

Hub Training session on Saturday 28th December 2019 at NIAC

Morning training session

Process goals for the session:

- 1. For athletes to understand what paces they should work at when doing VO₂max work, or when doing anaerobic speed work (1500m pace work or 800m pace work)**
- 2. To either increase VO₂max or increase efficiency when working beyond VO₂max speed and really recruiting the anaerobic engines**
- 3. To practice running at speed when tired (end part of the session). Always good to work on speed, as always want to be able to be quick at end of a race when tired. Also to focus on form when running fast, as this will improve efficiency when running.**

RAMP warm up

Raise heart rate - 2 laps of the track jogging with pace getting slightly quicker

Activate and Mobilise muscles (kept active in order to keep warm in the cold weather)

- High knee walks
- Lunge walk
- High knees
- squat walk
- Hamstring sweeps
- Heel recoveries/ leg cycling
- Straight leg running

Potentiate so ready for session

- 2 x 200m at pace will be doing session at, with 90s recovery (This part of session very important for two reasons. Firstly it gets to body physically and mentally prepared for the session ahead. Secondly, it ensures athletes know what the pace they will run the session at feels like)

Main session

VO₂max session

Part 1: 1x1200m, 1x1000m, 1x800m, 1x600m, 1x400m. Recovery is 2mins. Reps were run at VO₂max pace (I speed on Daniel's table).

Coaching tip for part 1: Athletes split into groups, with each group having athletes of similar 1500m and 3000m times. From these PBs times, Daniel's table was consulted to determine VO₂-max pace for the athletes. If Daniel's table not available, then run at 3000m PB pace.

Part 2: 3x200m with 2min recovery

Coaching tip for part 2: Get athletes to focus on form when running fast

Anaerobic Speed session (1500m pace)

Part 1: 5x400m Reps were run at 1500m pace (R speed on Daniel's table). 3min recoveries.

Coaching tip for part 1: Athletes split into groups, with each group having athletes of similar 1500m times. From these PB times, Daniel's table was consulted to determine R pace (roughly 1500m pace) for the athletes. If Daniel's table not available, then run at 1500m PB pace. This session is about lactate recycling (and lactate tolerance).

Part 2: 3x200m with 2min recovery

Coaching tip for part 2: Get athletes to focus on form when running fast

Anaerobic Speed session (1500m pace)

Part 1: 4x300m Reps were run at 800m pace (fast speed on Daniel's table). 3min recoveries.

Coaching tip for part 1: Athletes split into groups, with each group having athletes of similar 800m times. From these PB times, Daniel's table was consulted to determine fast pace (roughly 800m pace) for the athletes. If Daniel's table not available, then run at 800m PB pace. This session really goes deeply anaerobic, so is about lactate tolerance (and lactate recycling). As pre-puberty athletes do not really generate lactate, and this session is to train dealing with large amounts of lactate, there is less benefit to such a session for younger athletes.

Part 2: 3x150m with 3min recovery

Coaching tip for part 2: Get athletes to focus on form when running fast

Warm down

Easy jog to gradually bring heart rate back down, followed by static stretching (approximately 15s for each stretch) to remove tightness from muscles:

- calf (hands against wall, straight back leg)
- achilles (hands against wall, bent back leg)
- hamstrings (straight legs, reach down and touch the floor)
- quads (stand on one leg, pull leg back so knees are together)
- groins (sat on floor, soles of feet together, push knees as close to floor as possible)
- gluts (sat on floor, cross leg over other leg and pull knee as close to shoulder as possible)
- lower back (lie on floor, keep both shoulders on floor, pull knee across body)