

North West Athletics
Extensive Tempo Sessions — Advanced Junior 200-400 Athletes

TB = Technical Build-Up: 75-85%; sprint form emphasis ... 400m fast, “cruising” speed.
 “Toe Up, Heel Up, Knee Up ... step over the support knee”: not to be taken strictly
 but kept in focus during the runs.



Focus on one (1) major aspect of form in each run; e.g. head still; “tall”;
 co-ordinated arm action; range of motion of arms/hands; relaxation; knee lift;
 foot plant; negative foot speed; running through the line;

W = Walk

Quantity = the total work load (*how far did I run?*)
Quality = the level of intensity of those runs, often expressed as an
 approximate percentage of maximum effort / performance over that distance.

The significance of each of these factors will vary according to the aims of each session.
 For example: 2 x 3 x 150 (90%); w/b; 10-15 mins. between sets = 900 metres of quality running at speed.
 3 x 300 (75%); 6-8 mins. = 900 metres in quantity, but designed to enhance (speed) endurance.
 The **recovery** between (duration and nature) and **intensity** of runs is critical in designing the session to achieve **your** aims.

Think about the aims of each session; focus, performing accordingly, and recovering appropriately.

1. TB100 ▶ W50 ▶ TB100 ▶ W100 ▶ TB100 ▶ W50 ▶ TB100 ▶ W100
 TB200 ▶ W100 ▶ TB150 ▶ W100 ▶ TB100 ▶ W100
 TB250 ▶ W200 ▶ TB200 ▶ W200 ▶ TB150 ▶ W200
 TB150 ▶ W150 ▶ TB150 ▶ W150

Total: 1750m / 80-85%.

2. 3 x 4 x 150TB (80-85%) ... W50 between runs; W300 between sets.

Total: 1800m / 80-85%.

3. 3 x 250 (85-90%) ▶ Walk 150 ▶ 200 (85-90%) ▶ Walk 200 ▶ 150 (85-90%)
 10-15 minutes between sets.

Total: 1800m / 85-90%.

4. TB100 ▶ W100 ▶ TB 150 ▶ W150 ▶ TB200 ▶ W200 (900m / 85-90%)
 Walk 400 Metres
 2 x 3 x 120 (90-95%); w/b; 6-8 minutes. (720m / 90-95%)
 Walk 400 Metres
 TB200 ▶ W200 ▶ TB 150 ▶ W150 ▶ TB 100 ▶ W100 (900m / 85-90%)

Total: 2,520m / 85-95%

5. TB250 (85-90%) ▶ W150, include 20 Push Ups in the walk
 TB200 (85-90%) ▶ W150, include 25 Bent Knee Sit-Ups in the walk
 TB150 (85-90%) ▶ W150, include 25 Dips (fence - hurdle - seats) in the walk
 Walk 400 Metres
 TB250 (85-90%) ▶ W150, include 20 Push Ups in the walk
 TB200 (85-90%) ▶ W150, include 25 Bent Knee Sit-Ups in the walk
 TB150 (85-90%) ▶ W150, include 25 Dips (fence - hurdle - seats) in the walk

Retain focus on form and quality
 of effort in all runs.

Total: 1200m / 85-90% + extra activities

Think Long-Term: it’s not just how fast you run, but **how well you run**