

The Tamar Trotter 1000-mile challenge

This is a new initiative open to anyone in the club. It is not a competition, but merely a chance for you to log your daily and weekly mileage throughout the year with the chance to earn rewards in return.

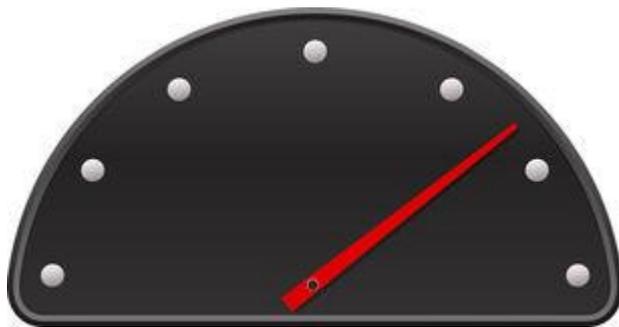
The challenge runs from April 1st 2017 to March 31st 2018, and there will be rewards available for those who clock up 750 miles (bronze), 1000 miles (silver), 1250 miles (gold) and 1500 miles (platinum).



All you need to do is at the end of each month, email our [Club Captain Vinny Pitman](#) with your monthly mileage total and he'll then add it to your total. When you hit any of the milestones we'll all be able to celebrate it with you.

Many of you now use GPS watches or apps such as Mapmyrun to measure your runs, while others are regulars on Strava. I started a training diary in 1968 and have kept one ever since. For the majority of that time I simply estimated distance based on time out, terrain and perceived effort.

Keeping a log of your training and racing is motivational and of great use when you want to look back and see what worked well for you. But this log is yours and yours alone and you can use whatever system you like.



In addition to helping people keep track of their training we are also keen to promote the benefits of basic aerobic training. In the old days we called this LSD (long steady distance). It is the mainstay of all endurance work and is done at 'conversational' pace.

Whether you are on our new couch to 5k introductory programme or a county athlete, ensuring you have an adequate foundation of base miles is essential. Obviously if you only ever did slow miles you might only develop the ability to run slow and easy hence our Tuesday interval programme and Thursday tempo runs. However for 80 -90 percent of the time we will simply be building up our endurance by going out and enjoying the miles.

To stay safe during this challenge the standard advice is to increase weekly volume by no more than ten per cent and to increase your weekly long run by no more than ten percent. However, this is a guideline and athletes with decades of experience will have the experience to run at different volumes and intensities as part of a planned periodization programme geared around target races.

Enjoy your running and look out for the reminders to let us know how you are getting on.

Steve Baker
Club Development Officer