

WHAT: During the winter months and early spring speed endurance and overall fitness are the key areas that are focused on in training. That's where this challenging but very effective session comes in. Essentially, 10-20 refers to a 10 minute effort followed by a 20 minute effort, with a short recovery in between, but it can easily be adjusted to suit the individual and their training goals. The beauty of this session is that it can be done in groups where each person helps keep the pace rolling, or you can do it individually and push yourself.

WHAT PACE: As a general guide, the session commences with an easy 20 minute jog, basically acting as a warm up. Rolling from the warm up straight into the session you begin the 10 minute effort. It's not a case of running flat out from the start, but instead you want to gradually increase the tempo. Start at your half marathon pace and then by the final two minutes you want to be running at your 5k tempo. So an 80 minute half marathoner with a 5k pb of 16:30 should set sail at 3:50 kilometer pace and close with a final kilometer of around 3.20. The first effort is

followed by a ten minute jog, after which you roll into the 20 minute surge. Once again the pace should gradually increase, but this time starting a little slower and the rate of acceleration being reduced. At the end of the second surge you simply jog for another 10 minutes, giving you a total of 70 minutes running time.

EVENT BEST SUITED

TO: This is the ideal midweek session for anyone training for 10km and up. But if you're preparing for a lesser distance or find yourself strapped for time, simply reduce the length of the surges, recovery and warm up. A couple of options include 10-10 with a five minutes recovery (ideal for 5km runners) and 5-5 with a five minute float instead of a jog (great as a taper session leading into a race). Similarly, you can make the session tougher by lengthening the first effort, floating the recovery or shortening it, and by adding in a third surge.



WHEN TO USE: Being a fitness and endurance session, this workout is best done during the buildup phase. For those who like to maintain an element of aerobic power and endurance in their program, with subtle alterations 10-20 or something similar can be handy to include as a fort-

nightly session throughout the year. Ideally though, it is best to do this on a regular basis throughout late autumn, winter and early spring. If you regularly complete the session on the same circuit you can gauge improvement and set intermediate splits to help you judge your pace.

WHERE IS SHE NOW? **MARGARET CROWLEY**



Born: 1967 in Essendon, Vic

Statistics: **Then** **Now**

Weight: 55 kg 58 kg

Weekly mileage: 50-80 km 10-15 km + some bike riding

Residence: Bon Beach, Melbourne Parkdale, Melbourne

Occupation: Part-time HR/Admin Special Education in Bentleigh West Primary School

Children: Matthew (seven years old)

Races that you recall with the most fondness: 1996 Atlanta Olympics 1500m – finishing in 5th place; 1996 Oslo Bislett Games – running the Australian 1500m Record; 1996 North Carolina 800m – Running sub 2 minutes; 1994 Commonwealth Games 1500m – finishing in 5th place

Any words of wisdom you would have appreciated back then: Have a balance in training and in life as well as a relaxed frame of mind and positive outlook.

Currently doing: Running with my dog for general fitness, occasional social netball and being active with my son Matthew.

Personal Bests: 800m – 1.59.73; 1500m – 4.01.34

Achievements: Two-time Olympian (Semi-finalist in Sydney and finalist in Atlanta); Three-time Australian Champion over 1500m; 1994 World Cup 1500m (4th place); 1994 Commonwealth Games 1500m – 5th Place; Ranked 4th in the world over 1500m in 1996; World Short Course Cross Country 1996 representative; 1997 World Championship 1500m semi-finalist

Margaret Crowley competing for Australia at the 2000 Sydney Olympics. Getty Images.