

# Planning training

David Sunderland



# EVOLUTION OF TRAINING

- PIKKALA - NURMI
- GERSCHLER/REINDELL- HARBIG
- HOLMER – HAAG/ANDERSON
- STAMPFL - BANNISTER
- IGLOI - HUNGARIANS/AMERICANS
- ZATOPEK
- CERUTTY- ELLIOTT/LANDY
- LYDIARD- SNELL/HALBERG



# INNOVATORS

- PIKALLA – Shorter runs/recvs= Early Interval Training
- GERSCHLER/REINDELL – Short Reps, large numbers, good recoveries
- STAMPFL – 400/1200 Min – 1:1 rec. FRP
- IGLOI – 1 1/2 – 2 Race Distance. Introduced sets – 2 x 4 x1200 600/1200
- ZATOPEK – Large Numbers/Short Recoveries
- SUSLOV – Reps. Total = Race Distance FRP



# EVOLUTION OF TRAINING

- VAN AAKEN – NORPOTH
- BOWERMAN – OREGON
- SUSLOV – RUSSIAN WOMEN
- BRITISH SYSTEM – OVETT/COE/CRAM
- AFRICANS –  
KENYA/MORROCO/ETHIOPIA
- NEW/FUTURE TRENDS



# INNOVATORS

- LYDIARD – Block Training, Mileage, Hills, Track work, Tapering
- CERUTTY – Total Conditioning, Diet, Mind
- BOWERMAN – Complex System – Goal Pace per month
- VAN AAKEN – LSD, 35:1, Body Weight
- HOLMER - Fartlek



# STEEPLECHASE

- ANDREAS GARDERUD
- MALINOWSKI
- KENYANS
- PLAN
- HARDWORK
- DEDICATION



# AEROBIC RUNNING

- Warm up, cool down, easy recovery runs
- Long run, steady runs
- Below LT pace, tempo runs (10k)
- Alternate Pace Runs
- LT run



# OTHER FACTORS

- GDR – TALENT ID  
MEDICAL SUPPORT/TESTING  
REGENERATION
- CORE STABILITY
- DYNAMIC STRETCHING
- GROUPS/CAMPS
- VARIATIONS ON A THEME





# Your Approach

Your training plan and philosophy will be based on your experience, the coaches and programmes you have read about but it must be suited to the athletes that you are coaching



What is your long term  
goal?



What is your season  
goal?



# What is your plan?

- Approach?
- How much?
- What type?
- When?
- Recovery?



How much?



# Minimum volumes for maximum performance

- 800m                      1500hours                      1,200miles
- 1500m                      2000hours                      1,500miles
- 3000m s/c                      3000hours                      2,400miles
- 5000m                      3000hours                      2,400miles



# Optimal annual volume

- 800m 1,800-2,400miles
- 1500m 2,400-3,000miles
- 3000m s/c 3,000-4,000miles
- 5000m 3,000-4,000miles



# EVENT REQUIREMENTS

## REQUIREMENTS FOR EACH OF THE ENDURANCE EVENTS.

<u>EVENT:</u>	<u>800m</u>	<u>1500m</u>	<u>5/10k</u>	<u>S/C</u>	<u>Mar</u>	<u>Walks.</u>
MOBILITY	*	*	*	*	*	*
ENDURANCE (O2)	*	*	*	*	*	*
SPEED (ALACTATE)	*	*	*	*		
SPEED ENDURANCE (LAO2)	*	*	*	*		
STRENGTH	*	*		*		
STRENGTH ENDURANCE	*	*	*	*	*	*
POWER	*	(*)		(*)		
TECHNIQUE	*	*	*	*	*	*
TACTICS	*	*	*	*	*	*

## OVERVIEW.

800m

ALL ASPECTS

1500m

ALL ASPECTS – BUT % DIFFERENT TO 800m

5k/10k

NO POWER & LITTLE STRENGTH & LACTATE.

S/Chase

ALL ASPECTS + EXTRA TECHNIQUE

Marathon

PREDOMINANTLY O2 SYSTEM

Walks

PREDOMINANTLY O2 SYSTEM +

EMPHASIS ON TECHNIQUE.





# ENERGY PERCENTAGES

- | <u>DISTANCE</u> | <u>ATP/CP</u> | <u>ANAEROBIC-LACTATE</u> | <u>AEROBIC</u> |
|-----------------|---------------|--------------------------|----------------|
| 100m            | 25%           | 70%                      | 5%             |
| 200m            | 15%           | 60%                      | 25%            |
| 400m            | 12%           | 43%                      | 45%            |
| 800m            | 10%           | 30%                      | 60%            |
| 1500m           | 8%            | 20%                      | 72%            |
| 3000m           | 5%            | 15%                      | 80%            |
| 5000m           | 4%            | 10%                      | 86%            |
| 10000m          | 3-2%          | 12-8%                    | 85-90%         |
| Marathon        | 0%            | 5-2%                     | 95-98%         |
- Shares of energy supply mechanisms during different track events.  
(According to Mader)



What type?



# Assess the event

- 800m 60% Aerobic 40% Anaerobic
- 1500m 72% Aerobic 28% Anaerobic
- 3000sc 85% Aerobic 15% Anaerobic
- 5000m 95% Aerobic 5% Anaerobic



# Assess the athlete

- Race performances
- Lab tests
- Field tests
- Related tests - Billat; VCR; Balke;  
30m Sprint;
- Observation
- Coaching Eye



# ANALYSIS OF TRAINING

- MILEAGE – Long, Easy and Steady runs
- AEROBIC RUNS – Alternate, Tempo LT
- FARTLEK
- CONDITIONING – Weights, Circuits etc
- RESISTANCE WORK – Hills, Plyometrics, Bounding
- REPETITION RUNNING Winter/Summer
- INTERVAL TRAINING – Winter/Summer



# ASSESS THE TRAINING SYSTEM

- USE OF SYSTEM?
- WHAT DOES IT TRAIN?
- WHEN SHOULD IT BE USED?
- VALUE OF THE SYSTEM?
- HOW OFTEN SHOULD SYSTEM BE USED?
- AGE/GENDER CONSIDERATIONS?
- OTHERS?

