Tetrathlon Running

Run Distances						
7 years and under	**11 years and under**	**14 years and under**	**Intermediate and open girls**	**Intermediate boys**	**Open boys**	**Over 25s**
500m	1000m	1500m	1500m	2000m	3000m	1000m

Training Suggestions

- If you have not run for a while, start with a short, slow run and make sure you have a few days off between runs. This will help your legs to recover after the initial shock of being used again!
- Try to include some hill runs each week – these will really help your speed and stamina.
- Interval sessions (where you run flat out for a short time and then run slowly to recover) also help your speed. You could put cones out to indicate where to run fast/slow. We use lamp posts if we are running round the village!
- Try to run at least twice the distance that you need to as this will help your stamina and make the actual distance seem shorter and (hopefully) easier!
- A timed run of your required distance once a week should be plenty. Use the other training suggestions on the other days of the week.
- Your times will be slower if you run cross country so don't be disheartened.
- Share your times on our WhatsApp group and/or Strava – we can identify the quickest times for each distance as well as seeing who has improved the most.

Something to aim for!

To score 1000 on the run, you would need to do the following times!

500m: 2 mins 0 seconds

1000m: 4 mins 0 seconds

1500m: (junior boys): 5 mins 10 seconds

1500m: (junior girls): 5 mins 40 seconds

1500m: (girls open and intermediate): 5 mins 20 seconds

2000m: 7 mins 0 seconds

3000m: 10 mins 30 seconds

Measuring and timing your run

- Strava on your phone seems to be the most accurate, but it can be tricky to measure a run precisely (my watch always measures the distance as being less than my phone and you, therefore, end up with a slower time)!

- Running slightly further than the required distance seems the safest way of recording a run (for competition purposes).

- An out and back run, whilst not the most exciting, is often easier to measure than a loop.

- If your phone is difficult to carry, try putting it into a 'zipable' pocket. You can set up Strava so that it does not start until you are moving.

- Try to choose a route that does not cross a road - it will slow you down if you have to wait for a car!

- Doing your timed run over a familiar route will give you an idea of whether and how you have improved. You don't need to run this route for all of your training runs.