

Training Day on Sunday 6th March 2021 at Oakdale Athletics Track

Process goals for the session:

1. For athletes to undertake an on-track session which stresses both aerobic and anaerobic energy sessions
2. For athletes to judge pace and effort when on a track including when changing pace
3. For athletes to undertake a post-running physical preparation session to improve fundamental movements patterns (hinge, squat, lunge) and strength

RAMP warm up – this was led by the coaches, but athletes are encouraged to become gradually more independent with regards to their warm up

Raise heart rate – Around 1km warm up jog around the track

Activate and Mobilise muscles (choose a selection from the following, which is what we did in the session)

- Toe walk (mobility and activation – walk on toes, also good core position with high hips and bring the shoulder blades back)
- Ankle walk (mobility and activation – walk on toes, also good core position with high hips and bring the shoulder blades back)
- Hamstring sweeps (mobility – hinge at hip)
- High knee walks (mobility and form – high hips, look straight ahead, dorsi-flex the toe)
- High knee walks with knee pull up (mobility and form - high hips, look straight ahead, dorsi-flex the toe)
- Leg swings (mobility – brace through core, movement through hips)
- From push up position, bring foot to hand and rotate body (mobility – movement through hip flexors)
- Side reaches (mobility – do not move body forward or backward)
- Arm pull backs (mobility and posture – keeping arms parallel to the floor, pull back as far as possible)
- Pogo jumps (activation – two foot landing, land under the body, soft knee but not a knee bend, react of the floor)
- Alternating foot pogos (activation – foot landing under the body, soft knee but not a knee bend, react of the floor)
- A-skips (activation – high hips, look straight ahead, dorsi-flex the toe)
- Dribbling over ankles then over calves then over knees (activation - high hips, look straight ahead, land with foot under body on ball of foot)
- Straight leg bounds (activation – high hips, look straight ahead, land with foot under body, pull back hard on the floor)

Potentiate so ready for session

- 2 x extended strides at perceived effort of 8 out of 10 – gets the energy systems firing ready for the session ahead

Session

2 sets of 600m (3000m pace), 500m (between 3000m and 1500m pace), 400m (1500m pace), 300m (between 1500m and 800m pace) 200m (800m pace) with 2min recovery after every effort

- To help with pace judgement agree target times for each rep with your coach before the session

Important tips for track interval session:

- For 3000m pace intervals the recovery time after the effort is roughly the same length of time that the effort took
- For 1500m pace intervals the recovery time after the effort is roughly twice the length of time that the effort took
- For 800m pace intervals the recovery time after the effort is roughly four times the length of time that the effort took
- For developing athletes, total length of sessions should not exceed 4km. If just running at 1500m pace for the session then do not exceed 3km (and be very happy to run less distance). If just running at 800m pace for the session then do not exceed 1600m (and again be happy to run less distance)
- For developing athletes do not do too many sessions at just 1500m or 800m pace, perhaps just in the build up to a key race at this distance. Recommend most sessions for developing athletes at 3000m pace to focus on developing the aerobic system or start at 3000m pace to get the aerobic system going before stepping down to 1500m and/or 800m pace efforts

Warm down

Easy couple of laps around the track (about half a mile) to gradually bring heart rate back down

Post-session Conditioning

Warm up:

Fundamental movements

- Lunge walk forward then backwards (physical prep and mobility – high hips, upright body, look straight ahead, ensure front knee is directly above front foot)
- Squat turning walk (physical prep and activation – keep heels on floor, keep upper body straight, push knees apart)
- Flamingo walk (physical prep and activation – straight line from head to toe, try not to rotate hip up)

Crawls – great for bracing and all body strength – **on the regional day we just did bear crawl but other crawl options are provided**

- Bear crawl (torso facing floor, hands under shoulder, knees under hips, move forward then backwards with just hands and feet on floor. Ensure back stays flat – think if you had glass of water on your back you do not want to spill any water)
- Crab walk (torso facing sky, move forward and backwards with just hands and feet on floor. Ensure keep hips high)
- Duck walk (into squat position, walk forwards and backwards, ensuring hips stay level and do not move up or down)
- Wheel barrow walk (partner holds your legs – easier closer to knees they hold you. Walk forward on your hands keeping your body as straight as possible – again think trying to not spill any water from glass of water on your back)

Medicine ball throws – do not use too heavy a ball, start light (e.g. 1kg) and progress when strong enough, for all very important to use the legs as they are strongest part of body)

- Chest pass (push movement- squat down then straight arm pass from chest as squat up)
- Underarm forward throw (push movement - squat down then underarm throw forwards as squat up)
- Side throw (rotate movement – squat down then rotate so sideward throw)

Circuit – did 30s on each exercise with 10s between exercises. Did twice through on first circuits and then once through more advanced circuit. Important to focus on movement quality and only progress athlete to more advanced movement once they are competent enough with the initial exercise

First circuit

- Single leg RDL (also called 1 leg flamingo) – 15s on each leg
- Forward lunge and backward lunge – 15s forward lunge before 15s backward lunge
- Squat with medicine ball held in front of body (more advanced is to hold med ball above the head)

Advanced circuit

- Single leg RDL holding a med ball – 15s on each leg
- Lunge hold (in bottom) – 15s on each leg
- Hop and stick in good squat position