



Developing Workouts

England Athletics Regional Coach & Athlete Development Day 2018

The Importance of Threshold

“I always ensure I am in shape to run a good quality 10 mile race.”

- Improves running economy
- Develops speed endurance



Workout Creation: 'Stressors'

- ◆ Speed of rep or session
- ◆ Recovery length in session and between sessions
- ◆ Recovery activity (static, jogging, S&C?)
- ◆ Repetition length
- ◆ Overall volume of reps and sets
- ◆ Terrain & environment (heat, altitude, hills, soft hard, mix)
- ◆ Additions (e.g. surges, strength work, drills etc into recovery)
- ◆ Feedback (how much information is given to athlete)



Workout Examples: 5k

- ◆ 5 mins threshold + 5 x (1200m + 400m)
- ◆ Longer blocks of 800-mile reps at 5-10k pace
- ◆ Both split threshold (e.g. 5 x 5 mins, 5 x 6 mins etc) and sustained tempo work e.g. 4-5 miles with 1 minute surges each mile for lactate buffering
- ◆ Short hills mixed with vo2 work
- ◆ E.g. Daniels - 8 x 1k hard / 10 x 800m hard versus 'alternating threshold and 3-5k pace' – impact on recovery is different
- ◆ 3km (10km pace) / 2km (5km pace) / 10 x 400m (3km pace)
- ◆ 2 x 1 mile + 4 x 800m cut down from 5k pace to 3k pace
- ◆ E.g. 10-15 x 200m, 3 x (4 x 400m)
- ◆ 3 x (4 x 400m) running the 400s at 3k pace off a roll-on or float 100m



Workout Examples: 10k

- 8-12 x 1km – odd Nos @ threshold/even Nos @ 5-10k pace (90 jog)
- 4-5k @ threshold + 5-6 x 800m @ 10k pace
- 6-10 x 400m + 4k @ threshold + 6-10 x 400m
- 2-3km threshold / 5 x 800m / 2-3km threshold
- 3km threshold / 3 x 1k / 10 x 400m
- VO2 – 6/8 x 1k or 3 mins (75-90)
- VO2 – 6 x 1200m's



Workout Examples: Marathon

- Long runs including MP or Progression – 35k with 10k easy, 10k @MP, 5k easy, 5k MP(– 10-15 secs), 2k fast, 3k easy
- 15-20 mins MP (2) + 5 x 3 mins @ 10k pace (90) + 15-20 mins MP
- 30k run with 20 x 1km @ MP/Threshold alternating
- 3-5 miles easy + Half Marathon @ MP + 3-5 miles easy
- Using ‘float’ or steady ‘recovery’ or fartlek within a long run
- Using continuous / Kenyan hills
- Using mid week longer runs as supporting endurance with marathon pace or threshold work included
- Ability to burn stored fats is key. Ability to run economically and hold form when tired is critical to success.



Think about the demands for the individual as well as event

- Are we racing for the win or are we racing for a time?
- Are we looking to hit a specific qualification target
- Will the race involve tactics and surging?
- What conditions will the athlete likely face on the day? E.g. how do they personally respond to hot weather?
- Are we preparing our athletes for their individual demands?



Think about the demands for the individual as well as event

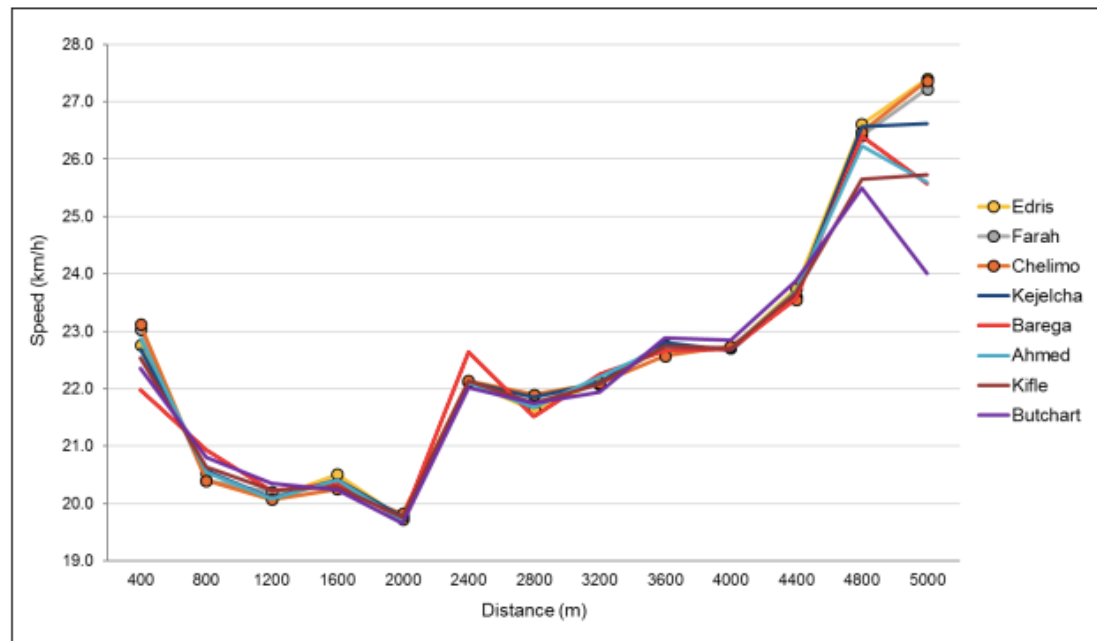


Figure 1. The mean speeds for each 400 m segment (and last 200 m) for the top eight athletes.



BUT...Individualization – coach the person, not the event

- **‘Fast’ or ‘Enduring’ runner affects the training mix**
- **Development stage, ‘age’, experience and goals**
- **Lifestyle and recovery profile**
- **Group or individual training?**
- **Are you individualizing or are you adapting the athlete to fit a mould?**
- **Enjoyment, psychology and stress management!**
- **Mechanics**
- **An ‘adaptive’ approach to planning**



Other points to consider

- **Altitude Training – When, Duration, Height & Intensity**
- **Warm Weather Training – Climate, Humidity, Terrain & Timing**
- **Racing – Frequent V Occasional**
- **Type of race – Major, City, UK...pacing e.g. elite vs championship start**

