Sebastiana Koe un Stīva Oveta treniņu pamatprincipi

Coaching compared.

Tony Lett compares the training methods used by some of Britain's greatest athletes. Seb Coe and Steve Ovett.

Sebastian Coe and Steve Ovett are perhaps the two best-known middle distance athletes of the recent past. They were both at their best in the mid 1970s through to the early 1980s, swapping titles and records like children swapped Pokeman card (or can you remember cigarette cards)? Wherever they raced they drew big crowds, despite what the media referred to as a streak of arrogance in them, Ovett with his waving to the crowd before he crossed the line, and Coe with his apparent reluctance to give press interviews.

STEVE OVETT

Ovett went through the English school system and contested cross-country running in the winter as well as the track in the summer. He was known for his kick going into the final bend and once said it would take a man who could run a 22sec 200m to beat him. The principles of his coach, Harry Wilson, were to:

1. Analyze the physical and psychological needs of an event.
2. Analyze the present and future potential of an athlete.
3. Device a program of training that will gradually narrow the gap between the requirement of an event and what the athlete has to offer. **(May be taking 12-14 years)!!!!!**

Wilson worked on a three-phase program:

1. Mainly endurance work in autumn and winter;
2. Endurance, speed-endurance, pure speed, technique, race practice and strength in the spring and early summer;
3. A competition period.

Wilson believed in a large amount of aerobic work to increase oxygen uptake and delay the accumulation of lactic acid, constantly trying to raise his athletes cruising pace and still have ability for a fast finish.

There is no point in having a maximum oxygen uptake at 9min/mile when you are racing at 4min/mile (or better). Examples of fast pace, short recovery sessions are:

1. 6x100x30sec with 2:00 between sets;
2. 2x6x300x30sec with 2:00 between sets.

“The experienced athlete can handle short extensive oxygen debt sessions with very short recoveries,” he said, when speaking at the 1983 IAAF symposium for middle and long distance events.

This means that for the 3:42 1500m runner: 4x2x400m (55sec)x30secx3min is better than 10x400m (58sec)x1:30.

PHASE 1- Autumn and Winter

Emphasis of quantity and little pressure, beginning with 4–6 miles for 3–4 weeks on one session per day changing to two sessions (80miles/week) going into December, varying between steady runs, short and fast runs (4 miles), and LSD over 12 miles. Follow this with a 3–4 week micro-cycle of 12 sessions/week of long reps such as 4-5x1500 or 6-8x1000 with 30sec recovery over hills or grass track and once per week include a session of sprint drills (interesting!) and/or a low key cross-country race.

Pop in as easy week of relaxed running. The next four-week micro-cycle increases to 100 miles/week and replaces one aerobic session with 6-8 reps on a shallow hill in 60-90 secx90 sec jog recovery.

Add a shorter faster week if there is a cross-country race to contest and another easy week, and so on.

PHASE2 – Spring and early summer

A2-3 week transition to more anaerobic work by mid-April, Maintained until the beginning of competition, using two-week cycles with specific aspect concentration in the first week, applying pressure to improve quality.

E.g: 5-7miles steady run every morning
MONDAY: Eight shallow hills 60-70sec fast jog recovery.
WEDNESDAY: 5x3x200m at 25-26secx30secx3min. Plus sprint drills.
THURSDAY: 4x500m at 65-66secx2-3min.
FRIDAY: 5 miles fairly fast.
SATURDAY: (pm) 4x1000m hilly circuit 1:45-2:00 recovery, plus 30min sprint drills.
SUNDAY: (am) 10miles steady, (pm) 8X200m fastx200m jog.

PHASE3 – Competition

Change from the pressure to improve, to working on good sessions e.g. 6x400m in 54sec. relaxed is better than 6x400m in 53sec but tense, thus leaving pressure to races rather than in training. The actual sessions will depend upon the ability of the athlete, but there is no Typical week. The following is a sample week:

The weekly competitor
5-7 miles every morning, then in the afternoons, something like;
MONDAY: 5 miles fartlek;
TUESDAY: 6 long hills, sprint drills;
WEDNESDAY: 4x400mx3:00-4_00 relax; fast but relaxed;
THURSDAY: 4x2x300m (37-38sec)x5:00-6:00 relax; plus sprint drills;
FRIDAY: 6 miles easy;
SATURDAY: Easy, relaxed 100m stides;

SUNDAY: Race.

The every three weeks competitor
5-7 miles every morning, Monday to Friday.
SUNDAY: (am) 10 miles steady (pm) 8x200m relaxedx200m walk/jog;
MONDAY: 6 miles steady;
WEDNESDAY: 6x600mx3:00-4:00 relax (400m relaxed, say 60' then 200m fast);
THURSDAY: 4x400m-100mx5:00min relax (30sec between the 400m and 100m);
FRIDAY: 6 miles steady;
SATURDAY: (am) 5 miles fartlek, (pm) 6x300mx3:00-4:00 min relax (stride/sprint/stride) plus sprint drills.

SEBASTIAN COE

The achievements of Sebastian Coe, breaking three middle distance world records in 42 days are well documented, but what of his father and coach Peter, an engineer who applied his knowledge to common sense and studying to turn his son into a world beater, tailoring a schedule to suit him and believing that a general approach is alright, but what suits one athlete can destroy another.

Peter Coe placed a special emphasis on a speed training, but agrees that neither the base nor the speed work can be considered as separate entities.

He believes that the speed of an 800/1500m runner should be that of a good 400m runner. It should be repeatable and sustainable 400m speed that can be called upon at any time during the race. Coe believes that some part of the basic training during the winter should be directed towards this end.

For example: In a set of repetitions, using a standing start from three paces behind the line to help with the adjustment of style, the athlete can begin at 1500m pace, pass at 800m pace and finish on 400m pace. Thus giving him three different styles in one session and learning the ability to change pace.

Speed training is not just about sprinting, and visa versa, it needs a speed endurance base, a favorite of which was 6x800m with split times and recovery times strictly monitored and relayed to the athlete.

In the winter Peter Coe believes that steady running for muscular and cardio vascular development is more important for the younger athlete than the developed runner who can reduce the volume to that of maintenance, leaving more time for strength training and speed work. "If speed is the goal, then never get too far away from it." Says Peter Coe.

His November to January training is 5000m work and broadly as follow:
5 days per week 9-14km run
1 day per week 16-19km run
2-3 days per week Short recovery reps of 100-1000m

Low total mileage days will include two/week weight training, plus a 90min circuit training session.

When the weekly mileage (including reps) is high then omit the circuit and reduce to one weight session.

Remember always to finish a running session at an up-tempo pace.

Weight training

Coe's thoughts on weight training are centered around a general program of squads, bench press and curls, with limited overhead work, using reps of six sets for two or three of the sessions and pyramids to maximum for the remainder.

These continue until mid May, after which only light sessions of medium reps on a multi-gym are used once per week.

Coe also thinks that circuit training for less than half an hour is unlikely to allow sufficient at each station, which should include bounding (especially from a box) and lots of sit ups.

From February to June there will be a morning road run of 16-19km (Šim es neticu!!! Pretrunā ar augstāk minēto, kas varētu būt patiesība), reducing to 6.5-8km over 4-5 days by May, plus the following cycle:
WEEK ONE
Sunday: 4x1600m or 3x2000m (5000m pace);
Monday: Fartlek;
Tuesday: 8x800m (3000m pace);
Wednesday: Road race;
Thursday: 16x200m (1500m pace);
Friday: Rest if a race is due, or 400 pace for 800m race, 800 pace for 1500m race or fartlek or 1500m pace for 5000m race.

WEEK TWO
Sunday: 4x400 (800m pace);
Monday: Road run;
Tuesday: 1x300/2x200/4x100/8x60 (400m pace);
Wednesday: Fartlek;
Thursday: Choose a pace for the next race;
Friday: Rest if a race is due, or 400 pace for 800m, 800 pace for 1500m or fartlek or 1500m pace for 5000m race.

Note that some track sessions can be shared with other event squads.
Weight and circuit training continues.

In addition:
February: Indoors. Carefully build sprinting speed with 60-80m shuttle runs.
March: Flat out reps with 400 squad over 150, 200 and 300m.
April: Increase the number of sprint reps and add some hard speed endurance reps over 600 and 800m.
May/June: Introduce some 60-80m acceleration sprints and raise the number of speed endurance runs of 300-800m.

From this period on, no hard and fast schedule is recommended, but Peter Coe does like to have a benchmark sessions to judge an athlete's speed and used a 2x3x300 routine, starting with 6 min intervals and gradually reducing this to 3 min. Prior to a big race this would be reduced to 1 min running at 95% of max.

In his races, Seb experimented with running the first lap fast (49sec) or slow (54sec) and had the ability to accelerate to match the speed of any challenger.

He was of course, not infallible and made some tactical racing errors, but then, don't we all. Training and racing plans should never be written in stone and only treated as a guide, since they must be geared to the individual athlete.

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