

Control Sessions

(are training sessions YOU have control over)

In other words, a session you can complete (not every week, but perhaps every 4-6 weeks) under the same conditions (track; weather; time of day; after the same type of warm up; in the same attire, e.g. spikes; same rest interval;)

You can examine your performances and use the session to assess your progression as a young athlete.

e.g. Session: 4 x 150; w/b
(w/b = walk back recovery)

Session 1: 24.6 / 24.8 / 24.8 / 25.4

Session 2: 23.5 / 23.9 / 24.0 / 24.5

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You can compare individual runs; e.g. 1.1 = 24.6 // 2.1 = 23.5 .. that's improved
or

Add the times together

Session 1: 99.6

Session 2: 95.9

Assuming the same rest intervals .. this athlete has improved

Don't complete the Control sessions too often .. give yourself a chance to improve.

If there is a sudden drop-off in performance (e.g. 24.6/24.8/24.9/26.9) ... it may be time to back off .. perhaps more training—train smarter .. *live to fight again another day.*

All advanced athletes use Control Sessions to help evaluate their progression.

Sessions can become more challenging as you grow more experienced.

But, young athletes ... proceed with caution: the easiest thing to do is train hard ..

Training smarter should be the focus ... it is both challenging and Fun.

Name	Venue								
