**Ross Murray presentation at UK Endurance Conference**

**Sunday 7th July 2019**

Ross ran 1500m at the 2012 Olympics and has a mile pb of 3.52.

He is 28 years old and his career was effectively over a couple of years ago and he retired.

In 2018 he had an operation to resolve pressure on his achilles from Haglunds deformity of the heel and since then he has made steady progress back to a good level of fitness. He is just seeing where it leads.

We invited him to speak at this conference, attended by about 50 people at Kingston University and he chose to talk about what lessons that he has learnt from his own career and what he would do differently.

**1. Breaking the cycle of injury**

He explained that he often rushed a comeback after injury to try and hit qualifying standards or stay on funding etc

2013 he had lost support from British Athletics and he had thoughts of going to NCAA in USA.

Aspects like funding from Nike, British Athletics and his own ego made him rush back.

By 2015 he had lost so much training that his background fitness wasn’t robust enough.

In hindsight he wishes he had written off a season sometimes and taken longer to build up.

**2. Can’t chase fitness**

Ross talked about how he would do extra training to try and make up for lost time and push that little bit more.

What has worked for him is doing 17/18 days good training and then 3 or 4 days relatively easier.

Happy runners run well is another phrase he used.

**3. Let the body dictate the training programme.**

Athletes have to be honest re health, tiredness, stress, niggles etc and communicate to coaches, before, during and after sessions. It’s not always good to try and push through.

Let the fitness come and having a day when you push back a hard effort or run easier won’t be a disaster.

**4. Too much emphasis on times.**

This refers to training as much as races.

Times will vary with how you feel, conditions, fitness levels etc.

Does it really matter if you do 10x400m in 59.5 or 61.0 ?

Focus on effort. One session is just part of the overall scheme of things.

**5. Benefits of racing**

Ross said that he would shy away from racing if not at his absolute best and that this was a mistake.

Nothing beats doing a race in terms of bringing you on and putting you on a new level.

There are also benefits from tapering a little for a race, when been training hard.

**6. Scheduled taper**

As mentioned above he should have a sweet spot of doing 17 to 18 days good training and then have 3 to 4 days easy.

The alternative is fatigue and risk of injury.

**7. The hardest thing to do is be patient.**

This is something that I am always banging on about ie it’s consistency over weeks and months, rather than the odd good session which makes the real difference. All the other points are focussed on assisting this aspect.

**8. Importance of Treatment**

He couldn’t always afford it, which was ironic when he was an international, but can do now and has 2 x 30 mins physio a. week, plus chiropractic treatment.

He also prescribed hot baths (something else I have recommended), and self treatment like foam rolling, self massage etc.

In hindsight he wished he had worked a few hours a week to pay for treatment.

**9. Not every race has to be your best ever race.**

Each race can give you something different.

Do distances outside the norm eg he recently ran a 10k

It’s ok to just run ok ! Many external factors can have a bearing on performances, so don’t beat yourself up.

He would have a range of performance ie ABCD which might involve beating or getting near to others, finishing strong etc so not just about times. Always try and take something from a race.

**10. The need for speed**

Speed moves you on at the longer distances.

It doesn’t mean having to go on the track. He feels he sometimes neglected this, but now might do a run in the morning and then simply 4x200 in the evening.

He has even done the odd session like 200,300,400,300,200 off 3 to 4 mins recovery in Bushy Park.

**Sleep**

He also mentioned how important sleep is now and highlighted the Josh Rogan interview with Dr Mathew Walker (I have listened to this previously when someone recommended) –

<https://podcastnotes.org/2018/04/29/why-we-sleep/>

Ross wears a heart rate monitor through the night and knows his pulse is lower and sleep is better quality when he has not been drinking alcohol. This is also when the body recuperates and repairs.