



JENNY MEADOWS training philosophy.

- Jenny started with Alan Prescott at St. Helens for 18 months – doing lots of lactate work which she didn't like!
- U15 only training 2 nights a week.
- Won English Schools in 2.14.88 in 1995, but injury in 1999/2000 – problems with her back so tried 400m
- Trevor thinks coaching is not just about the technical side – he does lots of research and has found BMC conferences really good.
- Jenny went to Chris Butler at Wigan for 400m/800m based training. The focus was speed (above or at race pace) on the track and distance off the track.
- Miles per week were only 20 miles – later she broke 2 minutes on only 30 miles a week.
- Key challenges: looked at English Schools and running even paced races.
- Used major games as a learning curve. Went to the World Juniors – 2000 – Chile and got the gold in the 4 x 400m. Wanted something more – so came back to 800m.
- 2007 packed in job. When doing 400m training did 9 sessions a week.
- Now – 14 sessions a week for 800m training including 2 lifting sessions and one steady run – longest = 1 hr. Every day she does a rehab stretching session – ultraband work.
- Likes double periodised year – doesn't like to be too far away from a fast race. Targets indoors now and doesn't like big training block in the winter – becomes mentally fatigued.
- Winter – does 5-6 weeks aerobic work and then on track 400m base speed work every 3 weeks e.g. 3 x 350m or 60m /80m or 30m/30m30m
- Circuits all year – on a Tuesday does them first and then an aerobic run. Now getting towards 50 miles a week and managing ok.
- Eyeball Session – Clyde Hart = 44 secs twice + 350m flat out (hit lactate at 41 secs)
- 3 x 350m in 49 (does twice before major competitions and in the summer)
- 10 x 400m once a month – mid 60's off 90 secs.
- After indoors – Will go down from 10 x 400m to 6 or 8 reps. Will do split 400m's 2 x 400m with 30 sec rest.
- Testing – Jenny doesn't like treadmill testing – apparently she has one of the worst VO2 max results, but can produce one of the fastest 800m times.
- Support – fringe of funding EIS – 2004 had injury and EIS wanted to inject, but Jenny went to the Wigan physio Rob Harris to sort out problem (funded by sponsorship). Now following Berlin a funded athlete.
- Diet – Jenny eats quite lavish cuisine – cake and chocolate!
- Body weight – race weight – somewhere between 48Kg – 46 Kg.
- Learning tactics – "Do what you need to do for yourself to get the most out of your yourself"
- Coach – coach needs to be calm around athletes.
- Taper – changed over the years – used to drop down, but for Berlin Jenny was

running high 30's mileage the week before and still doing 12 sessions. Last hard session would be 2 weeks before major competition.

- Nerves "success breeds confidence and confidence breeds success"
- Full time athlete – since going full time the financial worries have eased – Trevor's parents used to pay for warm weather training.
- Portugal – there for most of April and starts to race May.
- Other sessions Jenny used to hate 3 x 500m.
- They use 4 key circuit sessions on a Tues/Thurs and 2 at the weekend with ever varying exercises – in fact they never do the same session twice in close proximity either with regard to times/ aerobic/different exercises. Trevor likes to give his athletes variety.
- Hill sessions – They have 3 hill sessions they do – sand dunes; gradual 300m incline and steep hill with a 4th week session of plyometrics – all 4 rotated.
- Weights – Jenny has been injured with weights and so they tend to back away from them.
- Trevor pointed out that he felt there were not enough opportunities to run 600m in competitions.
- Race Day – Jenny has a set pattern for the day – using a list she ticks off.
- They like to work back from a major competition like Doha with 4 week blocks of planning at a time.
- Berlin – Jenny was very calm in Berlin – unlike Trevor who took splits every 200m! but in the final to get 1.58 efficiently they knew she needed to split in 57.50 – her split was 57.49!
- Will be aiming for 1.56 by 2012.



Doha 2010: Mariya Sayinova (Russia) wins the women's 800metres from Jenny Meadows (GBR)