



What to do about missed Long Run's?

If you're the runner where consistency is seldom an issue and you've been late to church more times than you can count in the name of getting in your long run, then when something derails your said long run, it's a crisis.

Perhaps illness, deadlines, family or one of the many other obstacles that you hurdle on a daily basis to wedge in your runs creates a barrier to you logging the most vital of all training to a distance runner.

Missed one week it's worst effect may be the psychological withdrawal. Missed two weeks in a row and you need to be intelligent about how you reintroduce this pillar of mitochondrial and capillary development back into your training routine.

Some guidelines:

-If you miss one long run and have been able to keep all other weekly training the same, then pick up where you left off in duration and keep the intensity easy to moderate.

-If two long runs are missed on consecutive weeks one would assume other training sessions have been modified as well. Reducing the duration of the next long run by 20-30% from the last one completed is a smart and conservative choice. If training resumes consistently after this long run then resume full intensity and duration in your training plan over the course of 10 days.

-If 3 or more long runs are missed face it, your training is in shambles and you need to re-evaluate what is realistic. Chances are you are missing these days due to a. injury, b. illness c. schedule conflicts or d. a combination of these. Injury or illness need to be immediately addressed and overcome before full training can resume and reoccurring scheduling conflicts are a strong sign of an unrealistic training volume given your total

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life stresses and obligations.

Basic training rules to consider:

- Keep weekly increases in volume (minutes or miles) to ~10%
- The long run shouldn't be more than 25% of your weekly volume
- Changes in intensity AND volume (intensity + volume= density) will compound the time taken to adapt (recover). Don't increase both simultaneously.

Life happens and you need to be able to adapt. Set realistic goals for your running and when conflicts arise go with the flow, do what you can and work to gradually get back on schedule.

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