

Plan your week in advance .. of course, you must react to variations that occur, but, you are more likely to make-up for a lost session if there was originally a plan to complete.

Sessions are **NOT** in a set order; **plan** according to your circumstances; in general,
 Extensive Tempo, Speed Endurance, Resistance early in the week (at least 4-5 days from competition);
 Rest Day before Speed (Maximum Velocity) sessions;
 Rest Day (or, at most a very light session) before a serious competitive effort.

All sessions assume a **thorough w/u** (jog, drills, stretches, accelerations) and **w/d** (jog, static stretches)

The **critical** factors are: **quality** of runs / duration of **recovery**.

1. Speed Endurance

4-6 x 60-70m .. Run—Run—Run—Bound
 3 x 400 “The Hard Way” .. Teams of 5 (40m sprints / fast striding (85-90%) from 3pt. Start)

2. Speed Endurance

2 x 250 – 200 – 150 .. (75-85%) .. w/b recovery;
 8-12 mins. between sets (stretches, drills, active recovery)

3. Extensive Tempo Training (TB = Technical Build-Up)

TB 75 ▶ 75 Walk ▶ TB 75 ▶ 75 Walk ▶ Jog 100
 TB 100 ▶ 50 Walk ▶ TB 100 ▶ 50 Walk ▶ Jog 100
 TB 50 ▶ 100 Walk ▶ TB 50 ▶ 100 Walk ▶ Jog 100
 TB 75 ▶ 75 Walk ▶ TB 75 ▶ 75 Walk ▶ Jog 100

What is TB?

3 x 70m .. 80% / 75% / 70% .. Good form; w/b recoveries
 Technique is the priority

4. Hills (Resistance)

2 x 4 x 70-150m .. *Fast* .. Slight incline (3-5%); w/b; .. progressively (e.g. fortnightly) increase the challenge;
 5m rolling start; 6-10 mins. between sets. (**Very important weekly session** through Gen. Conditioning and even up to the Pre-Comp phase.)

5. Start & Acceleration Training

2 sets: - 4 x Bound—Bound—*Start* ▶ Max. sprint to 20m
 3 x Rolling Start to 35m (5m acceleration ▶ 30m sprint)
 2 x 12-16 Stadium Stairs .. Fast feet — every step
 3 x 12 Stadium Stairs .. Double Leg Bounds (1,2 or 3 steps) - Up; Down; stick the landing.
 2 x 12-16 Stadium Stairs .. Fast feet — every step

Recoveries
 w/b + 1-2 mins;
 4-6 mins. b/t sets.

6. Psycho Sprint

150m maximum effort .. 1 minute rest .. 150m maximum effort
 (the future: 200 (1) 200)

7. Maximum Velocity Training

5-6 x 30m SLB - Alt. Fast Leg—on gradual incline (1-3%) .. 5m Rolling Start
 2 sets: 3 x 30m .. 3 pt. start .. maximum .. on the track
 2 sets: 3 x 3 pt. start ▶ 30m .. on gradual incline (1-3%)
 2 sets: 3 x 30m .. **downhill** — on gradual decline (1-2%) .. 5m Rolling Start
 Running downhill is a special skill .. project hips slightly forward .. Don't lose control to the point of heel first landing (over-striding = braking); hence, slight gradients.
 Relax .. let the hill do the work; arms relaxed and swinging for balance.
 These rules apply to other forms of assistance .. e.g. towing
 Complete recoveries between activities

Seek advice on how and when to apply these and other sessions.

When did you do your last pool session?

Elite Athletes

1-2 sessions **every** week

If your first reaction is to say it's too hard to organise, you are really saying that you are settling for less than what you are capable of.

8. Speed Endurance

Bounds: 3 x 4H (Pre-J) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
 Bounds: 3 x 4H (Expl.) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
 Bounds: 3 x 4H (Pre-J) - 30m sprint from 3 pt. within 10-15 seconds of final bound.
 3 x 120m .. 80% / 70% / 60% .. Good form; w/b recoveries; Technique is the priority

These sessions offer a few (stress, a few), options that may be pursued in your program when a doubt exists in your mind as to what you should be doing.

In the progression towards your significant races, **YOU should be** completing 2-4 running sessions per week + stretching + drills + Superball and/or basic core strength work + pool session ...

No opportunity is ever wasted .. others take up what you let pass
 and

Not taking an opportunity when it presents itself ... may mean wondering all your life

Quality is more important than Quantity

SPECIFIC LONGER TRAINING SESSIONS ... Paul Laurendet (Modern Athlete & Coach, Oct. '09)

Terms: “**Float**” = comfortable intermediate striding, maintaining form (not jogging); pace will vary from athlete-to-athlete. “The aim of the float is to maintain your form after (the faster)effort .. Maintaining your form from the harder effort rep .. backing off the pace to enable you to recover enough for the next effort.” This is a real skill .. that will help enormously in races where there is a change of pace.

(The float may initially be around 30 seconds per 100, coming down gradually to 20 seconds;
effort times are to near race pace.)

Extract from Paul:

300m at a solid pace, 100m float, initially in 30 seconds, 300m at a solid pace, followed by another 100m float, and then 200m at the solid pace ... 1000m has been covered, with 800m of the repetition at a pace considerably faster than if was simply a 1 km. rep.

Examples

400 Runner: aim towards 2.5 race distance

200, float 100, 150, float 100, 150 = 700

150, float 100, 200, float 100, 150 = 700

300, float 100, 200 = 600

200, float 100, 300 = 600

200, float 100, 200 = 500

150, float 100, 150 = 400

800 Runner: aim towards 2.5 race distance

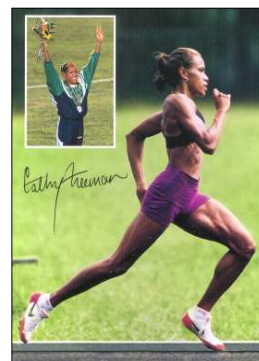
300, float 100, 200, float 100, 300 = 1000

200, float 100, 300, float 100, 300 = 1000

200, float 100, 200, float 100, 200 = 800

300, float 100, 200 = 600

Start by doing the “float” at say: 30-35 secs. / 100m
aim to maintain elements of form; do **not** completely
relax and lose form.
Gradually (over weeks/months) decrease the float
time to 20 secs./100m.



There variations are only limited by your imagination, and by the training age of your athlete(s),
BUT, have a reason for completing the session your plan. Be ready with a response to: *why are we doing this?*
Keep a record of athlete achievements .. remember: if it can be recorded, record it.
Athletes should not become slaves to their Training Diary (Records), but, should know the standards they have and are
achieving, and ... those they are working towards.

Personal Records are the Measure of Personal Progress