

Much important points in training program for 20km/50km 2007/2008

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Introduction to walking training

4 weeks in November

Main Focus

- Building-up muscular tonus
- Building-up unspecific(general) force
- Muscles and tendon best flexibility
- Overweight reduction

Exemplary week 45-2007:

Mo. 1st tr. WE1-15,5km

2nd tr. Jogg.10,5- GFCT

Tu. WE1-30km

We. 1st tr. WE1-15,5

2nd tr. WE1-10,5

Th. WE1-20km

Fr. 1st tr. WE1-15km

2nd tr. Jogg.10,5km

Sa. 1st tr. WE1-25

2nd tr. Jogg 8,5km

Su. 1st. Jogg. 15km

1st Aerobic capacity training period

12 weeks: November, December January

- **Main focus**
- Aerobic speed growing
- Aerobic endurance growing
- Specific force work
- Specific walking technical work

Exemplary week (Robert Korzeniowski 1999/2000):

Mo. 1st tr. WE1-12

2nd tr. WE-6+tech1+Speed5x100

Tu. 1st tr. WE1-20

2nd tr. WE1-6+GFCT

We. 1st tr. WE1-15

2nd tr. WE-8 which 10x100m included.- STR

Th. 1st tr. WE1-2 +10X WE-2-1km(LA>

2mmol/l<3,5)/WE1-1(LA<2 mmol/l)

2nd tr. WE1- 8+ SPA, sauna, relaxation

Fr. 1st tr. WE1-15

2nd tr. WE1-6+tech/accelerations

Sa. 1st tr. WE1>2-35km

2nd tr. WE1-6km+ massage, physical care

Su. WE-1-12km

Exemplary week 51 (Erik Tysse 2007/2008):

Mo. 1st tr. WE1-15,5km

2nd tr. WE1-10km

Tu. 1st tr. WE1-20

2nd tr. RE1-8+GFCT

We. 1st tr. WE1-30km

2nd tr. RE1-6,5km

Th. 1st tr. WE1-15km

2nd tr. RE1-10km+ SPA, sauna, relaxation

Fr. 1st tr. WE1-16km

2nd tr. RE1-10,5km

Sa. 1st tr. WE1>2-30,3km

Su. RE-1-12km

Tot. 184km

Preparation first competition period

February - March

Main focus

- Grow-up anaerobic capacity
- Technique control in competition
- Speed and high frequency increasing
- First real confrontation with rivals
- Motivation to following training period

Exemplary week 8 Erik Tysse in Flagstaff 2008:

Mo. 1st tr. WE1-15km
2nd tr. RE1-10km-STR

Tu. 1st tr. WE1-20km
2nd tr. RE-1-8km easy

We. 1st tr. WE1-25km
2nd tr. RE-1-8km easy

Th. WE1-15km easy

Fr. 1st tr. WE1-15km
2nd tr. RE1-10km-STR

Sa. 1st WE $\frac{3}{4}$ -12x1km
2nd RE1-6km easy

Su. WE1-35km

Main focus

- aerobic speed increasing on 2 mmol/l threshold
- - low energetic cost of exercise by best technique
- - low physical cost of preparation
- - psychological comfort by the fact to achieve 50km
- qualification early in the season

Exemplary week (Robert Korzeniowski 2000):

Mo. 1st tr. WE-1-12km

2nd tr. WE-1-5+tech+ GFCT

Tu. 1st tr. WE1-10+WE2-15km LA<3 mmol/l

2nd tr. WE1-8+ SPA, sauna, relaxation

We. 1st tr. WE1-12

2nd tr WE6+tech10/speed100X10

Th. WE1-1+ 9x(SE3 average 12:48 LA 2,7/WE-1-1 average 4:45)

Fr. 1st tr. WE1-10

2nd tr. WE1+tech.1

Sa. 1st tr. WE1-20(4:40)+ SE 5km on 50km speed 4:23 LA checking <2 mmol/l.

2nd tr. WE1-6+ GFCT

Su. Rest- SPA, massage, sauna - 7days before 50km competition

Exemplary week (Alex Schwazer March 2006):

Fr. 1st tr. WE-1-20km

2nd tr. WE-1-10+tech+ GFCT

Sa. 1st tr. WE2/3-40km (3t-06min)

Su. 1st tr. WE1-10km recovery

Mo. 1st tr. WE-1-5km+2x10.000m 43.20+2x5000m(4.15)

2nd tr. WE-1-10km

Tu. 1st tr. WE1-10km

2nd tr. WE1-10km (5.10-4.40)

We 1st tr. WE-25km=5km 5.00-12km (4:10/2.25)+3km 5.00+5km 4:20 Tot 1.54.20

2nd tr. WE1-5km + 2x5000m 4.10

Tu. 1st tr. WE1-10km

2nd tr. WE1-10km (5.10-4.40)

Fr. 1st tr. WE-1-20km

2nd tr. WE-1-10+tech+ GFCT

Sa. 1st tr. WE2/3-30km (2t-17min,30)

Su. 1st tr. WE1-10km a 4.48

Training after altitude training effort *3 weeks in March*

- **Main focus:**
- Best recovery as possible after all altitude preparation and the competition
- Specific care of articulations, tendons and muscles with osteopati treatment
- General preparation before beginning specific 20 km training.

Exemplary week 13 Erik Tysse 2008 after Flagstaff:

Mo. 1st tr. WE1-15km

2nd tr. WE1-10km recovery therapy,

Tu. 1st WE1-20km

We. 1st tr. WE1-15km

2nd tr. RE-10km

Th. WE1-20km

Fr. 1st tr. RE1-8km jogg

2nd tr. WE1-15km

Sa. WE1-15km

Su. 1st tr. WE1-5km warmup

2nd tr. WE1-5km+WE3-20km-1.27-2km WE1 cooldown

2nd period of general preparation to summer competitions

begin 4th week of march

- **Main focus:**
- 4 weeks aerobic capacity training period
- reconstruction of long distance endurance, -technique improvement
- rebuilding specific and unspecific force

1st Specific preparation to 20 km competitions

4 weeks , April

- **Main focus:**
- mixed and anaerobic work
- speed and high frequency increasing
- build-up better high lactate resistance by consequence higher anaerobic capacity
- technique supervising in the 2nd rang competition
- weak-up spirit of competition against real rivals
- feeling adrenaline growing-up

Exemplary week 17-Erik Tysse April 2008:

Mo. 1st tr. WE1-15,3km

2nd tr. WE1-10,5km

Tu. 1st tr. WE1-4km-WE3-6x2,5km m/1km pause-2km cooldown

2nd tr. RE1-6,5km easy

We. 1st tr. WE1-25,3km

Th. 1st tr. WE1-15,3km

Fr. 1st tr. WE1-3km+WE4-10x1km+WE1-3km cooldown

2nd tr. RE1-6,5km+GFCT

Sa. 1st tr. WE1-15,3km

2nd tr. RE1-8km

Su. 1st tr. EW1-20,3km

Exemplary week Robert Korzeniowski 2000:

Mo. 1st tr. EW1-15

2nd tr. EW1-6+ 100+200+300+200+200/100tech.

Recovery, STR

Tu. 1st tr. EW1-15+ EW5witch 10x100 included

2nd tr. EW1-7 STR

We. 1st tr. SE12x1000m/400m recov. ,aver. speed 3:58 LA 4,2

2nd tr. EW1-8

Th. EW1-15

Fr. 1st tr. SE 15x400m/recov. 200m, aver. speed 1:29-30 max

LA7,7

2nd tr. EW1-8

Sa. EW1-12

Su. Competition 5000m

1st Competition period

5 weeks

- **Main focus:**
- Olympic 20km standard
- Best place in World Cup
- To break PB on 20 and 10km
- To have psychological advantage on rivals before main season competition

Exemplary week Robert Korzeniowski E-Cup 2000:

Mo. 1st tr. WE1-6+tech 1km

2nd tr. WE1-20

Tu. 1st tr. WE1-6+tech

2nd tr. SE 10x 400m av. 1:30/200recov/600m/1' stop

av. 2:19, LA 4,3

We. 1st tr. WE1-6

2nd tr. WE1-12

Th. SE 10x200m/200recov/400m/200recov.

Fr. Travel to competition place WE1-8km

Sa. 1st tr. Weak-up training before breakfast

European Cup 20km 1st place-1:18.29- Eisenhüttenstadt

Su. Travel to Poland, 30' walk

2nd Recovery period

2 weeks-from 08.06 to 21.06

- **Main focus:**
- get active rest after competition series during preceding 5 weeks
- take care of all body and prepare it to higher effort (massage, hydro -massage, osteopati)
- forget all „competition noise”
- analyse positive and negative aspects of present state of physical and mental preparation
- get conclusions and final solutions for the remaining weeks preceding the Olympics events.

Exemplary week (25) Erik Tysse 2008:

Mo. WE1-15,3km

Tu. WE1-15,3km

We. 1st WE1-17,2km
2nd RE1-8km

Th. WE1-25km

Fr. 1st tr. WE1-17,2km

2nd tr. RE1-8km

Sa. WE1-20km

Su. WE1-30km

Direct preparation to 20 and 50km competitions

10 weeks training until main competition in 2008

4 days in hypoxia conditions on 1768m altitude

- **Main focus:**
- general adaptation to hypoxia conditions
- building-up specific and unspecific force
- developing aerobic capacity
- working technique

Training in hypoxia conditions on 1768m altitude in St. Moritz

28 days

- **Main focus:**
- short (4 days) adaptation to Hypoxia conditions
- specific 50 km endurance training during first 14 days
- specific to 20 km endurance training during following 14 days

Exemplary week of 50km specific preparation

Mo. 1st WE1-17,2km

2nd RE1-8,3km+ GFT

Tu. 1st WE3 27km Fartlek 7x2km w/1km rest

2nd RE1-6km

We. 1st WE1-21,5km

2nd WE1-8,6km

Th. 1st WE1-15km

Fr. 1st WE1-17,2km

2nd RE1-8km + GFT

Sa. 1st WE3-27,5km Fartlek 6x2,5km w/1km rest

2nd RE1-6km easy

Su. WE1-35km

Exemplary week of 20km specific preparation (RK)

Mo. 1st tr.WE1-12

2nd tr.WE1-7+tech.1

Tu. 1st SE 10x1000(3:57 av.)m/recov. 400m

2nd WE1-8

We. 1st tr.WE1-12

2nd tr.WE1-7+tech.1

Th. 1st tr. WE1-20

2nd trWE-8 witch 10x100 included

Fr.1st tr.8x2000(8:05 av.)m/recov. 400m

2nd tr. WE1-8

Sa.1st tr.WE1-12

2nd tr.8+GFT

Su.1st tr. WE1-15

2nd tr. WE1-4+SE 10x200m/200

National 5000m championships

4 days return to sea level

Main reasons:

- confirmation of good physical condition on 5000m national championships
- last administrative formalities before Olympic Games
- medical control

12 days acclimatization in Japan/China

- Acclimatization and adaptation to China weather conditions and change of time during first 5 days
- Specific 20 km endurance training until the first Olympic competition

32nd day after altitude training competition of 20km

Beijing 21st place

Osaka 8th place (2007)

Main focus after 20km and before a new challenge

- **recovery training between two events**
- **isolation of Olympic noise**
- **searching a new motivation to do good in 50km walk**
- **best concentration**
- **mental training**

38th day after altitude training competition of 50km walk

5th place in Beijing PB 3.45.08

5th place in Osaka PB 3.51.52 (2007)

Slow-down training during *3 following weeks*

- ***Exemplary week:***
- Mo. Off
- Tu. RE1-10km
- We. Off
- Th. WE1-15,3km
- Fr. Off
- Sa. RE1-12,5m
- Su. Swimming

Recovery therapy 3 weeks in October

- **Main focus:**
- Best general recovery after season
- Treatment of little injuries
- Osteopati-therapy
- Psychological relaxation
- New motivation for training

Ready to next challenge!