



Putting Training Together

England Athletics Regional Coach & Athlete Development Day 2018

Consider you mix: Elements of Training

- Recovery running
- Long run
- Threshold/Tempo running
- Hill work
- Intervals
- Cross Training
- Drills
- Stretching
- Strength & Conditioning
- Rest



Direction of travel & guiding principles

- **Connection between the athlete and the event demands - what is the next logical step on journey?**
- **Minimum effective dose**
- **Consistent controlled work with occasional 'twiglet zone' sessions**
- **Progression – consider the key aspects that need to improve**
- **Maintenance is key - we don't neglect components of fitness as we progress**

Direction of travel & guiding principles

- Analyse your strengths & areas for development
- Think about where you want to be in 3-4 months/1 year/2 years (5 years!)
- Cycles of training: phases/periodisation – how, why and for what purpose? – XC season, indoor season, track and road?
- Be selective about your races
- Allow proper recovery from races
- Make your training specific to your end goal
- Honest review of performance

Direction of travel & guiding principles

- The balancing act of hard training and regeneration – know your own or your athletes recovery profile
- 3-4 hard weeks and then an easy week
- 7 -14 day cycle
- Easy, moderate, hard, easy, moderate, hard, rest
- Playing catch-up (don' t!)
- Develop a conditioning and a recovery plan
- Have a scheduled break every year or after every season
- Use your head to train your heart!

Direction of travel & guiding principles

Physiological Testing:

- Running economy
- Maximal oxygen uptake (VO₂ max)
- Fat Max Testing
- Blood lactate / heart rate responses (incl. 'lactate threshold' and 'lactate turn-point')

**will reveal physiological 'strengths' and
'weaknesses' ...**

...should provide insight into training focus



Direction of travel & guiding principles

