



## PROGRAMMING

### An Introduction to the Coaching Suggestions

It is all very well laying down these Coaching Suggestions but they have to be interpreted in the right context. They act merely as a guide for the aspiring Coach.

It's all well and good to have a group of runners and train them all on the same programme. However a Coach would face disaster trying to implement that policy with high level or international runners.

One has to ask the following :

- (a) What strengths and weaknesses does the runner bring to his or her event;
- (b) How do they react to different sessions;
- (c) Is the runner a 'slow' compensator or a 'super' compensator;
- (d) What are their basic speed and speed endurance values;
- (e) Their pure strength and strength endurance values;
- (f) Their current levels of aerobic endurance and anaerobic threshold (or aerobic power) values;
- (h) Applying the principle of Trio Training ie if the 800m is their main event how fast are they over the 400m (speed) and similarly over the 1500m or 3000m (aerobic endurance). Trio Training is also interpreted as (i) training faster than race pace (ii) at race pace and (iii) slower than race pace.

From the days of pure Interval Training (in the 1940's and 1950's) we have been moved to research the methods of such inspiring Coaches as Percy Cerutti, Arthur Lydiard, Harry Wilson, Frank Horwill, Peter Coe and Jack Daniels. They all compliment each other, regardless, but bring new ideas to the philosophy of coaching.

My personal view is that Cerutti and Lydiard led the way forcing us to look at 'things' from a quite different perspective.

In general terms you cannot neglect either speed or endurance in whatever form.

Use our programmes creatively to change your programmes where you think appropriate.

Don't forget the guiding principles.