

A FREE RUNNING GUIDE

How to Actually Get Faster

(Not Just Run More)

@freeman.performance_



FREEMAN PERFORMANCE

The Run Strong Method

THE PROBLEM

You're stuck at the same pace

Most runners plateau for one simple reason: every run is run at the same pace, at the same effort, week after week.

Same speed in, same speed out. Your body has no reason to adapt if you never ask it to work differently.

Getting faster isn't about running harder every single time you go out. It's about training different paces on purpose, so your legs and lungs actually have a reason to change.

The fix: structure, not just effort.

THE FIX

Train different paces on purpose

1 Keep easy runs easy

Around 80% of your weekly running should feel conversational. This builds the aerobic base that all your speed sits on top of.

2 Add in a speed session

Short, fast intervals (e.g. 6 x 400m hard, with a jog recovery) teach your legs and lungs to work at a higher gear than normal.

3 Add in a tempo run

A sustained 15 to 20 minutes at “comfortably hard” raises the pace you can hold before you fatigue.

4 Strength train at least twice a week

Stronger glutes, hamstrings and calves mean more force through every stride, which means faster without extra effort.

5 Recover properly

Speed gains happen in the recovery, not the session itself. Sleep and easy days aren't optional extras, they are part of the training.

BOTTOM LINE

Speed comes from variety and structure, not from running harder every time you go out.

THE FIX — IN PRACTICE

Beginner strength exercises worth starting with

You don't need a gym membership or a complicated programme. Pick 4 to 5 of these, twice a week, and build from there.

1 Glute Bridges/ Hip Thrusts

Build hip strength and power for a stronger push-off. 3 sets of 12–15 reps.

2 Bodyweight Squats/ Goblet Squats

Strengthen quads and glutes for more control through every stride. 3 sets of 12–15 reps.

3 Walking Lunges/ Bulgarian Split Squats

Build single-leg strength and stability, exactly what running demands. 3 sets of 10 reps each leg.

4 Calf Raises

Strengthen the muscles that absorb impact with every stride. 3 sets of 15–20 reps.

5 Plank

Build the core stability that keeps your form efficient when you fatigue. 3 sets of 30–45 seconds.

6 Single-Leg Deadlifts

Improve balance and posterior chain strength, key for staying injury-free. 3 sets of 8–10 reps each leg.

Start light, focus on form, add load once it gets easy.

THE MISSING PIECE

You can't out-train under-fuelling

Fatigue, muscle cramps, irritability and a drop in muscle mass aren't just signs you trained hard. Most of the time, they mean you're under-fuelling before your sessions.

I've seen how a lack of proper nutrition can quietly undo good training. It slows recovery, blunts adaptation, and makes every session feel harder than it should.

To train at your best, your body needs the right balance of protein and carbohydrate, at the right time, especially around your key sessions.

The fix: fuel with intention, not an afterthought.

FUEL YOUR SPEED

3 of my favourite pre-training snacks

Quick, simple snacks I build sessions around:

1 **Greek Yogurt with Honey**

- High-quality protein (around 20g per 100g) supplies the amino acids your muscles need to repair the microscopic tears that training causes.
- Honey's simple sugars break down quickly into glucose, fuelling your muscles and brain, so you avoid the fatigue and irritability that come with running low.

2 **Banana with Peanut Butter**

- Potassium regulates fluid balance and nerve signals, which is why it helps prevent the cramping that shows up when you're under-fuelled or dehydrated.
- The carbohydrate converts quickly to glycogen, your muscles' primary fuel source, while the fat in peanut butter slows the release for steadier energy.

3 **Rice Cakes with Nut Butter**

- Low in fibre and fat, rice cakes are easy to digest and raise blood glucose quickly, ideal fuel in the hour before training.
- Nut butter adds a little protein and healthy fat, enough to keep you energised without feeling weighed down mid-session.

NUTRITION GUIDANCE

The basics that matter most

1 Eat within an hour of training

Refuelling with protein and carbs soon after a session kickstarts recovery and restocks the glycogen you just used.

2 Don't train on empty

A small carbohydrate-based snack 30 to 60 minutes before a session helps you hold intensity and avoid early fatigue.

3 Protein at every meal

Aim for a palm-sized portion at each meal, not just after training, so your muscles have a steady supply to repair with.

4 Hydrate throughout the day

Steady hydration matters more than what you drink around a session. Under-hydration is a common, avoidable cause of cramping.

BOTTOM LINE

Fuelling well isn't complicated, it's just consistent.



Want a plan built around your goals?

The Run Strong Method is personalised running & strength coaching with nutrition guidance built around your pace and goals.

DM me “TRAIN” on Instagram, or book a free discovery call, and let's find the barrier that's capping your pace.

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