

HOW TO RUN AN AUSTRALIAN RECORD. A RECIPE FOR SUCCESS.

Do you want to run an Australian Record? Do you want to run twelve and a half laps of an athletic track faster than any Australian has ever run - faster than Clarke, Scott, Barrett, Moneghetti, Troop and a host of other great Aussie runners.

Well, you'll need the following ingredients:

- * **perseverance** - doing the sessions even when you'd rather go out with your mates or sleep in.
- * **discipline** - eating correctly, doing the supplementary exercises that make you stronger and less likely to get injured, going to bed on time.
- * **recovery** - knowing when to ease off so your body can rebuild and become stronger.
- * **staying injury free** - you can't improve if you're not running.
- * **expert coaching.**
- * **knowledgable management.**
- * **a balanced life** - you can't be an athlete 24 / 7. Knowing when to relax and 'turn off'.
- * **a great support team** (physio, masseur, training partners, family and friends). You can't do it on your own!
- * **a race plan.** - run even pace early on. Richie Jeremiah will lead through the first three laps @ 63 seconds pace.
- * **strong belief** - yes! I can do it, even when Cherono throws in a 60 second lap at the 3000 metre mark and scoots ahead to a 25 metre lead. Stick to the game plan!
- * **focus** - ignore the head wind down the home straight, but soak up the local support from the crowd.
- * **a ton of determination** - your body is a sea of tiredness, your legs feel like lead and you have to raise a sprint over the last lap to hold off Cherono and dip under Troopy's old record. You over-ride the signals and run the last 400 metres in 60 seconds.
- * and of course, **talent**. You can't put in what God has left out! However, life is full of talented people who don't make the grade. Carefully mix the above ingredients, cook slowly over many years and you may just come up with something that works.

Oh, by the way - I thought you'd like a peek at Craig Mottram's Training Diary in the lead up to his Australian 5000 metres Record. During these 25 days Craig put the icing on the cake that has taken years in the making (or is that baking?)

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| Mon. | am. | 50 min. relaxed run in Melbourne. |
| 11/2 | pm. | 32 min. easy run. |
| Tues. | am. | Track (Olympic Park) |
| 12/2 | | 12 x 400 metres made up of 3 sets of 4 with 30 secs between reps and lap jog b/w sets. |
| | | Ran 61, 61, 61, 58 for all sets. |
| | pm. | 30 mins. easy run. |
| Wed. | am. | Off - Sore achilles. |
| 13/2 | pm. | - |
| Thur. | am. | Fartlek inc. 15 minute warm-up. |
| 14/2 | | 3 x 3 mins 'on' with 1 min. b/w. |
| | | 15 minute warm-down. |
| | pm. | 30 mins. easy run. |
| Fri. | am. | 50 mins. steady run along river. |
| 15/2 | pm. | 30 mins. easy run. |
| Sat. | am. | 50 mins. steady run. |
| 16/2 | | Got rolling at end. |
| | pm. | 35 mins. easy with Mona and Troopy in Ballarat. |
| Sun. | am. | 90 mins in You Yangs. |

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| 17/2 | pm. | Off |
| Mon. 18/2 | am. pm. | 50 min. relaxed run in Melbourne. 30 min. easy run. |
| Tues. 19/2 | am. pm. | Track (Olympic Park) 1600 metres @ 61 - 62 sec pace. 1 lap jog. 5 x 300 metres in 43 secs. 100 m. easy b/w 1 lap jog. 1200 metres @ 62 sec pace. 30 mins. easy run. |
| Wed. 20/2 | am. pm. | 70 mins relaxed run in You Yangs 30 mins along river. Got rolling. |
| Thur. 21/2 | am. pm. | 45 mins from Landy Field with 4 x 100 m. strides and drills at end. 35 mins. easy run. |
| Fri. 22/2 | am. pm. | 40 mins. easy. 20 mins. easy run. (Newcastle) |
| Sat. 23/2 | am. pm. | 20 mins easy. (Newcastle) 1500 metre race in Telstra A Series at Newcastle. 2nd in 3.38.9. "p@#*\$% off" |
| Sun. 24/2 | am. pm. | 90 mins at Ferny Creek (solid run!) Off. |
| Mon. 25/2 | am. pm. | 50 min. along river. Got rolling. 35 min. easy run. |
| Tues. 26/2 | am. pm. | Track (Landy Field) 9 laps continuous made up of: 4 laps @ 70 secs pace. 3 laps @ 64 secs pace. 2 laps @ 60 secs pace. Jog 1 lap. Then 3 x 300 metres in 43 secs. 100 metres easy b/w. 30 mins. easy run. |
| Wed. 27/2 | am. pm. | 60 mins relaxed in You Yangs. 30 mins easy along river. |
| Thur. 28/2 | am. pm. | Fartlek along river inc. 8 minutes of: 15 secs 'on' / 15 secs 'off'. 4 minutes easy. 6 minutes of: 15 secs 'on' / 15 secs 'off'. 4 minutes easy. 2 x 3 min. reps with 1 minute b/w. 30 mins. easy run. |
| Fri. 1/3 | am. pm. | 30 mins. easy run 1500 metre heat @ Victorian Champs. 1st in 3.46. |
| Sat. 2/3 | am. pm. | 35 mins. easy. Victorian Champs. 1500 metre Final. 1st in 3.42 off 2.02 @ 800 metres. |
| Sun. | am. | 70 mins. in You Yangs. |

3/3 **pm.** Off.

Mon. **am.** Easy track. 2 sets of 5 x 200 metres
4/3 in 29 / 30 secs with 30 secs b/w reps
 and lap jog b/w sets.
 pm. 35 min. easy run.

Tues. **am.** 40 mins. very easy from Troopy's place.
5/3 **pm.** 30 mins. very easy.

Wed. **am.** 35 mins easy along river.
6/3 **pm.** 15 mins easy then drills / strides. Finished with 10 minutes easy.

Thur. **am.** 15 minutes easy.
7/3 **pm.** Melbourne Grand Prix.
 Ran 13 minutes 12.04 seconds for 5000 metres. **AUSTRALIAN RECORD!**