

# 7 ways to spice up your running



**Wondering how to keep training interesting in winter? Tri coach Joe Beer has the following tips for beating boredom and making you into a more efficient runner.**

All sessions should have a warm-up of 8-12mins of an easy walk/jog, before moving into mid/upper zone one (74-84% of HRmax). Cool down can be easy walking or a spin on the turbo.

## **1. Do a fasted run in the morning of 40-90mins**

This way you'll tap into fat reserves, run on an empty stomach and start the day in a positive way.

## **2. Run off the bike for 15-30mins**

This can be after a turbo/rollers session or even a weekend/commuting ride. The point is to challenge muscles that are tuned into cycling to run economically.

## **3. Vary your routes**

Even running the route in reverse varies the views, terrain and tempo of running.

#### **4. Controlled fartlek for 30-55mins**

Once you're warmed up, throw in 12-stride accelerations (not sprints) every 3-6mins. Cruise back to normal pace and go again when the time has elapsed.

#### **5. Go off the beaten track and explore new routes**

Don't wear a groove in your same old run route. Get lost, even! It's a great way to discover sights and sounds that you wouldn't ordinarily.

#### **6. Use the treadmill for 30-80mins**

Many athletes do this when they travel as a way to put in a swim and a run in the same location. Don't equate it to speed work; instead, relax and try to cruise.

#### **7. Throw in a parkrun**

A very occasional race against the clock, over 5km, provides a great high-lactate, pace-judgement test.

You can compare your amateur result to the world record and discover what going off fast can do to race times.

*(Image: Jonny Gawler)*