

SPEED IS A SKILL



*No opportunity
is ever wasted,*

*Others take up
what you let
pass*

Make
appropriate
recovery
strategies
a
part
of
your daily
training
plan.

Don't just
think about it,

Try it !!

**Learn to Listen
to YOUR Body**

**Do what is right for
YOU !!**

The Preparation for Competition issues are specifically directed towards Track & Field ... nevertheless, there are lessons for all sports.

Read Carefully .. Think .. Apply to Your Circumstances.

Special Skills

By failing to prepare, you are preparing to fail

(i) Preparation for Competition

Familiarise yourself thoroughly with the task ahead: the race venue; your competition; the track/course; likely environmental conditions (best and worst case scenarios); have a practised warm-up routine; the list is almost endless, but your success may depend on your ability to *expect the unexpected*, and, react in a focused, decisive manner.

Plan for Disaster

Make a list of the things that have or could unsettle you before, at or during competition.

Now .. identify an appropriate reaction.

Some of the Factors you should consider:

- Type of track surface; practice on it if possible.
- Anticipated wind direction / speed; training implications.
- Call Room: location; procedure.
- Warm-up area / Call Room to stadium; time ... procedure.
- Will your coach be present? If not, practice preparing with your coach unavailable.
- Get to know the physio staff; if your own physio will be unavailable, develop communication with team physios well in advance.
- Carry two sets of competition gear, including spikes; *plan and prepare for the worst.*
- Know the rules and procedures that control your competition.
- Develop and practice strategies that will be followed during warm-up; in the Call Room.
- Your personal relaxation strategies.
- Your personal arousal strategies.
- Pre-competition food, fluids; regeneration strategies.
- Post-competition strategies.
- Develop and rehearse **YOUR PLAN.**

(ii) Recovery and Restoration (Massage)

Often athletes become so focused on the task of training, they forget that the body and mind renews itself in readiness for the next challenge, during the recovery phase ... the recovery between intervals; the recovery between sessions.

It is **vital** that every opportunity be sought to allow for adaptation to the stress of training, and a comprehensive recovery program will address: Work/Rest Ratios; Nutrition; Physical Therapies; Psychological Skills Training.

Angela Calder: *Recovery: Promoting Adaptation to Training* (Aust. Sports Council, 1994)

Robert K. King: *Performance Massage* (Human Kinetics Publishers, Canada)

Brian Miller: *Sport Psychology & Running* (Reed Books Pty. Ltd.)

Ice Massage: Polystyrene Cups of ice; towel; gently **move** the ice over tired muscles; 10-15 minutes after sessions.

Massage: Oil; Towel; partners .. basic movements: effleurage (stroking); vibration (shaking); tapotement (percussion); petrissage (kneading); friction (small range intensive stroking).

Relaxation Strategies: e.g. *Modal 10 Relaxation; Progressive Relaxation*

Pool Sessions: easy, aerobic activities can enhance regeneration.

These and other strategies will be pursued as time allows .. perhaps something for the future?