

100% OF PROFITS TO CHARITY

A WORLD 1ST

**BY CAIDEN GRIFFIN AGE 10
AND TWO WORLD FAMOUS AI'S**

COACHING FOR PERFORMANCE RUNNERS

**A PRACTICAL GUIDE FOR IMPROVING
YOUR SKILLS, SPEED, AND STAMINA**

A WORLD FIRST

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ABOUT THIS BOOK

You might ask why this book is a world first, and that's a great question. Well, not only is this the first performance running book ever written by a 10 year old, but the book itself was written by an Artificial Intelligence (AI) called ChatGPT for free in the time it takes to run one 5Km Basingstoke Parkrun, or about seventeen minutes.

Furthermore, all the graphics and images are a first of a kind, never seen before they were all generated by a Generative AI called MidJourney in under a day from scratch and for less than £20.

SO WHERE'S THE HUMAN?

We live in a world full of sci-fi-like technology and while these amazing tools, like the AI's we used to create this book exist today, Caiden used his own knowledge of elite running to create the AI prompts for the text, then used his creativity to create the prompts for the AI generated artwork. He also used his understanding of books and story telling to generate the flow and format of the book, then used his software skills to create the layout and design of it, while constantly checking the accuracy of the content and getting feedback on it all from his coaches. And, as dad, I just had oversight.

AND WHAT'S THE POINT ANYWAY?

On the one hand the point of this book is to produce a complete performance running guide for young aspiring athletes based on the real life experiences of a winning Team GB athlete, and Caiden hopes he's accomplished that. On the other though it's to demonstrate and educate people about the power that emerging technologies like these have to change the world, their impact on the future of work, their ability to democratise access to skills that were previously the domain of "human experts," to stir debate, and to showcase their ability to boost human potential and productivity by thousands fold.

As the world around us changes at an increasingly fast pace we are surrounded by threats and opportunities. Take AI for example, in the long run the AI's we used to help us produce this book in time could automate over 230 Million jobs in the creative sector - a \$6 Trillion sector - as well as coding and many other job categories.

As they do this these technologies democratise access to those skills we used to rely on human experts for. After all, as good as Caiden is at running generating this quality of artwork this quickly and for next to nothing is - or was until now - beyond him. Nonetheless, by using his knowledge of coaching, running, and technology Caiden has done what very few people thought possible and he did most of it faster than he runs many of his races.

Technology is a tool, and as many of them become increasingly smart and capable they open the door to new possibilities. And, in our case, we chose to use them to guide and inspire others, show you the art of the possible, and raise money for charity.

HOW WE MADE IT

EASY BUT NOT EASY

It'd be all too easy to think that Caiden left the Artificial Intelligences to do all the heavy lifting and to a degree he did - after all they generated almost all the text and every image for it. Despite this amazing feat though all of it, without exception, was directed and micro managed by him, and there was a lot of micro management.

While producing this book was a lot easier than producing everything by hand the old fashioned way, like in 2022, it wasn't easy. We had to watch out for AI bias, double and triple check everything, then put it all into a readable format - the book you now see before you.

During the project we learned a lot about the potential but also the limits of these powerful world changing AI's. For example, ChatGPT is pretty generic with its facts - great for high level content but rubbish with the detailed stuff. MidJourney meanwhile seems slightly biased and literally has a mind of its own which can be both interesting and challenging. It also hates clashing different creative genres together and would almost always create awful looking art, it doesn't like fingers or artwork involving human emotions, and forget anything too complex such as using it to generate a person on a treadmill.

Great as they are both of them had strengths and weaknesses that we had to navigate, but we did everything **HUNDREDS** of times faster and cheaper than people would have been able to in 2022. To see how we did it all click or scan the QR code to watch our video.

WATCH THE VIDEO
CLICK OR SCAN TO SEE THE ORIGIN STORY



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ABOUT THE HUMAN AUTHOR

CAIDEN GRIFFIN, 10 YEARS OLD FUTURE READY, TEAM GB ATHLETE, STUDENT

Born in 2012, the year of the 2012 London Olympics Caiden Griffin has always been energetic. Which is an understatement. Over the years, with good coaches, excellent support from local and national institutions, and a passion sport he has excelled at multiple disciplines including running, shooting, and swimming.

Having first qualified for Team GB numerous times before the pandemic hit he qualified for the team again in 2022 and, with lock downs behind us all was finally able to compete at multiple UK, European, and World championships where he claimed the British and European Champion title in Laser Run and sixth in the world, and medalled in every Biathle, Biathlon, and Triathle competition, with an unfortunate leg injury ruling him out of competing at last years worlds. An avid runner he also competes in Mid Distance athletics and Cross Country.

Inspired by his fellow team mates, his icons include Caeleb Dressel and Joseph Choong, and yes he's eyeing the Los Angeles Olympics.



ABOUT THE OTHER “AUTHORS”



MidJourney's portrait of Matthew Griffin.

MATTHEW GRIFFIN, FUTURIST

Matthew Griffin is one of the world's most renowned futurists and an expert on Synthetic Content. The founder and CEO of the 311 Institute, a global futures and deep futures consultancy Matthew works with royalty, governments, and many of the world's most renowned brands, from Adidas and Adobe, to Samsung and Visa, to them envision, understand, and lead the future.

When it came to this project I provided "guidance and oversight," tech support, and the £20. Find me on Discord under 311 Institute and FanaticalFuturist on the socials.



MidJourney's portrait of ChatGPT.

CHATGPT, A NATURAL LANGUAGE AI

ChatGPT is arguably the world's foremost Large Language Model AI. Created by OpenAI, which was founded by Elon Musk and Sam Altman, it has rocked the world with its natural language capabilities. But from our experience with this book it still has a some way to go before it can write its own.



MidJourney self-portrait.

MIDJOURNEY, A GENERATIVE AI

MidJourney is one of the world's foremost AI art generators. Founded by David Holtz it uses natural language to try to understand what art a user wants to generate and then generates it. A highly sophisticated AI it's not without its "quirks" but as you can see the results can be stunning.



CHAPTER ONE



INTRODUCTION TO COACHING FOR PERFORMANCE RUNNERS



COACHING FOR performance running is a practical guide for runners of all levels looking to improve their skills and speed.

Whether you're a beginner looking to complete your first 5K or an experienced runner aiming to set a personal record, this book will provide you with the tools and knowledge you need to reach your goals.

The first step in improving your running performance is to assess where you are currently at. This involves evaluating your current running ability, setting performance goals, and developing a training plan that is tailored to your individual needs and goals.

Techniques for improving running form and efficiency are also crucial for optimizing your performance. Proper running form can help you conserve energy, reduce the risk of injury, and improve your overall speed and efficiency.

Strength and conditioning are also important considerations for runners. Building strength and improving your overall physical conditioning can help you run faster and more efficiently, as well as reduce the risk of injury.

Mental strategies also play a key role in running performance. Developing the right mindset and adopting

positive mental habits can help you push through tough workouts and races, and achieve your performance goals.

Recovery and injury prevention are also important factors to consider in a training

plan. Proper recovery and injury prevention strategies can help you stay healthy and avoid setbacks in your training.

Racing strategy and tactics are also important considerations for runners looking to optimize their performance. Knowing how to pace



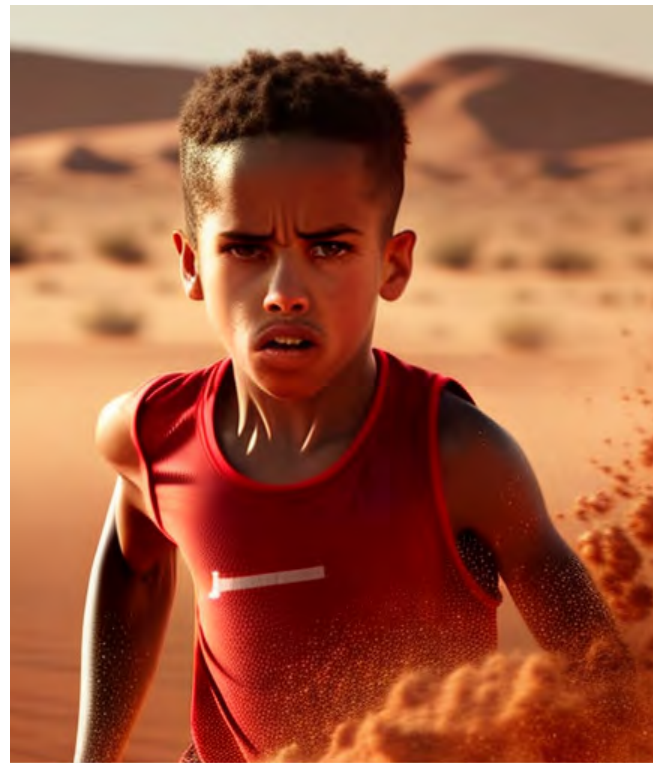
yourself, how to position yourself within a pack of runners, and how to make strategic moves during a race can all help you achieve your best possible performance.

Working with a coach or trainer can also be an effective way to improve your running performance. A good coach or trainer can provide you with personalized training guidance, support, and accountability to help you reach your goals.

For elite runners, advanced training techniques can also be an important part of optimizing performance. These techniques may include advanced strength and conditioning methods, specialized training plans, and cutting-edge recovery and injury prevention strategies.

Ultimately, achieving your performance goals as a runner requires a holistic approach that takes into consideration your current running ability, your goals, and a comprehensive training plan that includes techniques for improving running form and efficiency, strength and conditioning, mental strategies, recovery and injury prevention, and racing strategy and tactics.

This book will provide you with the tools and knowledge you need to put it all together and achieve your



performance goals.



CHAPTER TWO



ASSESSING YOUR ABILITY



BEFORE YOU can begin to work towards improving your running performance, it's important to first assess your current ability. This involves evaluating your current fitness level, any physical limitations or restrictions, and your overall running experience.

One way to assess your current running ability is to take a running test or assessment. There are various tests you can use, such as a timed 1-mile run or a VO2 max test, which measures the maximum amount of oxygen your body can utilize during exercise. These tests can give you a baseline measurement of your current running fitness and help you set realistic performance goals.

It's also important to consider any

physical limitations or restrictions you may have, such as injuries or chronic conditions that could impact your running ability. If you have any existing injuries or conditions, it's important to work with a healthcare professional or physical therapist to determine appropriate modifications to your training plan.

Your running experience is another important factor to consider when assessing your current ability. If you're a beginner runner, you may need to start with shorter distances and gradually build up your endurance and strength. On the other hand, if you're an experienced runner, you may have a better foundation to build upon and be able to tackle more advanced training



techniques and goals.

Another important aspect to consider when assessing your current running ability is your current training and exercise habits. Are you currently following a structured training plan or are you just running randomly? Do you incorporate other forms of exercise, such as strength training or cross-training, into your routine? Understanding your current habits can help you identify areas for improvement and make necessary adjustments to your training plan.

Overall, assessing your current running ability is an important first step in improving your performance. By understanding your current fitness level, physical limitations or restrictions, and running experience, you can set realistic goals and develop a training plan that is tailored to your individual needs and abilities.

TRAINING FOR DIFFERENT EVENTS

As a runner, it's important to tailor your training to the specific demands of the events you'll be participating in. Different types of running events, such as sprints, middle distance, distance, and ultramarathons, all have unique demands and require specific training approaches.

Here are some general training strategies for different types of running



events:

- **Sprints:** Sprint events, such as the 100m and 200m, are focused on speed and power. Training for sprints should focus on building strength and power through exercises such as sprints, plyometrics, and weight training. It's also important to work on technique, such as proper body alignment and arm swing, to maximize your speed and efficiency.
- **Middle distance:** Middle distance events, such as the 800m and 1500m, require a combination of speed and endurance. Training for middle distance events should focus on building both strength and endurance through a mix of interval workouts and longer distance runs.
- **Distance:** Distance events, such as the 5k and 10k, require a high level of endurance and the ability to maintain a steady pace. Training for distance events should focus on building endurance through long distance runs and tempo runs, and on developing the ability to maintain a consistent pace.
- **Ultramarathons:** 50k, 100k, and 100-mile races, require an extremely high level of endurance and the ability to sustain a high level of physical and mental effort over a long period of time. Training for ultramarathons should focus on building endurance through long distance runs and back-to-back long

runs, and on developing strategies for managing nutrition, hydration, and other logistical challenges during the race.

Overall, it's important to tailor your training to the specific demands of the events you'll be participating in. By focusing on the specific training strategies and techniques that are most relevant to your goals and needs, you can optimize your performance and achieve your best possible results.



CHAPTER THREE



SETTING PERFORMANCE GOALS



SETTING PERFORMANCE goals is an important step in improving your running skills and speed. Having specific, measurable, achievable, relevant, and time-bound (SMART) goals can help you stay motivated and focused as you work towards your running goals.

One way to set performance goals is to start by determining your long-term goal, such as running a marathon or setting a personal record in a particular race distance. From there, you can break down your long-term goal into smaller, more manageable goals that you can work towards over time. For example, if your long-term goal is to run a marathon, you might set a goal to run a certain distance or time in a shorter race, such as a half marathon, as a stepping stone towards your ultimate goal.

It's important to make your goals challenging, but also realistic and achievable. Pushing yourself to achieve your goals can be motivating, but setting goals that are too difficult or unrealistic can be demotivating and lead to frustration and disappointment. To set realistic goals, consider factors such as your current running ability, training schedule, and any physical limitations or restrictions you may have.

Another important aspect of setting performance goals is to have a clear plan for how you will achieve them. This may involve creating a training plan that includes specific workouts and training

schedules, or working with a coach or trainer to help you reach your goals. Having a clear plan can help you stay on track and make progress towards your goals.

In addition to setting specific performance goals, it's also important to set goals that are relevant and meaningful to you. These might be goals that align with your personal values or interests, or goals that are related to your overall health and well-being. By setting goals that are relevant and meaningful to you, you'll be more likely to stay motivated and committed to achieving them.

Overall, setting performance goals is an important step in improving your running skills and speed. By setting SMART goals, having a clear plan for how to achieve them, and making sure they are relevant and meaningful to you, you'll be well on your way to reaching your running goals.



CHAPTER FOUR



DEVELOPING A TRAINING PLAN



A TRAINING plan is an essential component of improving your running performance. A good training plan should be tailored to your individual needs and goals and should include a variety of workouts and training techniques to help you build endurance, strength, and speed.

When developing a training plan, it's important to consider your current running ability, your goals, and any physical limitations or restrictions you may have. Your training plan should also take into account your schedule and the amount of time you have available for training.

One way to structure your training plan is to use a periodization model, which involves dividing your training into different phases, such as a base-building phase, a strength-building phase, and a race-specific phase. Each phase should focus on different aspects of training, such as building endurance, improving speed, or improving strength and power.

Your training plan should also include a variety of workouts, such as easy runs, tempo runs, interval workouts, and long runs. Each type of workout serves a specific purpose and can help you improve different aspects of your running performance. For example, easy



runs help you build endurance, tempo runs help you improve your lactate threshold (the point at which your body starts to fatigue), and interval workouts help you build speed and power.

Incorporating cross-training and strength training into your training plan is also important for improving your running performance. Cross-training activities, such as cycling or swimming, can help you build overall fitness and improve your endurance without the impact of running. Strength training can help you build power, improve your running form, and reduce the risk of injury.

It's also important to include recovery and rest in your training plan. Adequate rest and recovery are essential for allowing your body to repair and rebuild after hard workouts and races. Without proper recovery, you may be at an increased risk of injury and overtraining.

Overall, a well-designed training plan is an essential component of improving your running performance. By tailoring your training plan to your individual needs and goals and including a variety of workouts and training techniques, you'll be well on your way to reaching your running goals.



CHAPTER FIVE



TECHNIQUES FOR IMPROVING RUNNING FORM AND EFFICIENCY



IMPROVING YOUR running form and efficiency is an important factor in optimizing your performance as a runner. Proper running form can help you conserve energy, reduce the risk of injury, and improve your overall speed and efficiency.

There are several key techniques you can use to improve your running form and efficiency:

- **Arm swing:** The way you swing your arms can also impact your running form and efficiency. Keeping your arms relaxed and close to your body can help you maintain balance and control, while swinging your arms too wide or too high can waste energy.
- **Cadence:** Cadence, or the number of steps you take per minute, is an important factor in running efficiency. Aiming for a cadence of 180 steps per minute can help you maintain a consistent stride length and reduce the risk of overstriding, which can cause you to waste energy and increase your risk of injury.
- **Footstrike:** The way your foot strikes the ground can also impact your running form and efficiency. A forefoot or midfoot strike is generally more efficient than a heel strike, as it helps you maintain a more consistent stride length and reduces the impact on your joints.
- **Proper posture:** Maintaining good posture while running can help

you maintain balance and control and reduce the risk of injury. Good running posture involves keeping your head up, your shoulders relaxed and back, and your core engaged.

- **Relaxation:** Maintaining a relaxed body while running can help you conserve energy and improve your overall efficiency. Aim to keep your muscles relaxed, especially in your face, neck, and shoulders, to reduce tension and improve your form.

To improve your running form and efficiency, it's important to focus on incorporating these techniques into your training. You can work with a coach or trainer to help you identify any areas for improvement and develop a plan to address them. Practicing good form and efficiency during your workouts and races can help you achieve your best possible performance.





CHAPTER SIX



STRENGTH CONDITIONING FOR RUNNERS



INCORPORATING STRENGTH and conditioning into your training program is an important factor in optimizing your running performance. Strength training can help you build power, improve your running form, and reduce the risk of injury.

There are several key elements to consider when designing a strength and conditioning program for runners:

- **Consider your goals:** Your strength and conditioning program should be tailored to your individual goals and needs as a runner. For example, if you're training for a marathon, you may want to focus more on endurance-based exercises, while if you're training for a shorter race, you may want to include more power-based exercises.
 - **Don't neglect upper body:** Your upper body, including your arms, shoulders, and back, plays a crucial role in maintaining good running
- form and balance. Incorporating exercises that target these muscles can help you run more efficiently and reduce the risk of injury.
 - **Don't overdo it:** It's important to balance your strength training with your running workouts. Too much strength training can lead to overuse injuries and negatively impact your running performance. Aim to incorporate strength training two to three times per week.
 - **Functional movements:** Choose exercises that target the muscles you use while running, such as your core, glutes, and legs. Exercises that mimic the movement patterns of running, such as lunges, squats, and step-ups, can be particularly beneficial.
 - **Variety:** Incorporating a variety of training methods, such as resistance training, plyometrics, and bodyweight exercises, can help you build strength and power in different



ways.

Overall, incorporating strength and conditioning into your training program can be a valuable tool for optimizing your running performance. By focusing on functional movements, using a variety of training methods, and tailoring your program to your individual goals and needs, you can build the strength and power you need to reach your full potential as a runner.



CHAPTER SEVEN



MENTAL STRATEGIES FOR PERFORMANCE RUNNING



MENTAL STRATEGIES play a crucial role in running performance. Developing the right mindset and adopting positive mental habits can help you push through tough workouts and races, and achieve your performance goals.

Here are some mental strategies you can use to improve your running performance:

- **Goal setting:** Setting specific, achievable goals can help you stay motivated and focused. Having specific goals to work towards can also help you stay on track and make progress towards your ultimate goal.
- **Mental imagery:** Mental imagery involves using your imagination to visualize specific scenarios, such as successfully executing a race strategy or overcoming a difficult obstacle. Mental imagery can help you build confidence and focus, and can also help you develop strategies for success.
- **Mindfulness:** Practicing mindfulness, or paying attention to your thoughts and emotions in the present moment, can help you stay focused and manage stress and anxiety.
- **Positive self-talk:** The way you talk to yourself can have a big impact on your performance. Using positive self-talk, such as repeating affirmations or mantras to yourself, can help you stay motivated and



focused, and can also help you overcome negative thoughts or doubts.

- **Relaxation techniques:** Learning relaxation techniques, such as deep breathing or progressive muscle relaxation, can help you manage stress and anxiety and stay focused during workouts and races.
- **Visualisation:** Visualisation involves using your imagination to visualise yourself successfully completing a workout or race. This can help you build confidence and focus, and can also help you identify and overcome any mental blocks or negative

thoughts that may be holding you back.

Overall, mental strategies can be a powerful tool for improving your running performance. By adopting positive mental habits and techniques, you can stay focused, motivated, and confident, and achieve your best possible performance.



CHAPTER EIGHT

NUTRITION FOR RUNNERS



PROPER NUTRITION is an essential part of training for any runner.

What you eat and drink can have a big impact on your energy levels, recovery, and overall performance.

Here are some key points to consider when it comes to nutrition for runners:

- **Carbohydrates:** Carbohydrates are the primary fuel source for running, and are essential for maintaining energy levels during workouts and races. It's important to include a sufficient amount of carbohydrates in your diet, particularly on days when you have a long run or hard workout planned. Good sources of carbohydrates include whole grains, fruits, vegetables, and sports drinks.
- **Hydration:** Proper hydration is crucial for optimal performance, as even mild dehydration can impact your energy levels and endurance. Aim to drink plenty of fluids before, during, and after your runs, and pay attention to your thirst levels as a guide. Water and sports drinks can both be good options for hydration.
- **Individual needs:** Keep in mind that everyone's nutritional needs are different, and what works for one runner may not work for another. It's important to pay attention to your body and listen to its needs, and to consult with a sports nutritionist or registered dietitian if you have one.
- **Pre- and post- nutrition:** What you eat before and after your workouts

can also impact your performance. Before a run, aim to have a small snack or meal that includes carbohydrates and a little protein, such as a banana with peanut butter or a sports bar. After a run, focus on including protein and carbohydrates in your recovery meal or snack to help repair and rebuild muscle tissue.

- **Protein:** Protein is important for rebuilding and repairing muscle tissue after workouts, and can help with recovery. Aim to include a source of protein in each of your meals and snacks, such as chicken, fish, beans, nuts, or Greek yogurt.



CHAPTER NINE



RECOVERY AND INJURY PREVENTION



RECOVERY AND injury prevention are essential components of a training plan for runners.

Proper recovery and injury prevention strategies can help you stay healthy and avoid setbacks in your training.

Here are some strategies you can use to optimize your recovery and prevent injury:

- **Active recovery:** Active recovery, such as easy runs or cross-training activities, can help improve circulation and promote muscle recovery. Incorporating active recovery into your training plan can also help you maintain fitness and reduce the risk of overtraining.
- **Diet:** A balanced diet that includes

sufficient protein, carbohydrates, and healthy fats can help you repair muscles and maintain energy levels. Proper nutrition is also important for supporting immune system function and reducing the risk of illness.

- **Massage:** Massage can help improve circulation, reduce muscle soreness, and improve flexibility. Regular massage can be an effective tool for recovery and injury prevention.
- **Sleep:** Adequate sleep is essential for allowing your body to repair and rebuild after hard workouts and races. Aim for seven to nine hours of sleep per night to ensure that you're getting enough rest.
- **Stretching:** Stretching and foam rolling can help improve flexibility and reduce muscle soreness. Incorporating these techniques into your recovery routine can help you stay loose and prevent muscle imbalances that can lead to injury.
- **Temperature:** Applying ice or heat to sore muscles can help reduce inflammation and improve recovery. Use ice to reduce inflammation and swelling, and use heat to relax muscles and increase blood flow.

Overall, proper recovery and injury prevention strategies are essential for optimizing your performance as a runner. By incorporating these strategies into your training plan, you can stay healthy and avoid setbacks, and achieve



your best possible performance.



CHAPTER TEN



RACING STRATEGIES AND TACTICS



HAVING A well-thought-out racing strategy is an essential component of optimizing your performance as a runner. A good racing strategy should take into account your strengths and weaknesses, your goals for the race, and the course and conditions.

One of the key elements of a racing strategy is pacing. Pacing is the process of determining how fast or slow to run during a race. It's important to find a pace that allows you to conserve energy and avoid burning out too early, but that also allows you to reach your performance goals. To determine your optimal pacing strategy, consider factors such as your current fitness level, your goals for the race, and the terrain and

conditions of the course.

For example, if you're running a race with a lot of hills, it may be beneficial to start off at a slower pace and save energy for the hills. Alternatively, if you're running a flat, fast course, you may want to start off at a faster pace in order to take advantage of the favorable conditions.

Another important aspect of racing strategy is positioning. Positioning refers to where you place yourself in relation to other runners during a race. Finding the right position can help you conserve energy and avoid getting trapped behind slower runners. It's important to be aware of your surroundings and pay attention to what's happening around



you, so that you can make strategic moves as needed.

For example, if you're running in a pack of runners and you see an opening to pass, you may want to make a move to pass the runners in front of you. On the other hand, if you're running in a pack and you're feeling strong, you may want to hold your position and wait for an opportunity to make a move later in the race.

Drafting can also be an effective strategy for conserving energy during a race. Drafting involves running behind another runner to take advantage of the windbreak they provide. This can be especially useful in windy conditions or on courses with long straightaways. However, it's important to be aware of the risks of drafting, such as the risk of colliding with other runners or getting trapped.



CHAPTER ELEVEN

WORKING WITH A COACH OR TRAINER



WORKING WITH a coach or trainer can be a valuable tool for runners looking to optimise their performance and achieve their goals. A coach or trainer can provide personalized guidance, support, and motivation, and can help you develop a training plan that's tailored to your individual needs and goals.

Here are some benefits of working with a coach or trainer:

- **Expertise and knowledge:** A coach or trainer has expertise and knowledge in the area of running, and can provide valuable insights and guidance on training, nutrition, and other key areas. They can also help you stay up-to-date on the latest research and best practices in the field.
- **Individualised guidance:** A coach or trainer can provide personalised guidance and support based on your specific goals and needs. They can

help you develop a training plan that's tailored to your individual abilities and objectives, and can provide ongoing support and feedback as you progress.

- **Injury prevention:** A coach or trainer can help you prevent injuries and optimise your recovery. They can provide guidance on proper technique and form, and can help you identify and address any muscle imbalances or other issues that may be contributing to your risk of injury.
- **Motivation:** A coach or trainer can provide motivation and accountability, helping you stay on track and stay focused on your goals. They can also help you push through tough workouts and overcome obstacles, and can provide the support you need to achieve your best possible performance.

Overall, working with a coach or trainer can be a valuable tool for runners



looking to optimise their performance and achieve their goals. By providing personalized guidance, motivation, and expertise, a coach or trainer can help you take your running to the next level and achieve your best possible results.



CHAPTER TWELVE

ADVANCED TRAINING TECHNIQUES FOR ELITE RUNNERS



AS AN elite runner, you have already mastered the basics of training and have likely seen significant improvements in your performance. However, as you strive to take your running to the next level, you may be looking for new ways to challenge yourself and continue to improve. In this article, we will explore some advanced training techniques that can help you take your running to the next level.

HIIT TRAINING



High Intensity Interval Training, or HIIT, is a type of training that involves short bursts of intense activity followed by periods of rest or low intensity activity. This type of training has been shown to be particularly effective for improving cardiovascular fitness and increasing endurance. If you are an elite runner looking to take your training to the next level, HIIT training may be a valuable addition to your routine.

Benefits

There are many benefits to incorporating HIIT training into your routine as an elite runner. Some of the key benefits include:

1. **Improved cardiovascular fitness:** HIIT training has been shown to be effective at improving cardiovascular fitness, as it requires you to push yourself to near maximal effort for short periods of time. This can help to improve your overall endurance and performance.
2. **Increased fat burning:** HIIT training can be an effective way to burn fat, as it involves short bursts of intense activity that can elevate your heart rate and metabolism.
3. **Time efficiency:** HIIT training can be done in a shorter amount of time compared to traditional endurance training, making it a convenient option for busy athletes.
4. **Variety:** Incorporating HIIT training

into your routine can add variety to your training and help to prevent boredom.

Examples

There are many different ways to incorporate HIIT training into your routine as an elite runner. Some examples include:

1. **Sprints:** Sprints are a classic example of HIIT training, as they involve short bursts of maximal effort followed by a period of rest or low intensity activity. To incorporate sprints into your training, you can find a flat stretch of road or track and do intervals of sprinting followed by jogging or walking. For example, you might do 8-10 intervals of 30 seconds of sprinting followed by a 1 minute rest.
2. **Hill sprints:** Hill sprints are a variation of sprints that involve running uphill at a challenging but manageable pace. To incorporate hill sprints into your training, find a hill that is steep enough to challenge you but not so steep that you can't maintain good form. Start at the bottom of the hill and sprint up to the top, then walk or jog back down to recover. You can repeat this process for a set number of intervals or a set amount of time.
3. **Stair sprints:** Stair sprints are another variation of sprints that involve running up a set of stairs at a challenging pace. To incorporate

stair sprints into your training, find a set of stairs that is long enough to challenge you but not so long that you can't maintain good form. Start at the bottom of the stairs and sprint to the top, then walk or jog back down to recover. You can repeat this process for a set number of intervals or a set amount of time.

4. **Circuit training:** Circuit training involves completing a series of strength training exercises with minimal rest in between. To incorporate circuit training into your HIIT training, choose a set of exercises that target different muscle groups and complete them in rapid succession. For example, you might do a set of push-ups, followed by a set of squats, then a set of lunges, followed by a set of burpees. You can repeat this circuit for a set number of intervals or a set amount of time.

Tips For Success

If you are new to HIIT training, it is important to start slowly and gradually increase the intensity and duration of your intervals as you become more comfortable. It is also important to warm up properly before starting your HIIT program.

FARTLEK TRAINING

Fartlek training is a type of training that involves incorporating intervals of different intensities into your runs. The

term “fartlek” is Swedish for “speed play,” and this type of training allows you to vary the intensity of your runs based on how you feel that day. If you are an elite runner looking to add variety to your training and challenge yourself in new ways, fartlek training may be a valuable addition to your routine.

Benefits



There are many benefits to incorporating fartlek training into your routine as an elite runner. Some of the key benefits include:

1. **Improved speed and endurance:** Fartlek training involves intervals of different intensities, which can help to improve your overall speed and endurance.

2. **Variety:** Fartlek training allows you to vary the intensity of your runs based on how you feel that day, which can help to prevent boredom and keep your training fresh.
3. **Mental toughness:** Fartlek training can help to improve your mental toughness and determination, as it requires you to push yourself in different ways and adapt to changing intensities.
4. **Time efficiency:** Fartlek training can be done in a shorter amount of time compared to traditional endurance training, making it a convenient option for busy athletes.

Examples

There are many different ways to incorporate fartlek training into your routine as an elite runner. Some examples include:

1. **Time intervals:** One way to do fartlek training is to use time intervals. For example, you might run at a steady pace for a few miles, then pick up the pace for a minute, followed by a minute of easy running. You can repeat this process for the duration of your run, adjusting the length and intensity of the intervals as you see fit.
2. **Landmark intervals:** Another way to do fartlek training is to use landmarks as the basis for your intervals. For example, you might run at a steady

pace until you reach a particular tree, then pick up the pace until you reach the next street corner, followed by a period of easy running. You can repeat this process for the duration of your run, using a variety of landmarks as the basis for your intervals.

3. **Hill intervals:** Hill intervals involve running at a challenging but manageable pace up a hill, followed by a period of easy running or walking down the hill. To incorporate hill intervals into your fartlek training, choose a hilly route for your run or find a hill that you can repeat. You can vary the intensity and duration of the intervals as you see fit.
4. **Speed play:** Speed play is a type of fartlek training that involves running at different intensities based on how you feel that day. To incorporate speed play into your routine, simply choose a route for your run and vary the intensity as you see fit. You might run at a steady pace for a few miles, then pick up the pace for a hill or a sprint to a particular landmark, followed by a period of easy running.

Tips For Success

If you are new to fartlek training, it is important to start slowly and gradually increase the intensity and duration of your intervals as you become more comfortable. It is also important to warm up properly before starting your fartlek



training and to listen to your body. Fartlek training should be challenging but manageable, so be sure to adjust the intensity and duration of your intervals as needed.

HILL TRAINING

Hill training is a type of training that involves running uphill at a challenging but manageable pace. This type of training can be very effective for improving leg strength, power, and overall running performance. If you are an elite runner looking to improve your leg strength and power, hill training may

be a valuable addition to your routine.

Benefits

There are many benefits to incorporating hill training into your routine as an elite runner. Some of the key benefits include:

1. **Improved leg strength and power:** Hill training involves running uphill at a challenging pace, which can help to strengthen the muscles in your legs, including your quadriceps, hamstrings, and calves.
2. **Improved running form:** Hill training can help to improve your running form, as it requires you to maintain good posture and a strong cadence as you run up the hill.
3. **Increased mental toughness:** Hill training can be challenging, but it can also help to improve your mental toughness and determination, as it requires you to push yourself to the limit.
4. **Variety:** Hill training can add variety to your training and help to prevent boredom.

Examples

There are many different ways to incorporate hill training into your routine as an elite runner. Some examples include:

1. **Hill repeats:** Hill repeats involve running up a hill at a challenging

pace, followed by a period of easy running or walking down the hill. To incorporate hill repeats into your training, find a hill that is steep enough to challenge you but not so steep that you can't maintain good form. You can repeat this process for a set number of intervals or a set amount of time.

2. **Hill sprints:** Hill sprints are a variation of hill training that involves running up a hill at a maximal effort, followed by a period of rest or low intensity activity. To incorporate hill sprints into your training, find a hill that is steep enough to challenge you but not so steep that you can't maintain good form. Start at the bottom of the hill and sprint up to the top, then walk or jog back down to recover. You can repeat this process for a set number of intervals or a set amount of time.
3. **Hill intervals:** Hill intervals involve running at a challenging but manageable pace up a hill, followed by a period of easy running or walking down the hill. To incorporate hill intervals into your training, choose a hilly route for your run or find a hill that you can repeat. You can vary the intensity and duration of the intervals as you see fit.
4. **Hill-based circuit training:** Hill-based circuit training involves completing a series of strength training exercises using a hill as the primary resistance. To incorporate hill-based circuit training into your routine, choose a

set of exercises that target different muscle groups and complete them using a hill as the primary resistance. For example, you might do a set of lunges up the hill, followed by a set of push-ups at the top of the hill, followed by a set of squats down the hill. You can repeat this circuit for a set number of intervals or a set amount of time.

Tips For Success

If you are new to hill training, it is important to start slowly and gradually increase the intensity and duration of your intervals as you become more comfortable. It is also important to warm up properly before starting your hill training and to maintain good form as you run up the hill. Hill training should be challenging but manageable, so be sure to adjust the intensity and duration of your intervals as needed.

PLYOMETRIC TRAINING

Plyometric training is a type of training that involves explosive, high-intensity exercises that are designed to improve power and speed. This type of training is often used by athletes in sports that require quick, explosive movements, such as running, jumping, and throwing. If you are an elite runner looking to improve your explosive power and speed, plyometric training may be a valuable addition to your routine.

Benefits

There are many benefits to incorporating plyometric training into your routine as an elite runner. Some of the key benefits include:

1. **Improved power and speed:**
Plyometric training involves high-intensity, explosive exercises that are designed to improve power and speed. This can be particularly beneficial for runners, as it can help to improve your acceleration and overall running performance.
2. **Improved coordination and balance:**
Plyometric training requires you to perform quick, explosive movements that can help to improve your coordination and balance.
3. **Increased mental toughness:**
Plyometric training can be challenging, but it can also help to improve your mental toughness and determination, as it requires you to push yourself to the limit.



4. **Variety:** Plyometric training can add variety to your training and help to prevent boredom.

Examples

There are many different plyometric exercises that can be incorporated into your training as an elite runner. Some examples include:

1. **Box jumps:** Box jumps involve jumping onto and off of a box or other raised surface. To perform box jumps, stand in front of a box or other raised surface with your feet shoulder-width apart. Bend your knees and explosively jump onto the box, landing softly on your feet. Step or jump back down to the ground and repeat. You can vary the height of the box to adjust the intensity of the exercise.
2. **Depth jumps:** Depth jumps involve jumping off of a raised surface and immediately jumping again upon landing. To perform depth jumps, stand on a raised surface such as a box or step. Step off of the surface and immediately jump as high as you can upon landing. Land softly on the ground and repeat. You can vary the height of the surface to adjust the intensity of the exercise.
3. **Jump squats:** Jump squats involve performing a squat and then jumping explosively as you come up out of the squat position. To perform jump squats, stand with your feet shoulder-

width apart and your hands at your sides. Lower your body into a squat position, then explosively jump up out of the squat position. Land softly on the ground and repeat. You can vary the intensity of the exercise by adjusting the depth of the squat or by adding weights.

4. **Boundings:** Boundings are a plyometric exercise that involves running with long, explosive strides. To perform boundings, start by running at a steady pace. As you run, focus on taking long, explosive strides and lifting your knees high. Land softly on the ground and repeat for the duration of your run.

Tips For Success

If you are new to plyometric training, it is important to start slowly and gradually increase the intensity and duration of your exercises as you become more comfortable. It is also important to warm up properly before starting your plyometric training and to maintain good form as you perform the exercises. Plyometric training should be challenging but manageable, so be sure to adjust the intensity and duration of your exercises as needed. Finally, be sure to incorporate a variety of plyometric exercises into your routine to target different muscle groups and prevent boredom.

STRENGTH TRAINING

Strength training is a type of training that involves using resistance to challenge and strengthen the muscles in your body. This type of training is important for all athletes, as it can help to improve overall performance and reduce the risk of injury. If you are an elite runner looking to improve your strength and performance, strength training may be a valuable addition to your routine.

Benefits

There are many benefits to incorporating strength training into your routine as an elite runner. Some of the key benefits include:

1. **Improved muscle strength and power:** Strength training involves using resistance to challenge and strengthen the muscles in your body. This can be particularly beneficial for runners, as it can help to improve your overall muscle strength and power, which can in turn improve your running performance.
2. **Improved running form:** Strength training can help to improve your running form, as it can help to improve your posture and alignment, as well as your overall muscle balance.
3. **Reduced risk of injury:** Strength training can help to reduce the risk of injury by strengthening the muscles and tendons in your body, which can help to support your joints and

protect them from overuse.

4. **Variety:** Strength training can add variety to your training and help to prevent boredom.

Examples

There are many different strength training exercises that can be incorporated into your routine as an elite runner. Some examples include:

1. **Squats:** Squats are a classic strength training exercise that involves using your own body weight or additional resistance to challenge and strengthen the muscles in your legs and core. To perform squats, stand with your feet shoulder-width apart and your hands at your sides. Lower your body into a squat position, then push back up to the starting position. You can vary the intensity of the exercise by adjusting the depth of the squat or by adding weights.
2. **Lunges:** Lunges are a strength training exercise that involves stepping forward and lowering your body into a lunge position, then pushing back up to the starting position. To perform lunges, stand with your feet shoulder-width apart and your hands at your sides. Step forward with one foot and lower your body into a lunge position, then push back up to the starting position. You can vary the intensity of the exercise by adjusting the depth of the lunge or by adding weights.

3. **Deadlifts:** Deadlifts are a strength training exercise that involves lifting a weight from the ground to a standing position. To perform deadlifts, stand with your feet shoulder width apart and your hands on a weight. Keep your back straight and bend your knees slightly as you lift the weight off the ground. Stand up straight, then lower the weight back down to the ground. You can vary the intensity of the exercise by adjusting the weight or by using different variations such as single leg deadlifts or sumo deadlifts.

4. **Push ups:** Push ups are a classic strength training exercise that involves using your own body weight to challenge and strengthen the muscles in your chest, triceps, and shoulders. To perform push ups, start in a plank position with your hands on the ground and your feet on your toes. Lower your body down until your chest touches the ground, then push back up to the starting position. You can vary the intensity of the exercise by adjusting the number of repetitions or by using different variations such as elevated push ups or single arm push ups.

Tips For Success

If you are new to strength training, it is important to start slowly and gradually increase the intensity and duration of your workouts.



CHAPTER THIRTEEN

PUTTING IT ALL TOGETHER: ACHIEVING YOUR PERFORMANCE GOALS





AS AN elite runner, you have dedicated countless hours to training and honing your skills. You have likely experimented with different training techniques and methods in an effort to improve your performance. But how do you bring it all together and achieve your performance goals? Here are some tips for putting it all together and reaching your full potential as an elite runner.

1. **Set clear, specific goals:** The first step in achieving your performance goals is to set clear, specific goals for yourself. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). For example, instead of setting a general goal to “improve your

running,” you might set a specific goal to “improve your 5K time by 30 seconds in the next 3 months.” By setting clear, specific goals, you can better track your progress and make adjustments to your training as needed.

2. **Create a well-rounded training plan:** To achieve your performance goals, it is important to create a well-rounded training plan that includes a variety of different training techniques. This might include endurance training, speed work, hill training, plyometric training, and strength training, among others. It is also important to include rest and recovery in your training plan to allow your body time to rest and rebuild.

3. **Consistency is key:** To achieve your performance goals, it is important to be consistent in your training. This means showing up for your workouts and giving them your full effort, even when you don’t feel like it. Consistency is key to making progress and reaching your full potential as an athlete.

4. **Don’t be afraid to mix things up:** While consistency is important, it is also important to mix things up from time to time to keep your training fresh and prevent boredom. This might involve trying new training techniques or methods, changing up your routes or workouts, or simply adding some variety to your routine.



5. **Pay attention to nutrition:** Proper nutrition is an important part of any training program, and it is particularly important for elite runners. Make sure to fuel your body with the nutrients it needs to perform at its best, including carbohydrates for energy, protein for muscle repair, and healthy fats for overall health and well-being.
6. **Get enough sleep:** Sleep is an often overlooked but crucial aspect of training. Make sure to get enough sleep to allow your body to rest and recover from your workouts. Aim for 7-9 hours of sleep per night to give your body the rest it needs to perform at its best.
7. **Stay focused and motivated:** Achieving your performance goals as an elite runner requires focus and motivation. Find ways to stay motivated and focused, whether it's setting small, achievable goals along the way, finding a training partner or coach, or simply reminding yourself of why you started running in the first place.
8. **Don't be afraid to seek help:** If you are struggling to achieve your performance goals, don't be afraid to seek help. Consider working with a coach or sports nutritionist to develop a more personalized training plan or seek guidance on nutrition and recovery.

committed to your training, you can achieve your performance goals and reach your full potential as an elite runner. Remember to set clear, specific goals, create a well-rounded training plan, be consistent in your training, mix things up from time to time, pay attention to nutrition, get enough sleep, stay focused and motivated, and don't be afraid to seek help when needed. With hard work and determination, you can achieve your performance goals and become the best runner you can be.

By following these tips and staying



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