

“INTERVAL RUNNING AND FARTLEK TRAINING FOR MARATHONS”

Both interval running and farther training involve bursts of faster running and periods of recovery. This type of running uses both your aerobic and anaerobic systems. Training anaerobically can ultimately improve your body's ability to deliver oxygen to your muscles. This can be a useful part of training, but should only be used when you have some running experience.

Interval training is very structured and can be specifically aimed at an individual athlete, depending on their current level of conditioning. The appropriate intensity and duration of the intervals can be determined by the results of anaerobic threshold testing (AT). Farley training is determined by how the athlete is feeling while they are training. So the intense interval continues for as long as the athlete feels they can continue, rather than being predetermined. It can be extremely useful particularly if the athlete has the ability to push themselves.

For interval training, the bursts of faster running when training for a marathon may be at a low intensity say for about 1-2 miles and allow 2 minutes to recover (or when breathing returns to normal/pulse returns to about 120 bpm). Or the intervals can be at a higher intensity for bursts of 400m-800m. Farley training would involve running at the increased intensity for as long as the athlete was able followed by a recovery period and then repeated.

The things to consider when developing an interval training session are:

- Intensity (speed) of work interval
- Duration (distance or time) of work interval
- Duration of rest or recovery interval
- Number of repetitions of each interval

The benefits of farther training are that you will be less likely to over train which can be a problem with predetermined intervals and you have the opportunity to push yourself further if you are feeling strong. It is a personal choice whether to use interval or farther training.

If you have any specific questions about marathon training or preparation please contact us on **0870 2000 878** or reception@puresportsmed.com