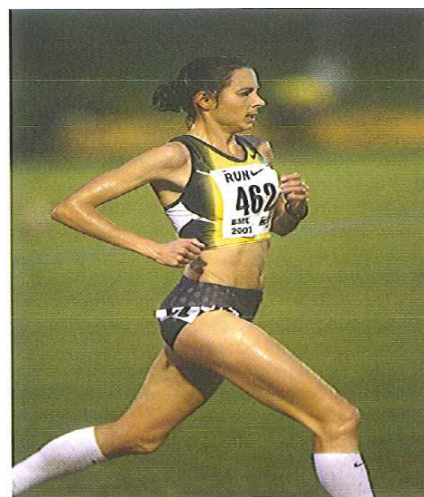




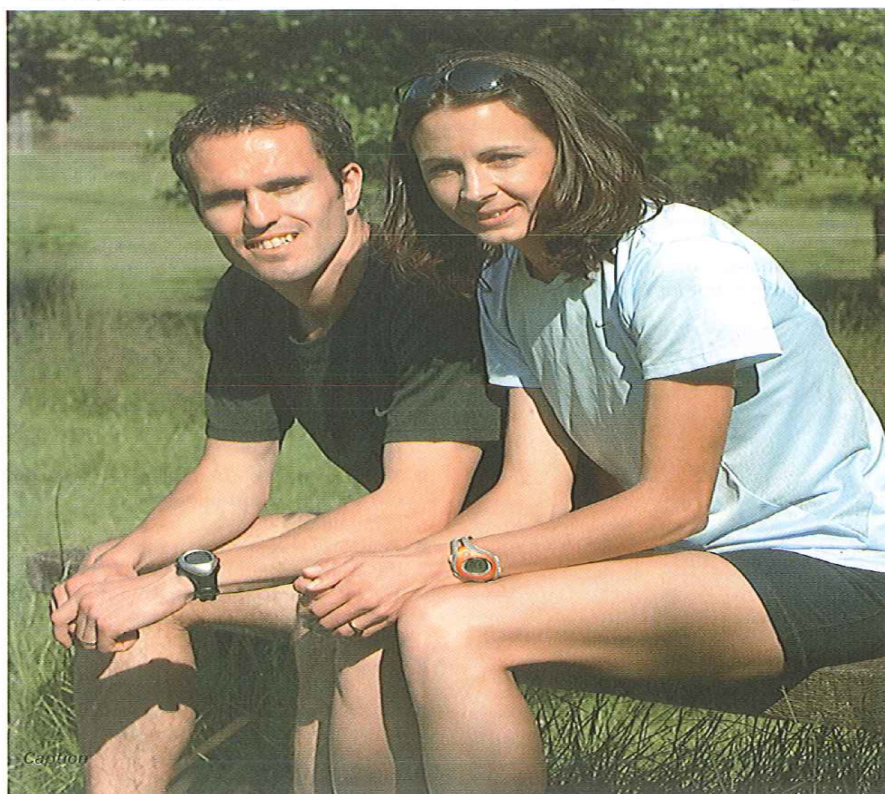
## JO & GAVIN PAVEY training philosophy.

- As a teenager interested in football, roller skating etc.
- When she reached secondary school her teachers thought she was good at 800m - joined Exeter Harriers under Paul Gregory and Tony White for distance - a lot of which was run on roads.
- At 14 Jo was training daily, often twice a day, with 20 min runs - both focusing on volume and intensity and she achieved the U15 1500m record of 4.27.9. Although feeling very nervous at the English Schools i.e. physically sick, she believed the experience prepared her well for going away for other major games. She won the English Schools as an U15.
- 14 was a turning point as she was really growing and for 2 years she couldn't achieve a new p.b. for 1500m
- She suffered a series of injuries between the ages of 16 and 23 with very little high level of competition over those years, and it would have been very easy to have walked away from the sport, but she kept persevering.
- Jo studied physiotherapy at the same university as Gavin who was studying to be a Quantity Surveyor.
- Age 23 - both went backpacking around the world, but Jo didn't think she was good enough to go to any training camps and thought she was not capable of a 4.10.0 qualifying time - but still trained whilst away.
- Mike Dam trained her after her return from backpacking and she went to the '97 World Champs in the 1500 metres - but injured again in 1998/99.
- Chris Boxer helped coach her in 2000 - after knee op advised "Do what you can do, not what you should do" i.e. the important elements, but not the volume. Then Chris had to move away, which was when they decided Gavin who was a pole-vaulter would coach Jo. They knew who and where they could turn to for advice, and as Jo was having fewer injuries it was working well.
- At the time 5Km training included 2000m tempo runs and no long run



(only up to 35 minutes). All threshold running was on grass and it was very rare to be on the track. Probably running 25 minutes in morning and 35 minutes later but at a quicker pace. Now mileage is important.

- Before Sydney 2000 (5k) Jo was running 40 miles a week.
- For the last decade she put more training in as she was working towards 5000m, and she found she could run 1500m quicker in 2003 with the extra endurance training.
- By 2007 Jo was up to 100/110 miles a week and in November 125/130 miles a week. In South Africa she ran mileage of 125 then 110, then 90 and back up again. Mileage is kept high between winter and summer.
- Key 5Km sessions = 10 x 800m (1 min rec) or 2 x (5 x 800) (1 min & 5 min)
- Measured sessions 10 x 2 mins (1 min) or 10 x 3 mins (1 min)
- Jo now goes on track probably 3 weeks before competing and since 2001 with her past history of injury she has found it better to train in flats as much as possible, only wearing spikes nearer to a competition.
- Jo does not take a long break now at the end of a season, as this resulted in injuries when she came back to training. She prefers active rest.
- Jo starts leg speed work in early winter e.g. 16 x 400 in 68/69 and she will do 800m reps (but not in say 2.26.0 - she wants to achieve 2.18.0)







- Jo does 13 training sessions a week – 6 double days and one long run – but it is not a 7 day cycle as she takes a rest day every 14 days (although she listens to her body and takes a rest day if she thinks she needs it). More rest in the summer.
- Advised importance of knowing the facilities/conditions etc., for holding camps as for example the surfaces could be too hard, too hilly, slippery gravel or roads, which an athlete may not be used to. It is easier to look into the facilities provided at training camps.
- Competitions – Jo likes to plan the day of a race. She likes to eat 3 ½ hours before competing. She used to eat something like bread and jam, but she has a condition where her blood sugar goes too high and so now she will eat more protein i.e. a tuna roll with ketchup! She also eats a protein bar ½ an hour before competing.
- Treadmill testing – Gavin doesn't like treadmill testing and so he uses a lactate probe keeping training loads so that levels are 4:5 (highest she has recorded is 14:15)
- Strength & Conditioning – Jo will workout twice a week with body weight lunges/ core stability – they feel she would get more injuries if she did more and Gavin will give Jo physio every day (as she trained him up), working up from the bottoms of her feet for anywhere between 30min – 1 hr and he can do this late in the evening.
- Grateful for the help from UKA – Andy Jones and Charlie Peddler at St. Mary's. Also to Jenny Pearce for her advice on nutrition and eating more protein.
- In 2005 Jo had a virus in Helsinki, which resulted in her being unwell for 3 months. She didn't run between August – November, but achieved an excellent silver medal in Melbourne.
- 5000m p.b. 14.39.96
- 5000m – 10,000m. Jo's long run is now 90 mins – 2 hours and the emphasis has changed so doing 7 min efforts instead of 2 min efforts.
- Only run 4 or 5 10,000m – Euro Cup, Osaka, Beijing (had food poisoning) and BMC.
- Osaka – ran 31.12.0 and would hope could do 30.30.0. Her 5000m training helped produce a 60 sec last lap. Andy Jones has said Jo's physiology makes her possibly more suited to longer distances and so she is taking on this new challenge at this stage of her career (she would still like to improve her 1500m time!)
- Jo never envisaged progressing from a 1500m runner to a marathon runner.
- Motivation – her life is complete now with baby Jacob.
- Future plans – Wants to go for the 10,000m at the Europeans and so may make her maiden marathon debut in January.
- For marathon practice running on roads she is using sessions such as 10 x 3minutes or 6 minutes and 20 minute tempo runs on the road.
- Jo's advice – Keep at it! She found aqua-jogging very beneficial when she was injured with sessions like 10 x 2 min (30 secs rec). Keep going every day. Niggles will sort themselves out if you change from track to grass for a while and don't always have to use spikes on track. You need endurance and speed and listen to your body. Patience.
- Hills – use muscles in an exaggerated way, but they can be an injury risk - goes to Richmond Park for her Hill sessions.
- Advice for athletes for 2012 – Know what you are going to do on the day you are competing (make a list) – make sure you have all your kit ready in advance – keeping stress to a minimum. Allow longer for your warm up in case of queues for loos etc., create a sense of calm and focus on being ready.