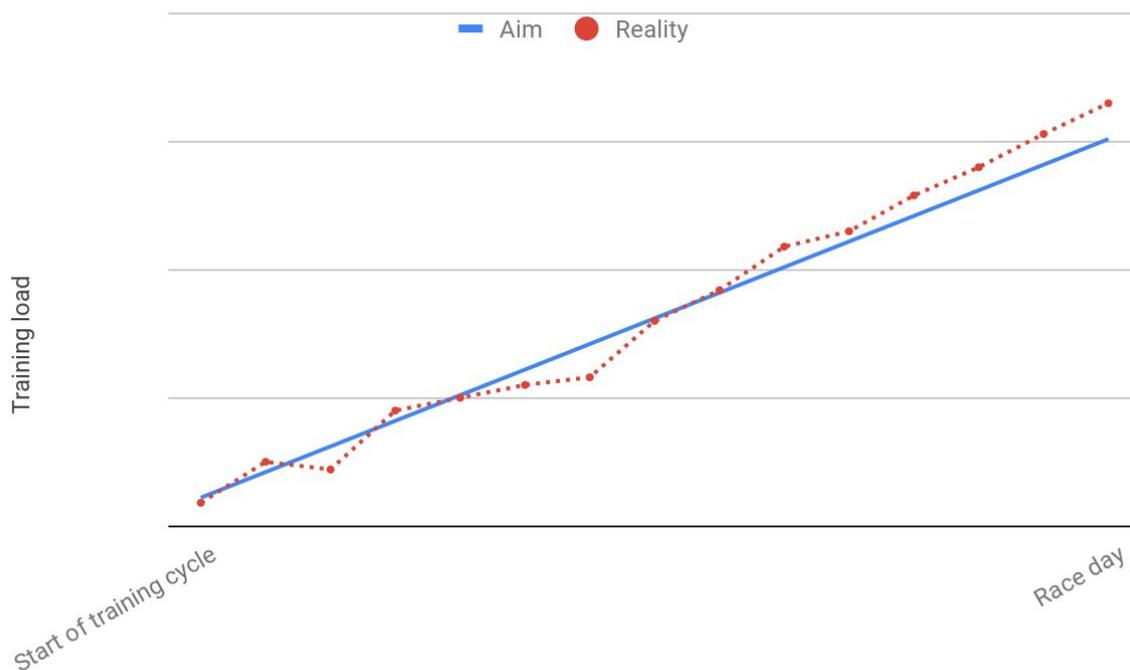


The JSET System

JSET measures your training load each week by assessing your average pace and the distance you've run that week. The science behind JSET tells us the training load that is required for any given race performance. So, by assessing your average pace and distance from the last 8 weeks, it can define the training load you are performing at when you start training with JSET. If you have already run a marathon (and the data is available on strava) JSET can personalise the training program further by measuring how well you respond to training. By combining these measures, we are able to create a personalised training program. You can imagine it as looking a bit like this:



(As you progress through your training you'll create the line labeled 'reality'. It isn't there until you actually do the training.)

What this means for your training is that each week (starting Monday) you'll have a goal; simply the training load that you need to run that week, which will increase each week. After your first run of the week, the JSET equations will tell you how much more running you need to do **at that pace** in order to meet your training target for the week. After each run the equations re-analyse your training and tell you how much more distance you need, assuming you run at the same pace you've averaged so far that week. That means **slowing down or speeding up will change how far you need to run**. The faster you run the less distance you'll need to run that week (although the length & pace of any individual run doesn't matter, it's

simply the total distance and average pace that week). That means the further you run, the slower you can do it in order to meet your goal. Although everyone responds to training differently, I have found that running slowly (~70% of race pace), over large distances, seems to be the best way to train for a marathon.

Regarding your actual training, it's completely up to you how to structure it - I don't prescribe sessions. Instead you should start your JSET program by training as usual for a week and see how the system works. From there you'll gain insight into how much running you need to do to reach your goal.

So, if JSET isn't prescribing sessions, what do you actually get by signing up? Well, you get a dashboard (details below) that will automatically import your data from strava, analyse it and tell you how much more running you need this week to reach the required training load. With the JSET-full training program I will endeavour to check your dashboard five days each week so that I can be sure you're on track, give advice and answer any questions.



The Dashboard

The Dashboard is how I track your training and how we'll communicate. It's a tool I've created that collects data from Strava (once you've authorised the app via the link you'll receive in an email), analyses your data and provides a good platform for coach - athlete interaction. However, because it's been handcrafted by me it's not a polished app, which means it sometimes faces little quirks. Be sure to read the "quirks" section at the end of this document to prevent it crashing.

When you open your GoogleSheet Dashboard you'll see four blue tabs at the bottom: **Dashboard, Progress, Phone View and Messages**. Each tab gives you a different insight, as explained below...

Dashboard will display some numeric information about your running and your progress towards your goal this week. Your progress is measured via the central doughnut. This training doughnut is entirely red at the start of the week, and each time you go for a run it progressively fills with blue. When the doughnut is completely blue you've done all the running you need to this week, so put your feet up. The training doughnut can be highly motivating, allowing you to see how much more running you need to do

this week. My advice is to get as much running done as possible during the first half of the week, as this means that even if something gets in the way of your training later in the week you can still reach a good training load. Remember that the doughnut resets on Monday, so the weekend is your last chance to complete your training for that week. As the weeks go by the required training load will increase, so you'll need to run more in order to 'eat the doughnut', meaning that planning your running around the rest of your life gets more important.

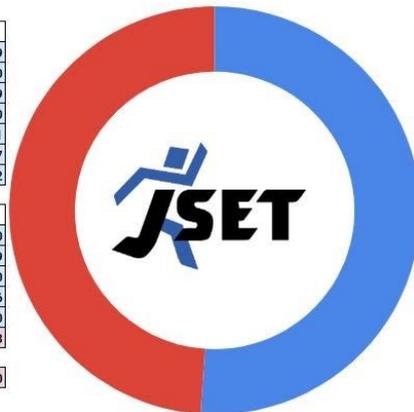


Within the dashboard, the cells you can edit are coloured pink. These are:

- **Remaining runs this week** - which will calculate the distance you need to run on each training day and report the answer in the “distance needed per run” box. Remember; the “remaining runs this week” box won’t automatically update. It is there to help you plan your training this week e.g. if there are five days left in the week but if you know you will only run on three of them you should type ‘3’ into the box and the distance you need to run per session will be displayed in the “distance needed per run” box.
- **Marathon average HR** - here you should type the heart rate that you can average during a marathon. This will affect the HR race prediction. All being well, your HR race prediction and training race prediction should be fairly close to each other. If your training race prediction is improving and your HR race prediction is regressing, it may be a sign that you are overtraining, ill or about to get injured.
- **Talk to Josh S** - type into this box to leave messages for me. You’ll see my reply in the box below. The contents of this box will be logged into the messages tab to give us a record of what’s been said.

Your Dashboard will look a bit like this:

Runner information	
Training start date	21/10/2019
Race date	26/4/20
Race goal	02:59:59
Average: Distance per week	50
Average pace	7:31
Training race prediction	3:06:57
HR race prediction	3:13:42
This week...	
Distance you've run	30
Distance you still need	29
Average pace	7:20
Distance needed per day	9.6
Latest activity date	20/02/2020
Remaining runs this week	3
Marathon average HR	150



Talk to Josh S:
Notes from Josh S

Progress contains several graphs detailing your progress so far. Your overall progress towards your race goal is plotted in the first graph. This shows your training and heart rate race predictions, with date across the bottom. It'll look something like this:

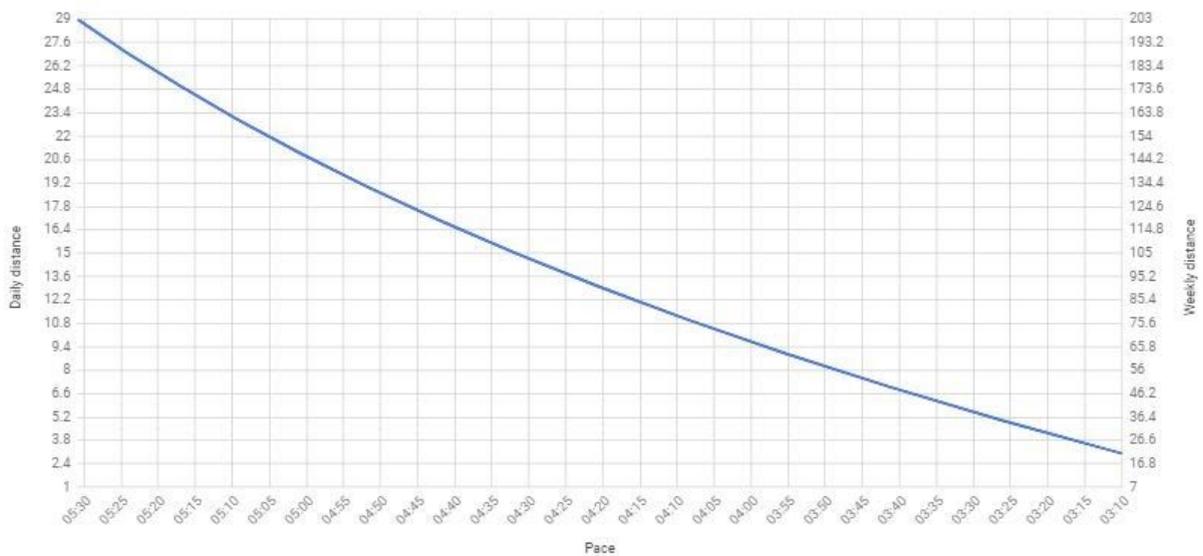


The blue dots represent training days, with lower dots being harder days i.e. the lower the dot, the larger your training load that day. The blue line is the race prediction derived from your training data and the red line is the race prediction derived from your heart rate data. This gives you a way of visualising your overall training and you can see how far you've progressed since you started. Don't worry if you don't use a heart rate monitor, the rest of the sheet will function fine, you will just be missing the HR data.

The next graph will show the training load requirement alongside your actual weekly training load since you began with JSET. This allows you to see if you have regularly been hitting the training load targets. It'll look something like this:



The third graph shows your 'JSET curve' for the week. Along the bottom is average pace, up the left is daily distance and on the right is total weekly distance. **By reading off the graph you can plan how you're going to structure your training** e.g. for the graph above an athlete might think "This week, if I run at 5:00min/km I need to run a total of 197km. Hmm, I don't have the time to do that so I'll have to run a bit faster. If I run at 4:35min/km I need to run 153km, I'll do that". This graph will change each week, adapting as the training cycle progresses.



The Phone View tab shows a slimmed down version of the dashboard & progress tabs that is easier to use on a mobile device.

Quirks of the dashboard:

- Negative training load - if you upload an activity to strava that's tagged as a run, but is significantly slower than your normal running, it might look like it's had a negative impact on your training that week. This is an artifact of the equations that measure training load, and you can sort it by telling me what happened and I'll fix it.
- Editing - within the spreadsheet there are only three sections where you can edit the cell content; **"Talk to Josh S"**, **"Marathon average HR"** & **"Remaining runs this week"**. Editing other cells will cause the sheet to fail. Don't worry if you do this by mistake and find the sheet is chaos, just undo it or contact me and I'll fix it.
- Monday morning - the sheet will only update when you upload something new to Strava, so on Monday, before you've done any runs that week, the sheet may still display data from last week. You can fix that by going for a run.
- Data - the "data" tab is there to provide data for the graphs, it doesn't contain anything interesting to look at, so please don't change anything on this sheet as that will cause graphs to malfunction.
- Strava - because the Dashboard works by collecting data from strava, the JSET program requires all of your running training to be uploaded to Strava. If you'd rather not have your runs publicly viewable that's fine, you can make them private and I can still see them. But for JSET training **if it's not on Strava it didn't happen**. This also means if you go for a cycle and upload it as a run incorrectly, the calculations will go wrong. Just let me know if this happens and I'll fix it.
- Lag - the dash will not update / calculate instantly. Your runs should appear on the dashboard within 30mins of them being uploaded to strava, and the sheet often takes a moment to load when you first open it.

If you have any questions then ask away!

An Example Plan

It may be useful to see how a JSET plan could unfold over the weeks. This is simply one example of how distance and pace may increase during a training plan, **it is not a prescription**. For this purpose we've got an imaginary runner who has begun with JSET with 16 weeks until their race. They are aiming for a 3:15 marathon and in the previous few weeks they have averaged 50km/week (31miles) at a pace of 5:30min/km (8:51min/mile). This means they are starting with a 3:35 race prediction i.e. they are currently training at the level expected from a 3:35 runner. The distance that this runner will need to run each week is very dependent on the pace that they run at; a faster pace means they will need to run less distance. In this example I have imagined the runner gets a little faster each week, as you might expect from a runner who's improving.

<u>Week</u>	<u>Distance - km (mile)</u>	<u>Pace - min/km (min/mile)</u>
1	55 (34)	5:30 (8:51)
2	61 (38)	5:29 (8:49)
3	67 (42)	5:28 (8:48)
4	73 (45)	5:27 (8:46)
5	79 (49)	5:26 (8:45)
6	85 (53)	5:25 (8:43)
7	91 (57)	5:24 (8:41)
8	97 (60)	5:23 (8:40)
9	103 (64)	5:22 (8:38)
10	109 (68)	5:21 (8:36)
11	115 (71)	5:20 (8:35)
12	121 (75)	5:19 (8:33)
13	127 (79)	5:18 (8:32)
14	133 (83)	5:17 (8:30)
15	139 (86)	5:16 (8:28)
16 (taper week)	50	5:45 (9:15)

Disclaimer & privacy statement:

Obviously signing up to JSET can't guarantee you achieve your running goal, avoid injury or save the world. I'll do my best to help you become a better runner but I can't make any legal guarantees. By signing up with JSET you are agreeing to JSET and the JSET GoogleSheet Dashboard using your training data. Although stored on GoogleDrive, your data will only be shared with JSET. Your data will not be used for any other purpose and will not be shared with anyone else - unless you have given explicit consent for it to be used for something else. You are free to withdraw your data at any time by contacting josh@jset.run. Happy running.

