

# Planning annual training



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# CRITERIONS:

- 1.LONG TERM PERSPECTIVE
- 2.METHODOLOGY/ STEP BY STEP / 3.SHORTCUTS
- 4.ADAPTATION
- 5.BODY PREPARATION
- 6.PREVENTION
- 7.RECOVERY / SUPER COMPENSATION
- 8.EVENT SPECIFIC
- 9.SKILLS / CAPACITY
- 10.RACE CALENDAR
- 11.LIFE STYLE (SCHOOL PROGRAM ETC)
12. WHERE ARE WE?
13. FEMAL PROBLEMS





# Training Periods



TRAINING PERIOD 2009	Ilość tygodni	Data
<b>PREPARATION:</b>	<b>30</b>	<b>2.11 – 31.05</b>
• <i>INTRODUCTION</i>	3	2.11 – 24.11
• <i>GENERAL TRAINING</i>	18	25.11- 31.03
• <i>SPECIFIC TRAINING</i>	9	1.04 – 31.05
<b>COMPETITIONS</b>	<b>18</b>	<b>1.06 – 25.09</b>
<b>REST</b>	<b>4</b>	<b>26.09 -28.10</b>

# RUNNING EVENTS

## THESIS: WHO IS FASTER - GONNA WIN



Kipketer	10.8/ 45.8/ last 400m (800m) - 53sek (26.5)
Borzakovsky	10.6/45.84/ last 400m (800m) - 52.3 (26.1)
Czapiewski	11.2/ 47.5/ last 400m (800m) - 52.7 (26.4)
El Guerrouj	?/ ? last 400m (1.5km) - 51.97
Bekele	11.2/ 48.5/ last 400m (10km) - 52 (26.1)
Farah	11.5/ 49.0/ last 400m (5km) - 52.5 (26.0)
Jeilan	11.8/49.5/ last 400m (10km) - 52.8 (26.5)
Silva	48,5-49.0? Last 400m (1,5km) - 51.3 !!

1. Vienna Czapiewski
2. <http://www.youtube.com/watch?v=C3ZAI9dzWDI&feature=related> Bekele
3. <http://www.youtube.com/watch?v=YWsAACwEki4> Borzakovsky
4. Farah 5km [http://www.youtube.com/watch?v=RUJsvgo\\_QpU](http://www.youtube.com/watch?v=RUJsvgo_QpU)
5. Farah 10km <http://www.youtube.com/watch?v=nLTzk9OV8q8>
6. <http://www.youtube.com/watch?v=X9xYkF5As2w&feature=related> hicham
7. <http://www.youtube.com/watch?v=CmZVwRGLXDw> RUI SILVA
8. <http://www.youtube.com/watch?v=X9xYkF5As2w> RUI ATENY







Cheruiyot PB 4.06 last 400m - 61.4

Defar PB 4.02 last 400m - 63

Semenya PB 52.54/ 1.55.45 last 400m - 59.4

Savinowa PB 52.71/ 1.55.87 last 400m - 59.0

Johnson PB 52.09/ 1.57.34 last 400m - 61.5

Kosteckeya PB 54.72/ 1.56.67 last 400m - 61.5

Meadows PB 52.67/ 1.57.93 last 400m - 60.2

Hak PB 55.69/ 1.58.85 last 400m - 59.6

1. [http://www.youtube.com/watch?v=dXeo54\\_Avi4](http://www.youtube.com/watch?v=dXeo54_Avi4) 1500m F
2. <http://www.youtube.com/watch?v=VhtB4-HMCNs> 5000m F
3. <http://www.youtube.com/watch?v=AZe9x7lguA8> 800F



If not the speed -  
what wins the race?

# FROM ENDURANCE TO SPEED



<b>Training burden/ STEP BY STEP</b>	<b>HOW MANY TIMES ?</b>	<b>SPEED</b>	<b>LACTAD/ HEART RATE</b>	<b>PERIOD/BEGINING</b>
<b>Owb 1</b>	20	10-14km/ 5.00 – 4.30	< 1 mmol HR <130	November
<b>Owb 2</b>	6	8km/3.55-45	<2 mmol HR 165	December
<b>Owb 2</b>	4	8km/3.45-3.35	<2mmol HR <175	January
<b>Kros</b>	5	8km/4.00 – 3.50	<2 – 3 mmol HR <180	January/February
<b>Owb 2-3 (Speer up)</b>	4	8km/ 3.45-3.10	2 - 4mmol HR do 180	February
<b>Owb 3</b>	6	6km/3.20-3.10 , 3x2km/3.00, 5x1km/2.50-45	2 - 4mmol HR <185	February/March
<b>ZB</b>	5	5x5min, 6x4min, 8x2min, 7x3min, 10x 1min	4 - 6mmol HR do 190	March
<b>WT</b>	5	5x800/ 2.10-2.12, 4x600/1.30-1.28,	5x600/1.32-1.30 4x500/1.12	6-10mmol HR do 195
<b>WS</b>	5	3x500/1.07-1.12, 600,500,400/ 1.27,1.10,52 6-8x 200/27-26	3x400/53-51.5 10- 14 mmol HR 200	May





# EXAMPLE



Miesiące	OWB /km (zakresy)			Rytm /km	ZB/km	WT/WS /km	STARTY /km	SPRAWNOŚĆ (min)		RAZEM (km)
	1	2	3					Ogólna	Płotki	
XI	341	0	0	7	0	0	6	240	160	354
XII	286	65	0	10	0	0	0	240	140	361
I	320	58	4	10	0	0	0	215	150	392
II	349	42	14	10	0	0	3	230	150	418
III	212	16	14	6	24	0	10	255	120	282
IV	348	30	0	5	0	13	0	210	160	396
V	321	58	0	6	0	8	0	270	-	393
VI	167	12	0	3	0	2	4	150	-	188
VII	152	18	0	4	0	3	6	265	145	183
VIII	159	20	0	4	0	3	4	190	175	190
IX	162	0	0	1	0	0	3	150	-	166
<b>RAZEM</b>	2817	319	32	67	24	29	37	2410	1200	3323
More than 2008/ %	2	10	10	5	12	20	10	15	10	2.5



# WHO TO SAVE ENERGY, HOW TO SAVE A TIME, HOW TO BE FASTER?

<http://www.flotrack.org/speaker/123-Chris-Solinsky/video/490947-Chris-Solinsky-Stride-Analysis>

FOOT (active, positive stiffness)



CIMG4168.AVI



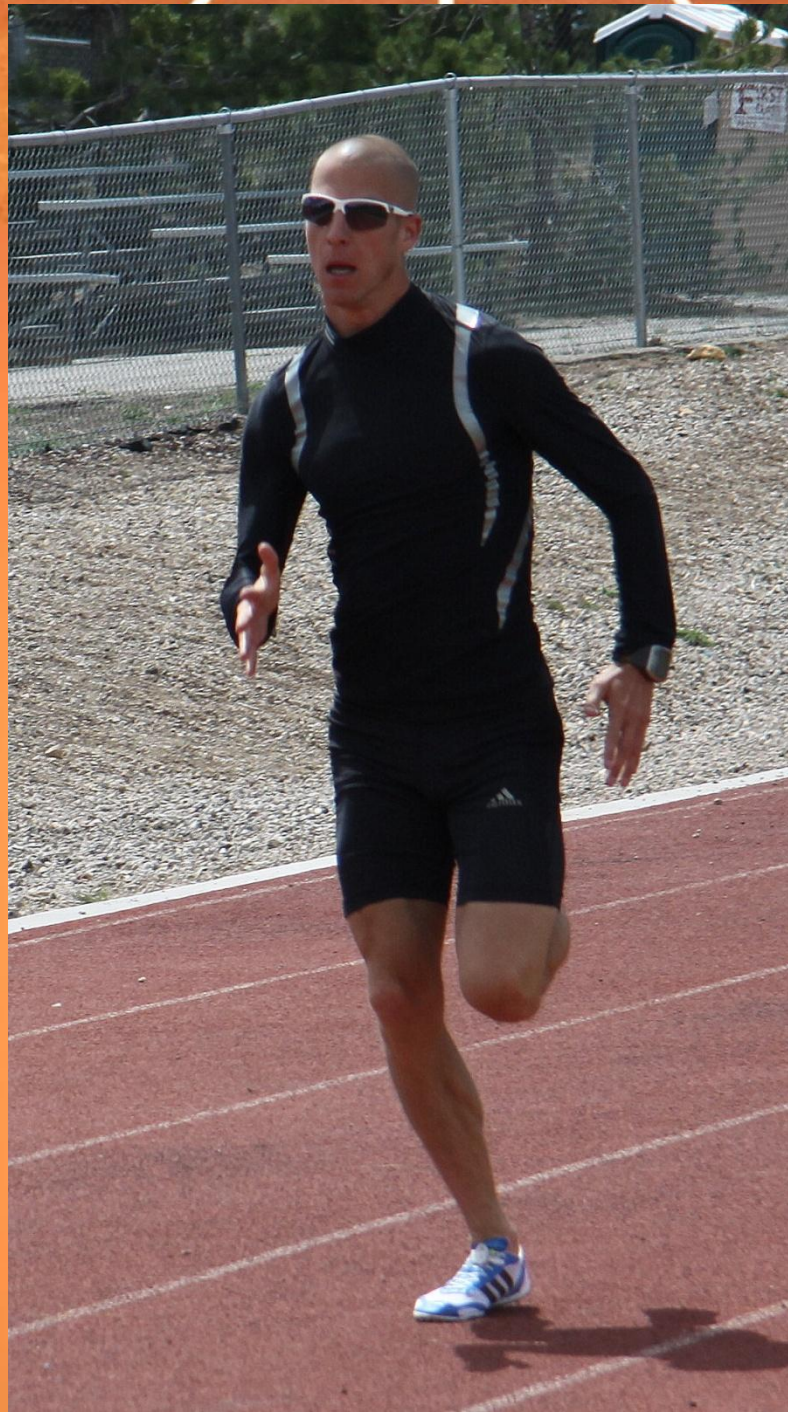
# THE KNEE and HIP















**Initial contact right side [21 km/h]**



**Mid-stance right side [23 km/h]**



**Mid stance right side [23 km/h] Front**



**Initial contact left side [21 km/h]**



**Mid-stance left side [23 km/h]**



**Mid stance left side [23 km/h] Front**





# Benefits

- Foot
- 6cm - 16cm /two months/
- No injuries since beginning - 10 years
- Better economy (saving the energy)
- Much more stronger/ dynamic
- Universal skills

# Kinematik (Videobildanalyse)

Name: Lewandowski  
Vorname: Marcu

Foot right 23km/h



Hip @ right contact 23 km/h



Initial foot contact @23km/h right



Foot left 23 km/h



Hip @ left contact 23 km/h



Initial foot contact @ 23km/h left







# WHAT IS THE SPEED IN ENDURANCE EVENTS?

DYNAMIC/ACTIVE/ ACCELERATION

CHANGEING THE RYTM/ PACE

COORDINATED

FLEXIBLE and STIFF in the same time

STRONGER - STABILISATION

MENTALY POWER /decision making

BETTER ENDURANCE

USING THE POWER (PROCENTAGE AND TIME)

# KEY POINTS



1. BASE LIKE IN NORMAL ENDURANCE TRAINING (VOLUME) + MANY OTHER THINGS (SPEED, POWER, STRENGTH)
2. THERE IS NO SHORTCUT TO THE TOP, make step by step
3. SYSTEM HELPS ATHLETES
4. RUNNING IS NOT ONLY ABOUT RUNNING
5. TRAIN SMARTER - NO HARDER!!
6. IS NOT THE SPEED BUT ENDURANCE WHAT WINS RACES ABOVE 400m

If you need any help, advice,  
don't hesitate to contact me!



**THANK YOU!!**

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