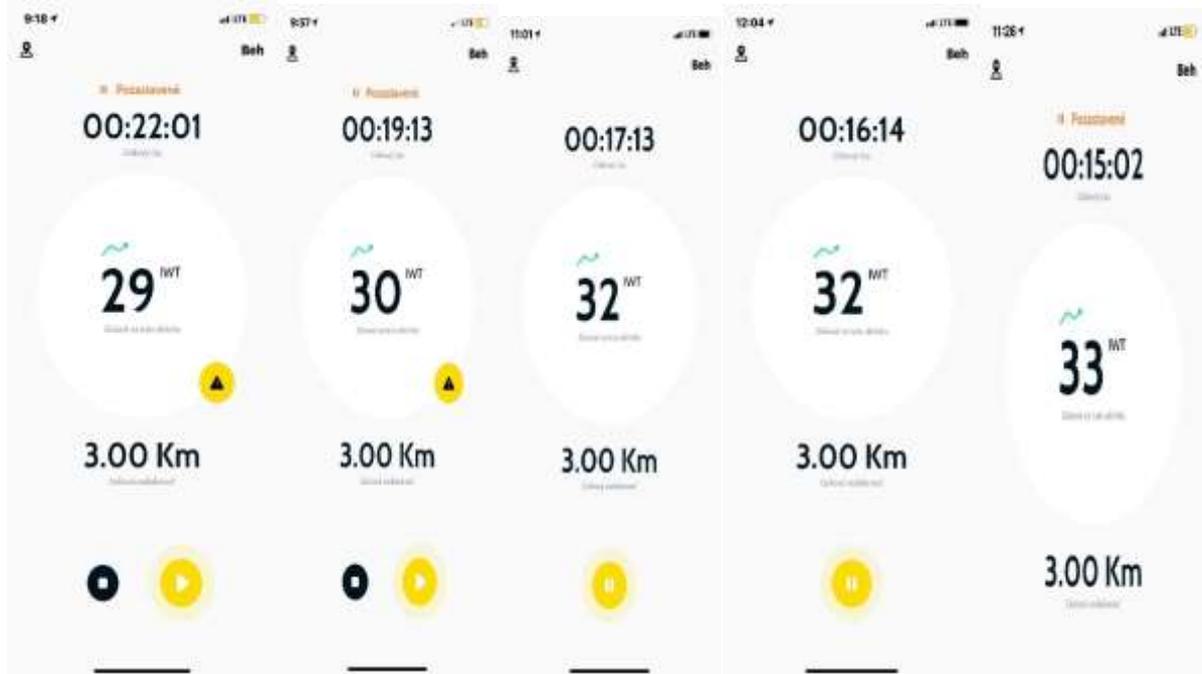


Basically started from fast walking as you can see from horrible results 3000m not even within 20 minutes window but that brought more enthusiasm into the process for knowing each and every following run will be better result while also the body slowly getting used to more intense run. (adaptation)

Start comfortable and make it less comfortable with every next show up



The reason why 3000m in the beginning is the competitions that are from 6000 and more. Taking half from your goal and **focusing more on intensity and strain like the weighted vests saved lots of time spent training** unlike running 6000 m and more. Although, once in a month did 6000 run just to get feel for it and found that **working primarily on 3000 m and improving the results on 3000 lead also to constantly improved 6000 m timing.**



Unlike, got started with 3000m run, the first 6K went in more sped up regime for you had already been running a month. The most visible result was after 2 months of consistent training

and changing the terrain (from plain road to fields). Also, combining other effective methods from blog (uphill/downhill, fartlek)

When training for longer distances than 6000m you can still deploy the same training method but would run half of your desired distance and use effective methods.

If not so keen on running like me, you could still do 3000 and once in a month 6000 even when preparing for distances comparable to marathons. Just, one more thing. Eventually, you need to build that muscle memory so once in a month do your real running distance or something close to it. In my case, found some place I feel good about and did 3 trainings with a promise each run will be better result. Unfortunately, the third one did not deliver the promise yet showed up anyway. Still, planning to hit these runs – now its covered in snow for its run straight to mountain peak – 2000 m above sea level. This was also super dangerous for the terrain and super demanding which gives you lots of conditioning and perception skills. (uphill/downhill, new terrain)



If new to run or incline to more effective training methods, you could deploy the same principles. Definitely, **the most useful method to me** was putting on the weighted vests (5kg, 10kg, 15kg) and keep running so for two straight weeks and after taking it down you did not just feel light but faster too. The other great tactic was using intervals of changed speed and lastly, taking half of trained distance and running faster (1500 m instead 3000 m).

The craziest moment was running with 15Kg vest and 5kg plate from gym in my arms when not heavier vest was available. **The goal is to use 20kg vest and more** for you cant run far with carrying plates its also not aerodynamic or better said your moves not well-coordinated which drains more energy and gets you slower than your actual speed.

If your goal is running anything below 3000 and for timing you need a different approach but basically not so different at all - vests, change of speed and distances just less running yet more strenuous. We touch on that in later posts too.