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Regular, interesting and potentially valuable ideas are presented .. I have made some refinements to distances/times (imperial cf. metric). Note! references may be made to Northern Hemisphere seasons.

It is for you to decide on the value of ideas as related to your circumstances.

However, Patrick shares his ideas, and seldom do we not learn something from such a person.

Most coaches agree that conditioning work is a must for summer training. What they don't agree on is what conditioning is. Conditioning should not be referred to as just aerobic training.

If you are a speed and power athlete and you are running mileage, I truly feel bad for you. You are putting yourself at a severe disadvantage and are actually hurting your performance.

Some of our conditioning work focuses on recovery. There are so many programs that are just hammering athletes with sprints, agility work, plyos, weights, etc. These modalities should be worked on but there needs to be a structured recovery program in place. You can't overload the central nervous system day in and day out, **recovery is essential.**

As they say, you don't get stronger and faster from the workouts, you get stronger and faster from recovering from the workouts.

What types of conditioning should you do?

I continually stress the importance of general strength circuits. You can work on multiple facets while performing GS circuits. You are working on strengthening, balance, coordination, and aerobic capacity. We use this as a recovery day type of workout.

These workouts are especially great when training younger athletes. General strength circuits help build a greater work capacity, something today's youth athletes are badly in need of.

Example of a General Strength workout:

General strength circuit performed on the grass:

Split Squats - 10 each leg .. Jog 50 metres

Rotational Push-Ups - 8 each .. Jog 50m

Bicycles - 1x30 .. Jog 50m

Burpees - 1x10 .. Jog 50m

Staggered Push-Ups - 10 each .. Jog 50m

Russian Twists - 1x25 .. Jog 50m

Backwards Lunges - 10-each leg .. Jog 50m

Lateral Lunges - 10 each leg .. Jog 50m

Reverse Crunches - 1x20 .. Jog 50m

1 Leg Squats - 10 each leg

Rest 3 minutes (incl. stretches) and repeat circuit.

Advice on the activities above (and many others) is available, and/or consult ... Complete Speed Training .. DVD series

Useful: www.nwaswimaths.com

PRESENTATIONS: **Swimming Presentations**

- Core Strength Exercises for Swimmers
- Swiss Ball Training

PROGRAMS: **Athletics Programs**

- A Session at the Pool 1 & 2
- NWA – Extensive Tempo (200-400 runners)

Swimming Programs

- A Dryland Circuit
- NWA – Dryland Circuit 1 & 2

General Programs

- Bar Circuit
- Netball Medicine Ball Circuit
- NWA – Poolside Olympics 1
- Power Circuits
- Superball
- NWA 20-30 Min. Circuit

These are examples only; extra programs are available and are being added regularly.

TEMPO RUNNING

1. EXTENSIVE TEMPO

Extensive Tempo are runs at 65-79% intensity (HR ~140-160). I typically use these runs at 100-600m. The length of these runs are going to be dependant on the demands of the sport.

For the most part, I do not use Extensive tempo runs too often. The old saying 'train slow to run slow' could be used here. A problem with extensive tempo is that you can't work on your running form at all with such slow speeds. The demands of most sports do not require our athletes to run far distances at slow speeds.

The benefit of using extensive tempo runs are they can be used to help flush out the system. If your athletes are feeling tired from previous workouts or even sore, extensive tempo workouts are great for recovery.

We do use them at the beginning of training sometimes to build a little base before jumping into intensive tempo workouts. Also this type of workout helps to enhance oxidative mechanisms. We use extensive tempo with our general strength circuits for the most part. This is where the athlete runs-jogs-walks briskly from station/exercise to the next.

Examples of an Extensive Tempo Workout:

- 1) 2 x 10 x 100m (75% intensity)
30" rest between reps and 2' between sets
- 2) 2 x 8 x 200m (70% intensity)
1' rest between reps and 2' between sets

" = seconds ' = minutes

Remember, athletes should be able to hit their times and be within their target heart rate. If they aren't, give them more rest between reps, reduce the volume of the workout or shut the workout down because you are missing the training benefit/goal.

2. INTENSIVE TEMPO

Intensive tempo is usually referred to as interval training. Intensive tempo is running distances over 80 meters at 80-89%intensity. (HR ~160-180). Running intervals for tempo work is also great for conditioning and superior to running long distances.

Because intensive tempo borders on speed and special endurance due to the high intensity, lactate levels can become very high. The athletes body must adapt to handle, buffer and remove the lactate so training in this state is extremely helpful for sports that meet the same demands. Since all energy systems more or less turn on at the same time, intensive tempo is highly stressful on both the aerobic and anaerobic systems. It is a great conditioning tool used for most field and court sports.

Examples of an Intensive Tempo Workout:

- 1) 6 x 200m (82% intensity)
3-5' recovery between reps
- 2) 2 x 4 x 250m (86% intensity)
4' rest between reps and 8' rest between sets

Progress the intensity of your tempo runs based on your conditioning goals. The ability of athletes to buffer lactate accumulation will determine their success as fatigue levels rise throughout the course of their game or competition.

SPEED ENDURANCE

Speed endurance is the ability to maintain speed in the presence of fatigue without decelerating. Speed endurance runs are going to vary in distance depending on your sport.

For example, football consists of short bursts of acceleration followed by low intensity movements so our speed endurance workouts would be of smaller distances with shorter recoveries then a track sprinter that would require longer distances and greater recovery times. So, for a greater chance of success, we must train our athletes to maintain high levels of speed and intensity, even when tired.

These workouts are mentally challenging (plus the presence of fatigue), so maintaining proper form and technique must be stressed. Training at high levels while fatigued will help to improve performance, both mentally and physically at the end of the game/competition when the game could be on the line.

Examples of a Speed Endurance Workout:

- 1) 2 sets of 7 x 30m
25 seconds rest between reps and 3 minutes between sets
- 2) 2 x 70m (95-100% intensity) 7 minutes rest
2 x 100m (95-100% intensity) 8-10 minutes rest
2 x 120m (90% intensity) 10 minutes rest

How it relates to your summer (USA) training: remember the suggestions have a football (a winter sport) focus .. but, the general principles can be applied to many sports.

Monday: General Strength Circuits
Tuesday: Acceleration
Wednesday: Extensive Tempo
Thursday: Acceleration
Friday: General Strength Circuits

Acceleration and Max. Velocity ideas .. separate sheets
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Next 2 weeks

Monday: Acceleration

Tuesday: GS Circuits

Wednesday: Maximum Velocity

Thursday: GS Circuits

Friday: Acceleration

Saturday: Intensive Tempo

GS = General Strength

Depending on your improvements and progressions:

Next 2 weeks

Monday: Maximum Velocity

Tuesday: GS Circuits

Wednesday: Acceleration

Thursday: GS Circuits

Friday: Maximum Velocity

Saturday: Intensive tempo

Your training days will look like this at the end of the *summer*:

Monday: Maximum Velocity (w/ Acceleration)

Tuesday: GS circuits

Wednesday: Speed Endurance

Thursday: Extensive tempo

Friday: Maximum Velocity (w /Acceleration)

Saturday: Intensive tempo

**Again the structure, set-up and volume of these workouts could all be different sport and goal dependant. Break down your sport and see how much time you are actually jogging around vs. sprinting. Then time how long each break / rest you have in between each bout of running. This will tell you where you really need to put your training focus.