

HKU Marathon Team 2010

HKU **United We Run**

HKU

Marathon Team



TRAINING LOG BOOK

28th February, 2010

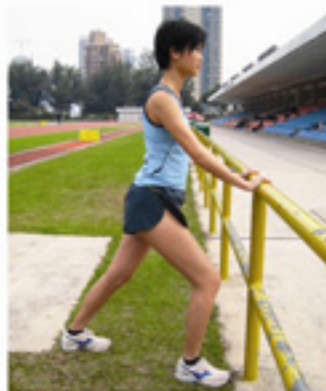
Stretching Exercises



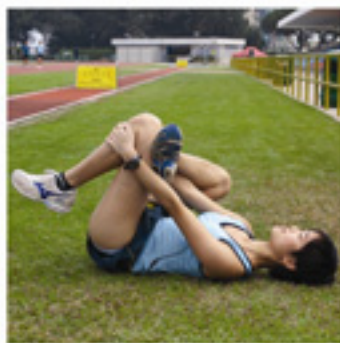
Quadriceps (Right)



Hamstring (Left)



Calf (Left)



Hip / Gluteus (Right)

For further information:

Please visit <http://www.cores.com.hk> or contact (852) 2736 6330

Cardiopulmonary Training

- Progressively increase training time and intensity so as to overload and maintain stimulus to body; ensure gradual improvement in aerobic capacity.
- General guidelines for cardiopulmonary endurance training:
 - Frequency: 2-3days/week and gradual progress to 4-5 days/week
 - Intensity: 60-80% of maximal capacity (roughly equal to the aerobic state that you may feel short of breath when you talk during training)
- The initial training time is about 30 minutes, gradually increase to the racing distance or not more than 32km. Normally beginners can increase 10% training load or mileage every week.
- In addition, we need to perform muscle training every 2 to 3 days so as to improve muscular endurance.



Pauline Tse

HKU graduate of MSc (ECom & IComp) 2002
2nd place Runner-up in Full Marathon (Women's Master 2) 2009

My tips for beginners:

- Get a good pair of running shoes.
- Condition your body before and/or along side your early training stage to avoid many unnecessary injuries.
- Long distance run training is all about consistency and gradual build-up (sounds simple but we are often defeated by impatience and temptation).
- Listen to your body and enjoy your own pace; if you beat your old self, you are a winner!
- Running may look solitary but never lonely!



GOAL FOR THIS WEEK:

DATE	TIME	DISTANCE	COURSE Details	YOUR NOTE <i>Weather, Mood, Aches/Pains, Energy...</i>