL TOGETHER at some stage you need to start putting the components together. A cycle into a run into a climb. This is what you are working towards so please try and stick to the plan as best you can.

**GOOD LUCK AND CONGRATULATIONS ON FEELING THE FEAR
AND DOING IT ANYWAY! YOU CAN DO IT!**