

STEPH TWELL

MEET THE ELITE

Steph Twell is a middle- and long-distance runner whose Olympic experiences include running the 1,500m in Beijing 2008, the 5,000m in Rio 2016 and the marathon in Tokyo 2020. A former World Junior Champion, she is also a Commonwealth Games medallist, multiple World and European finalist, and the Scottish National Record holder for the marathon, running 2:26:40 in Frankfurt in 2019.

CARDIO

'I train every day of the week, and four days out of seven I will train twice a day by doing either a run and gym session or two runs. I will schedule in a rest day every three weeks when I am a trying to build my mileage, or every two weeks if I am doing more high-intensity training. This roughly equates to about 15-20 hours of training a week, depending on which distance I am focusing my goals on. My week revolves around two interval sessions, one threshold run on a treadmill and one long run. The rest of my week is made up with aerobic easy running. I love to run





24 Women's Fitness womensfitness.co.uk



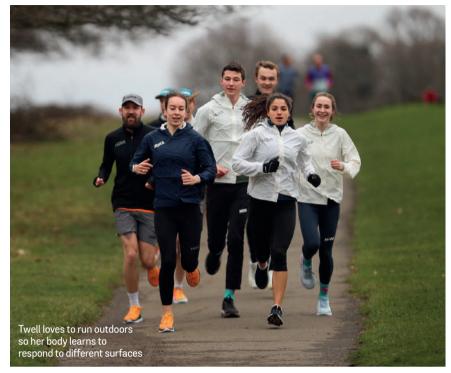
outdoors, and like to mix my environments to ensure variety and allow my body to respond to different surfaces. Finding softer trails also means I look after my body and reduce the incidence of injury. One of my runs each week is on the treadmill - this makes me accountable to my pace. I use it for mental focus, and it also means my biomechanics gets used to a smooth rhythm. I love session days, which can involve a hill session and a tempo run, or multi-paced work similar to the equivalent times I want to race at, or faster.'

STRENGTH

'I have two strength and conditioning sessions each week. One focuses on the fundamental movement skills and low-level plyometrics of running, and the other is more force development and strength focused. I then have "homework" rehab, which I complete once or twice a week and it takes 20-30 minutes. This will include low-level core work or, at the moment, lots of plantar fasciitis rehab work.'

NUTRITION

'My food philosophy is
"all food is fuel". I also
believe you can dig
yourself out of holes in
training by eating good
quality fuel, enough of it,
and making sure it is
well-timed for before and
after training and around
competition. I am rarely a
fussy eater and chocolate
has taken me very far in



my career! I like to see units of nutrients and vitamins in my meals rather than focusing on the volume of what I eat.'

RECOVERY

'I'm not great at this part, however, I do like to work outside of athletics. I am part of multiple committees and I also do freelance work for my local council, on preventing inactivity and promoting health and wellbeing. I love catching up with friends and family, of course. But mainly, I love finding good eating spots, listening to music or playing cards and board games with my husband. I would say I have time to do more activities but, in reality, I often feel tired from training, so I don't. If I'm feeling spontaneous, I go to local museums in the places I visit, but I'm just happy with

company, and I like to focus on making them good occasions.'

VITAL KIT

'Right now, my go-to running shoes are the HOKA Mach 4 (£125, hoka.com). I love the variety of colours you can choose from, and I also love their responsiveness, flexibility and support for my feet whilst running fast! Another must I think everyone should try is the

HOKA Hupana 5" Shorts (£35, hoka.com). They are a great length with good coverage, and they have a brilliant, streamlined pocket as well as an extra zip pocket that I love using for my marathon gels, phone or gym card. They feel secure even whilst I run, and the softness is perfect.'

Steph Twell is an ambassador for running brand HOKA. Find out more at hoka.com

05/04/2022 10:47

'My greatest achievement...'

'My greatest achievement is winning the Night Of The 10,000m PB's event (nightofthe10kpbs.com) in 2019, in a time of 31:08. Not only did I run a PB, but I also achieved a World-qualifying time as well as the Olympic-qualifying time, winning the race from behind. Most of all, I am proud that I self-coached myself to this performance! This was also in a recent era of racing that pre-dates carbon-plated shoes, so I know my ability wasn't just down to the new technology. My next goals are to focus on an autumn city marathon and to run faster than 2:26.41. That's the Scottish National Record, so I'd love to break it again before someone else has their eyes on it.'

womensfitness.co.uk Women's Fitness 25