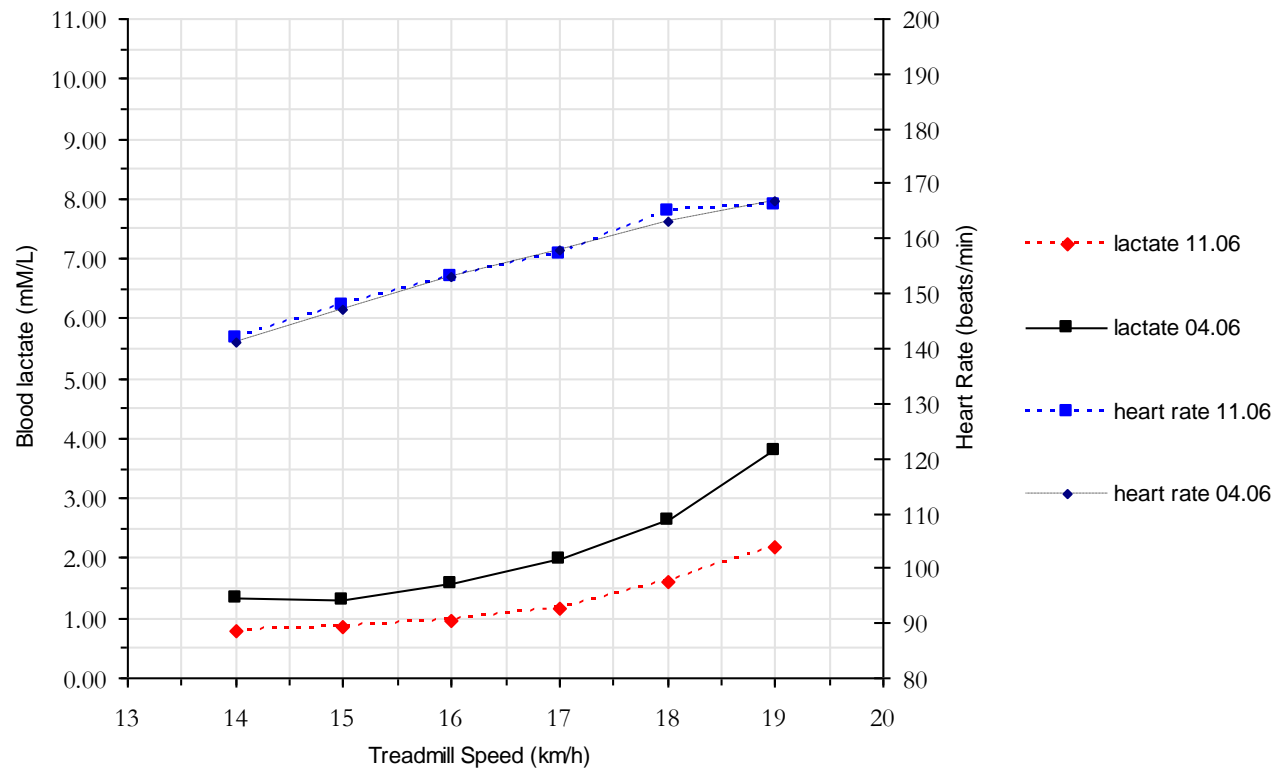


# Case Study: Andy Vernon – the value of consistent threshold and vo2 work



# Case Study: Tracy Barlow – the value of specific training and layering training cycle on top of training cycle



# Case Study: Andrew Leveson – the role of cross training and individualized training



# Case Study: Lucy McAlister – psychological focus and affirmations

- I am a naturally talented distance runner. I have drive, determination, dedication and commitment that knows no bounds.
- I move with ease and efficiency, feeling strong, powerful and dynamic.
- I consciously feel the flow of energy through my whole being and remain relaxed and comfortable. As I glide over the ground each step simply flows.
- I have taken the challenge, and I am totally committed to continual improvement – I know it will not be straight forward – there will be set backs but I am tough enough to accept them and move forward.
- I will achieve my goal. Every training run will take me one step further - every session builds small percentage improvements, Every day I get better and each week I know I am better than I was the previous Monday.
- I see the finishing line of the London Marathon I will be elated feeling comfortable and strong as I cross the finishing line.
- I can't wait for my next training session

