



TRIO TRAINING AND RACING

Trio training merely insists that all training should be done at 3 levels of intensity :

- At race pace;
- Faster than race pace; and
- Slower than race pace.

Common sense really and should be estimated according to the various phases of your periodised year.

In respect of racing the athlete must be aware of their times for the event below and above their chosen event. A much neglected aspect among many South African middle and long distance runner.

The following are examples :

- An 800m runner must know how fast he can run a 400m and equally how fast he can run a 1000m and/or the 1500m;
- A 1500m runner – 800m/400m and 3000m;
- 3000m/3000m Steeplechase runner – 1500m/800m/400m and 5000m;
- 5000m runner – 1500m/800m/400m and 10,000m;
- 10,000m runner – 5000m/1500m/800m/400m and ½ -Marathon;

- Marathon runner – 10,000m/5000m/1500m and training runs in excess of the marathon distance.

Common sense must prevail in the sense that these additional distances must not interrupt the racing over the main event in the heart of the competition season.

In a sensibly timed racing season an athlete should achieve his/her best times in their chosen between the 5th to 7th race.

IAAF

HAILE GEBRSELASSIE

1500 M	3:33.73
One Mile	3:52.39
2000 M	4:56.10
3000 M	7:25.09
Two Miles	8:01.08
5000 M	12:39.36
10,000 M	26:22.75
10 KM	27:02
One Hour WR	21.285 M
Half Marathon	58:55
Marathon	2:03:59

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