

## Preparing a plan

The steps in producing a Training Plan are as follows:

- Gathering information
- Produce an overall plan template and identify the months/weeks of the year
- Identify on the plan at the appropriate period
  - the main competition
  - area, national, school etc. championships
  - qualification competitions
  - club fixture meetings
  - the 6 phases based on the main competition in phase 5
- Identify on the plan
  - the blocks (e.g. strength, endurance) to be developed in each phase
  - the period of development for each block
  - the intensity of training week by week
  - number of training sessions per week
  - **evaluation** points to monitor progress
- Identify appropriate training units for each block as appropriate to the phase of development.
- Group the training units for each block into training schedules taking into consideration the number of training sessions the athlete can complete per week, the required training intensity and the phase of development.

## Information Gathering

The first stage of preparing a Training Plan is to gather background information about your athlete and the objectives for the forth coming season. The sort of information to collect is as follows :

- Personal details
- Name, address, date of birth, telephone numbers, transport arrangements
- Objectives
- Performance (time, height, distance)
- Technical (development of event technique)
- Indoor and/or outdoor season
- Experience
- Personal best (PB's)
- Competition experience (club, county, national, country)
- Equipment
  - Does the athlete have his own equipment (e.g. starting blocks, javelin etc.)?
  - Harness and tyre
  - Elastic harness
  - Weight jackets
  - Camcorder
  - Distance, time, % effort matrix chart

- Finance
  - Where can grants be obtained from?
- Competition
  - Date of main competition
  - National and Area Championships
  - School , University competitions
  - Required qualification times for competitions
- Fixture lists - Club, County etc.
- Open Meetings
- Competitors
  - Who are the competition and what are their PB's?
- Recent competition results
- Competition behavior
- Athlete's other Commitments
  - School, college, work, part time jobs
  - Family and partner
  - Hobbies and other sports
- Time available for training
- Planned holidays
- Medical
  - Previous injuries or illness
  - Current problems (diabetes, asthma etc.)
  - Access to medical support
  - Physiotherapy support
  - On any medication - is it a banned substance ?
  - Using asthma inhaler - application to use Beta 2 agent inhalers
- Training facilities
  - Tracks and other running facilities (bad weather)
  - Gymnasiums and weight training
  - Swimming pools, saunas and massage
- Coaching Workshops
- Last season
  - What can be learnt from last season - good and bad aspects
- Key questions for the athlete
  - How serious are you about your athletics ?
  - What do expect from your coach ?

## Double Periodisation

For the athlete with competitive objectives for both the indoor and outdoor season then the phase allocation could be as follows:

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
Phase 1	■	■										
Phase 2			■	■		■	■					
Phase 3					■			■				
Phase 4									■			
Phase 5										■	■	
Phase 6												■

### Periodisation

It is the method of organising the training year into phases where each phase has its specific aims for the development of the athlete.

### The phases of a training year

The training year is divided into 6 phases as follows:

- Phase 1 - 16 weeks - Oct, Nov, Dec, Jan
- Phase 2 - 8 weeks - Feb, Mar
- Phase 3 - 8 weeks - Apr, May
- Phase 4 - 8 weeks - Jun, Jul
- Phase 5 - 8 weeks - Jul, Aug
- Phase 6 - 4 weeks - Sep

This assumes that the competition climax will be in August

### What if there is an indoor and an outdoor season ?

For the athlete with competitive objectives for both the indoor and outdoor season then the phase allocation for the indoor season could be as follows :

- Phase 1 - 6 weeks - Oct, Nov
- Phase 2 - 8 weeks - Nov, Dec, Jan
- Phase 3 - 6 weeks - Jan, Feb

and the outdoor season as follows :

- Phase 1 - 4 weeks - Feb, Mar
- Phase 2 - 6 weeks - Mar, Apr

- Phase 3 - 5 weeks - Apr, May
- Phase 4 - 7 weeks - Jun, Jul
- Phase 5 - 6 weeks - Jul, Aug
- Phase 6 - 4 weeks - Sep

This assumes that the climax of the indoor season is in February and the outdoor season in August. Depending on your athlete's objectives and abilities, then the year start and duration of each phase may have to be adjusted to achieve appropriate development.

### Objectives of each phase

The objectives of each phase are as follows :

- Phase 1 - General development of strength, mobility, endurance and basic technique
- Phase 2 - Development of specific fitness and advanced technical skills
- Phase 3 - Competition experience - achievement of indoor objectives
- Phase 4 - Adjustment of technical model, preparation for the main competition
- Phase 5 - Competition experience and achievement of outdoor objectives
- Phase 6 - Active recovery - planning preparation for next season

### Activities of each Phase

The athlete's physical needs that require development are:

- Basic body **Conditioning**
- General and Specific **Strength**
- General and Specific **Technique**
- General and Specific **Mobility**
- General and Specific **Endurance**
- **Speed**

Each of these needs should be seen as a building block, where specific blocks need to be in place before you progress to the next. Failure to do this may result in **injury**. How you allocate the blocks to each phase depends upon the athlete's weaknesses and strengths and is for you as the coach to decide with the athlete.

One approach is to progress the building blocks as follows:

- basic body conditioning
- general strength, endurance, mobility and technique
- specific strength, endurance, mobility and technique
- speed

When progressing from one block to the next, remember to fade one out as the other comes in and not to switch from one block to the next overnight. Some blocks once

started may continue to the end of the season but at a less intense level e.g. mobility. Other blocks to consider are [relaxation](#), [visualisation](#) and [psychology](#) (mental attitude).

### Phase 1

Each training session should include an appropriate [warm up](#) before the session and [warm down](#) after the session.

### Week 1

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance General	2 * 3 * 300	80% 400m pb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * 6 * 80	80% 200m tpb	3 mins	5 mins
Friday	Strength General	Weight Training			
Saturday		Rest			
Sunday	Technique	3 * 3 * 30m (with tyre)		3 mins	5 mins

### Week 2

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance General	2 * 3 * 350	80% of 400m pb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * 6 * 90	80% of 200m tpb	3 mins	5 mins

Friday	Strength General	Weight Training		
Saturday		Rest		
Sunday	Technique	3 * 3 * 40m (with tyre)	3 mins	5 mins

### Week 3

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance General	2 * 3 * 400	80% of 400m pb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * 6 * 100	80% of 200m tpb	3 mins	5 mins
Friday	Strength General	Weight Training			
Saturday		Rest			
Sunday	Technique	3 * 3 * 50m (with tyre)		3 mins	5 mins

### Week 4

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Evaluation	Cooper test	100%		
Wednesday	Strength General	Weight Training			
Thursday	Evaluation	Quadrathlon	100%		
Friday	Strength General	Weight Training			
Saturday		Rest			
Sunday	Endurance General	30 to 40 min fartlek			

### Notes

3 * 6 * 120	3 sets of 6 repetitions of 120m
80% of 200m tpb	tpb = target personal best time for the coming season Lets assume target time for 200m is 21.0 secs 80% means slower than target time 80% of 200m pace = $21.0 / 0.8 = 26.2$ 120m target time is = $26.2 / 200 * 120 = 15.7$ secs
Recovery/Rep	Recovery time following each repetition
Recovery/Set	Recovery time following each set

## Phase 2

Each training session should include an appropriate [warm up](#) before the session and [warm down](#) after the session.

### Week 1

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance Specific	2 * 3 * 240	80% of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * (80, 120, 160)	80% of 200m tpb	3 mins	5 mins
Friday	Strength Intensive	3 * 3 * 80	90% of 200m tpb	3 mins	5 mins
Saturday		Rest			
Sunday	Technique	3 * 3 * 30 Drive	100%	3 mins	5 mins

### Week 2

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance Specific	2 * 3 * 300	80% of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * 6 * 80 (back to backs)	80% of 200m tpb	30 secs	5 mins

Friday	Strength Intensive Strength General	3 * 3 * 120 Weight Training	90% of 200m tpb	3 mins	5 mins
Saturday		Rest			
Sunday	Technique	2 * 3 * 60 Stride	100%	3 mins	5 mins

### Week 3

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance Specific	2 * 3 * (80+80+80)	(100%, 80%, 100%) of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Anaerobic Quality	3 * 6 * 120	80% of 200m tpb	3 mins	5 mins
Friday	Strength Intensive Strength General	3 * 3 * 160 Weight Training	90% of 200m tpb	3 mins	5 mins
Saturday		Rest			
Sunday	Technique	2 * 3 * 40m Lift	100%	3 mins	5 mins

### Week 4

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Evaluation	60m and 10 stride	100%		
Wednesday	Strength General	Weight Training			
Thursday	Evaluation	250m	100%		
Friday	Strength General	Weight Training			
Saturday		Rest			
Sunday	Technique	3 * 3 * 30 Starts (blocks)	100%	3 mins	5 mins

### Notes

3 \* 6 \* 120      3 sets of 6 repetitions of 120m

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Recovery/Rep	Recovery time following each repetition
Recovery/Set	Recovery time following each set

### Phase 3

Each training session should include an appropriate **warm up** before the session and **warm down** after the session.

### Week 1

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance Specific	2 * 3 * (100+100+100)	(100%, 80%, 100%) of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Speed	3 * 3 * 80	95% to 100% of 200m tpb	3 mins	5 mins
Friday	Anaerobic Quality	2 * 3 * 120	90% to 95% of 200m tpb	2 mins	5 mins
Saturday		Rest			
Sunday	Technique & Speed	3 * 3 * 30 Drive	95% to 100%	5 mins	10 mins

### Week 2

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength	Weight Training			

Tuesday	General Endurance Specific	2 * 3 * (100+80+100)	(100%, 80%, 100%) of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Speed	2 * 3 * 100	95% to 100% of 200m tpb	3 mins	5 mins
Friday	Anaerobic Quality	2 * 3 * 140	90% to 95% of 200m tpb	2 mins	5 mins
Saturday		Rest			
Sunday	Technique & Speed	2 * 3 * 60 Stride	95% to 100%	5 mins	10 mins

### Week 3

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Endurance Specific	2 * 3 * (100+60+100)	(100%, 80%, 100%) of 200m tpb	3 mins	5 mins
Wednesday	Strength General	Weight Training			
Thursday	Speed	2 * 3 * 120	95% to 100% of 200m tpb	3 mins	5 mins
Friday	Anaerobic Quality	2 * 3 * 160	90% to 95% of 200m tpb	2 mins	5 mins
Saturday		Rest			
Sunday	Technique & Speed	2 * 3 * 40m Lift	95% to 100%	5 mins	10 mins

### Week 4

Day	Develop	Session	Effort	Recovery	
				Rep	Set
Monday	Strength General	Weight Training			
Tuesday	Evaluation	60m and 10 stride	100%		
Wednesday	Strength General	Weight Training			
Thursday	Evaluation	250m	100%		
Friday		Rest			
Saturday		Rest			
Sunday	Technique	3 * 3 * 30 Starts (blocks)	100%	3 mins	5 mins

## Notes

<b>3 * 6 * 120</b>	3 sets of 6 repetitions of 120m
<b>80% of 200m tpb</b>	tpb = target personal best time for the coming season Lets assume target time for 200m is 21.0 secs 80% means slower than target time 80% of 200m pace = $21.0 / 0.8 = 26.2$ 120m target time is = $26.2 / 200 * 120 = 15.7$ secs
<b>Recovery/Rep</b>	Recovery time following each repetition
<b>Recovery/Set</b>	Recovery time following each set