

## **Newton's 9 Laws of Training**

Arthur Newton, an ultra-runner from the 1920s and 1930s is a big influence in the science of training. Having finished 5 of the 6 Comrades marathons in which he took part, here are the 9 laws of training he put down back in 30s itself.

1. **Train frequently year-round**

Before Newton, most runners trained only a part of the year and not all year-round. Several books back then suggested walking as good training.

2. **Start Gradually and Train Gently**

Runners try to get back into training quickly since they did not run throughout the year. Newton insisted on what we now call long slow distance (LSD). He said, *"in running, as in most athletics it is essential to 'take it kindly'"*

3. **Train first for distance (only later for speed):**

*"As it is always the pace, never the distance, that kills, so it is the distance, not the speed that must be acquired."*

Focus on reaching your distance while gradually increasing pace. Except for few bursts, never train at the racing speed.

4. **Don't set a daily schedule:**

One day is never the same as the next. You could be tired from work or the weather may not be your friend on any day. Stick to a weekly schedule.

5. **Don't race when you are training and run time trials and races longer than 16 km only infrequently:**

Keep aside time for training, and not for racing. You have the race day for that.

6. **Specialize:**

Training for every distance is different, so pick a training program that suits your individual capacity, and goal.

7. **Don't overtrain:**

Don't ignore what your body is telling you. If you are exhausted, or your pace is going off in training workouts, or you fall sick often, then these are signs you are over training your body.

8. **Train the mind:**

Your mind wins many races, so don't undermine the value of your mental strength and training. Your mind and body comes together to get you past the finish line. So, train it along with the body.

9. **Rest before the race:**

Trust your training, it will help you finish your race well. So, taper as you near the race day.