

State Championships - Lardner Park Sunday 3rd August, 2008 - Training Information for Parents

Congratulations to all KLAC athletes on the outstanding team and individual performances at EMR on Sunday. It was fantastic to see so many happy faces!

Our attention now turns to the State Championships to be held at Warragul on 3rd August 2008 and to setting training programs to maximise the performance of each individual athlete.

In the 5 1/2 weeks until State Champs, we will aim to increase the training load (over the next 4 weeks) then taper (over the final 1 1/2 weeks) to be in peak physical condition for August 3rd, 2008.

As we only train on Wednesday nights and we are entering school holidays, I have produced a training guide below which is aimed at optimising performance for states, whilst ensuring we don't over do it and risk injury.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Race or high intensity run of competition distance	Low/Medium fartlek run of 1.5 - 2 times competition distance OR	Medium intensity fartlek run of 1.5 - 2 times competition distance OR	High Intensity Training at Stradbroke Park	Low/Medium intensity fartlek run of 1.5 - 2 times competition distance	High intensity Interval/Repeat Training OR	Rest OR
	Low/Medium intensity x-training eg. Basketball, soccer, football	Medium intensity x-training eg. Basketball, soccer, football		Low/Medium intensity x-training eg. Basketball, soccer, football	Medium/High intensity fartlek run of 1.5 - 2 times competition distance OR	Low Intensity Fartlek Training 1.5 - 2 times competition distance OR
			technique, speed, strength, hills, starts, tactics		Rest if competing in other sport on Saturday SPEED, STRENGTH & ENDURANCE	Compete in other sporting competition REST
RACE EXPERIENCE	REST / ENDURANCE	ENDURANCE		ENDURANCE		

U/7 & U/8 1000m
U/9 & U/10 1500m
U/11 & U/12 2000m
U/13+ 3000m

Fartlek - "Speed Play" - alternating jog, cruise, surge

Intervals/Repeats - High intensity 100m or 200m sprint repetitions. 1 x race distance (eg. Jog 100, surge 100, sprint 100, walk 100 = 400m) plus 1/2 - 1 x race distance warm up.

All training and races should be preceded by a warm up jog, looseners (please do not over-stretch) and stride throughs (medium & high intensity training only).

Note: The general principal of training during a high load period is for the athlete to push themselves harder than normal (building strength & endurance) whilst ensuring at all times they remain healthy and injury free.

Please try to re-inforce these messages with your children. If they are sore, fatigued or ill (cold or flu) then rest or a light jog is the only option, anything heavier will do more harm than good. Of course, proper rest, sleep and diet are essential.