

## **SEPTEMBER 2016 PRESENTATION/TALK**

**Monday, September 26th, 2016 @ Woodhouse Eaves Village Hall**

### **SUMMARY REPORT**

#### **'Insights into Elite Level Training Practices'**

On the evening of Monday, September 26<sup>th</sup>, Alan Maddocks (Beacon Hill Striders: Performance Running) & Bill Winter (Leicester Coritanian AC) offered presentations to an appreciative audience that included athletes, parents, and local coaches, representing a dozen clubs from across the East Midlands. ... Alan and Bill offered three presentations:

- An analysis of six high intensity training sessions as used by elite athletes, past and present
- An overview of preparing athletes for 800m championship races, &
- An examination of the Training Log of English Schools' 3000m Senior Boys Champion, Sam Stevens

#### **Presentation 1: Alan Maddocks**

Alan opened the evening with a presentation looking at six signature training sessions as used by elite athletes. Alan started by placing the role of high intensity training sessions within the context of an athlete's training programme as a whole. He briefly discussed the critical role that 'lactate' provides in terms of providing additional energy sources for high intensity running. Alan noted that individual high intensity training sessions might be designed to primarily: develop the efficiency with which the body uses lactate (lactate shuttle); extend the body's ability to operate for a relatively prolonged period at high levels of lactate (maximum lactate steady state); or withstand the debilitating effects of excessive lactate levels (lactate tolerance).

The six signature training sessions that Alan described and analysed were:

- The 'Mona Fartlek' (associated with Steve Moneghetti)
- The 'Float 400m' Repetition Session (Rob de Castella)
- The 'Classical 400m' Repetition Session (Sir Roger Bannister)
- The 'Oregon 30/40 Workout' (Steve Prefontaine)
- The 'Long (Hard) Repetition' Training Session (Steve Jones)
- The 'AFD multi-paced Training Session' (Steph Twell)

Having described and summarised the characteristics and benefits of each session, Alan - using a real-life example (Caleb Ndiku's 2014 training programme prior to the World Indoor 3000m Championship) looked at the way that these different sessions (& sessions of a similar vein) could be combined to provide a comprehensive and varied training programme that created a 'bullet-proof' athlete ready on the day to dictate a pre-planned race strategy, and able to respond to any race situation or scenario.

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### Presentation 2: Bill Winter

The second presentation of the evening focused on the development of the young athlete to help prepare for championship racing at 800m. Bill outlined his training philosophy that seeks over time to prepare athletes to succeed as Junior and Senior athletes. Bill provided an outline of the way that he progresses his athletes through the different age groups, indicating the volume and nature of training done at each stage of development. He then described the elements that he incorporates into the training, and how he structures his training across the training year.



*International runner, & 2015 English Schools' 800m bronze medallist, Mari Smith*

Bill provided three case studies (Caelidh Ross, Jonny Monk, & Mari Smith) of athletes whom he has coached to success at English Schools and English National Championships, and onto international representation. He described the challenges (injuries, illnesses, and setbacks) that each faced, and how - by adopting an athlete-centred approach - he found solutions to overcome these challenges. Bill concluded by stressing the need for coaches to treat their athletes holistically as discreet individuals.

### Presentation 3: Alan Maddocks

The final presentation of the evening focused on the training inputs that led to Sam Stevens winning the 2016 English Schools Senior Boys' 3000m title. Alan began by providing some context outlining the progress that Sam had made under his guidance up to the start of 2016.



*Sam Stevens, 2016 English Schools' 3000m Champion*

Alan continued by stating how after a most encouraging few weeks in early 2016, that saw Sam gain international honours (see image), Sam's progress was curtailed by an injury that led to him missing over a month's training time in early Spring. Alan outlined the challenges that Sam thus faced at the start of May in terms of: increasing training volume; re-introducing key training sessions; returning to competition; achieving an English Schools qualifying standard; gaining selection; and preparing for peak performance, whilst fully engaged in a busy few weeks of A-level examinations.

## BEACON HILL STRIDERS: Performance Running

Alan outlined the progression of Sam's training volume through the ten weeks leading up to the English Schools Championships, and detailed the race competitions leading to this. He described the key training sessions (referring back to the sessions outlined in the opening presentation) used at each stage of this progression to bring Sam to a peak in readiness for the target race. Alan described how, as Sam's performances progressed, both he and Sam redefined their race goals, and formed a pre-planned race strategy to employ Sam's strengths to maximum effect. Alan concluded by summarising the training done over the crucial final weeks of preparation, and stressed the need to tailor and refine training to the athlete's individual circumstances.

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Each presentation was very well received by those present, with the following responses amongst the audience feedback subsequently received after the event:

- "My daughter and I both really enjoyed last night's presentations" (N.B. / parent)
  - "Thanks for your excellent presentations" (M.K. / coach)
  - "We enjoyed the evening and will definitely come again" (B.L., & friends) / triathletes)
  - "I found the talks both informative and interesting" (T.F. / coach)
  - "I really enjoyed the evening ... I learned so much, and have taken many interesting ideas away with me" (G.R. / coach & athlete)
  - "Very good talk, thank you" (S.G. / athlete)
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For a range of running training related articles, please visit the:  
Beacon Hill Striders (Performance Running) Resource Centre:

<http://beaconhillstriders.co.uk/resource-centre/>

The next talk/presentation ... subject/theme to be confirmed ... is scheduled for March/April 2017. ... Details to follow.