



400/800 – 800/400

ASPECTS AND ISSUES

EXAMPLES

FEASIBILITY

# THE NEED FOR SPEED

TOP LEVEL 800m RUNNING REQUIRES THE ATHLETE TO HAVE GOOD SPEED. MALE TIMES OF 1.45 AND FEMALE TIMES OF 1.58 GENERALLY NEED THE ABILITY TO RUN RELAXED IN THE 1<sup>ST</sup> LAP AT 4 SECS+ OVER THEIR BEST 400m TIME. THEREFORE THE MALE SHOULD BE A 47.0 RUNNER AND THE FEMALE A 54.0 RUNNER TO GIVE THEM BEST CHANCE. IN REALITY EVEN BETTER TIMES ARE DESIRABLE IF THE 400m ATHLETE WISHES TO STEP UP.

AN ATHLETE COMING FROM 400m GENERALLY DOES NOT YET HAVE THE AEROBIC SYSTEM TO OPERATE EFFICIENTLY IN THE 4 SECOND RANGE. THUS THEY NEED TO MAINTAIN THEIR 400m SPEED WHILST TRYING TO GAIN THE ANAEROBIC/LACTIC STRENGTH COMPETE AT 800m. TECHNIQUE AND RELAXED RHYTHM ARE ALSO A MAJOR REQUIREMENT AND NEED TO BE WORKED ON. THE ATHLETE ALSO NEEDS THE STRONG DESIRE TO MOVE UP.

HISTORY SUGGESTS THAT ESPECIALLY WITH FEMALE ATHLETES, THERE IS EVIDENCE THAT THE SUITABLE 400m ATHLETE MAY MAKE A SUCCESSFUL TRANSITION TO 800m. CURRENTLY THERE HAVE BEEN 7 AUSTRALIAN ATHLETES THAT HAVE BEEN TIMED UNDER 2 MINUTES.

CHARLENE RENDINA   TAMSIN LEWIS   JUDY POLLOCK   MARGARET CROWLEY   MADELEINE PAPE  
SUSAN ANDREWS     CATRIONA BISSET

OF THESE ATHLETES ARGUABLY 5 ARE ATHLETES WHO WERE INITIALLY 400m ATHLETES

# 400M - 800m – 400m

CAREFUL SELECTION MUST BE MADE AS CERTAINLY NOT ALL 400m ATHLETES WILL SUCCESSFULLY MAKE THE TRANSITION. IT REQUIRES THE RIGHT BLEND OF TECHNIQUE, RELAXATION, ABILITY TO TOLERATE INTENSITY AND VOLUME AND VERY IMPORTANTLY THE MENTAL STRENGTH TO COPE WITH THE TRAINING AND COMPETITION DEMANDS.

CAREFUL INTRODUCTION OF GREATER AEROBIC LOADS IS A FEATURE OF SUCCESSFUL TRANSITION. HOWEVER, WE ARE NOT TRYING TO TURN A SPRINTER INTO A LONG DISTANCE RUNNER.

MUCH OF THE TRANSITION TRAINING IS AN INCREASE OF VOLUME OF TRACK SESSIONS AND A PROGRESSIVE SHORTENING OF RECOVERY BETWEEN REPS AND SETS.

## 400M – 800M – 400M

FROM SUSAN ANDREWS EXCELLENT ARTICLE IN M.A.C, SHE TALKS ABOUT HER EXPERIENCE AND THE WORK OF 2 PROMINENT EUROPEAN COACHES:

ENGLISH COACH TREVOR PAINTER (JENNY MEADOWS) TALKS ABOUT A MIX OF AEROBIC POWER AND VARIED INTENSITY. TOTAL MILEAGE WAS NOT HIGH (50-80km PW) AND RUNNING SPEEDS KEPT THE 400m AS A VIABLE EVENT.

DUTCH COACH HOEDT TALKS SIMILARLY ABOUT MAINTAINING SPEED AND TRAINING RUNNING ECONOMY ALLIED TO A STRONG AEROBIC BASE. HE DOES NOT FAVOUR TOO MUCH, LONGER AEROBIC INTERVALS AT SPEEDS GREATER THAN ANAEROBIC THRESHOLD.

BOTH COACHES ACKNOWLEDGED THAT IT WAS VERY DIFFICULT TO EXPECT SUCH ATHLETES TO TOTALLY MAINTAIN THEIR PB LEVEL AT 400m BUT IT IS POSSIBLE TO LOSE VERY LITTLE WHILST CONCENTRATING ON 800m WORK.

## 400M – 800M – 400M

KEHOE ALSO TALKS ABOUT THE NEED FOR SPEED TO FULLY DEVELOP THE SUCCESSFUL 800m ATHLETE BUT ALSO ARGUES THAT THE 1500m ABILITY NEEDS TO BE ALSO TRAINED BY INCREASING VO2MAX.

BENSON BELIEVES THAT TOP 800m PERFORMANCES MAY BE GREATLY RELATED TO THE ABILITY TO RUN A FAST 1000m. FOR THIS EXCELLENT SPEED ALIGNED TO A WELL DEVELOPED AEROBIC SYSTEM IS VITAL.

MY BELIEF IS THAT THAT THE STRENGTHS OF A 400/800 ATHLETE MUST BE MAINTAINED AND IMPROVED IF POSSIBLE WHILST ENHANCING THEIR “WEAKNESSES”. IN THESE CASES THEIR SPECIFIC ENDURANCE IS THEIR WEAKNESS AND THEIR SPECIFIC SPEED IS THEIR STRENGTH. (TAMSIN AT THE TIME OF FIRST BREAKING 2 MINS RAN A PB AT 400m, CAT BISSET’S 400 SPEED IS ON AN IMPROVEMENT CURVE)

## 400m – 800M – 400M

IN TRACK RUNNING, MOST COACHES DEALING WITH TRANSITION ATHLETES MOVING UP FROM 400m TALK ABOUT TRYING TO KEEP REPETITION SPEEDS AROUND OR UNDER 800M RACE PACE IN TRACK SESSIONS.

THERE ARE SEVERAL WAYS TO DO THIS. THE FOLLOWING ARE EXAMPLES:

- ▶ REPETITIONS GREATER THAN OR AROUND RACE DISTANCE USING FLOATS TO BREAK UP SEGMENTS RUN AT RACE PACE OR FASTER. (e.g. SPLIT 800s)
- ▶ REPETITIONS UNDER RACE DISTANCE AT PROPOSED RACE PACE OR SLIGHTLY FASTER WITH VERY SHORT RECOVERIES.
- ▶ VOLUME RHYTHM SESSIONS AT MEDIUM SPEEDS WITH SHORT RECOVERIES

# 400M – 800M – 400M

EXAMPLES OF THE FIRST GROUP (LAURENDET) ARE:

- ▶ 300m, 100m FLOAT, 200m, 100m FLOAT, 300m (100m FLOAT 20-30SECS)
- ▶ 200m, 100m FLOAT, 300m, 100m FLOAT, 300m
- ▶ 300m AT RACE PACE, 200m SAME TIME AS 300, 300m RACE PACE

THESE SESSIONS CAN BE DONE IN SINGLE OR MULTIPLE FORM

EXAMPLES OF THE 2<sup>ND</sup> GROUP ARE:

- ▶ 500m RACE PACE+, 4MIN WALK, 4 X 200m UNDER RACE PACE, 3MIN, 2MIN, 1MIN RECOV., 3MIN WALK, 400m AT 2<sup>ND</sup> LAP PACE.
- ▶ 400m, (1<sup>ST</sup> LAP TARGET SPEED), 3MIN, 4 X 200m, 1MIN REC., 3MIN, 3 X 200m, 30 SEC REC., 3MIN, 400m (2<sup>ND</sup> LAP PACE).
- ▶ 3 X 300m, 100m WALK, 3MIN, 4 X 200m, 1MIN REC., 3MIN, 300M RACE PACE

## 400M – 800M – 400M

THE 3<sup>RD</sup> GROUP ARE MORE TRADITIONAL REPETITIONS OF MAINLY UNDER-DISTANCE RUNS.

EXAMPLES OF THESE COULD BE:

- ▶ 8-10 X 300m AT SLIGHTLY SLOWER THAN RACE PACE, 2-3MIN REC.
- ▶ 3-5 X 3 X 200m (RACE PACE), 30SECS B/W REPS, 3-5MIN B/W SETS
- ▶ 4 X 500m AT RACE PACE OR SLIGHTLY SLOWER, 3-4 MIN REC.
  
- ▶ TEST SESSIONS SUCH AS:
  - ▶ 5 X 300m, 4MIN REC. – RACE PACE LESS 2 SECS+/-
  - ▶ KOSMIN TEST – 2 X 1min, 3min REC. TAKE TOTAL DISTANCE  
 $217.778 \text{ MINUS}(\text{TOTAL DISTANCE} \times 0.119556)$
- ▶ 4 x 400m, 5min recovery bw – aim average of desired 1<sup>st</sup> lap pace



# 400M – 800M – 400M

DEVELOPING THE ENDURANCE THAT THESE ATHLETES WILL NEED CAN ALSO BE DONE A NUMBER OF WAYS.

I BELIEVE THAT THIS TYPE OF WORK IS GENERALLY BEST DONE AWAY FROM THE TRACK. GRASS OR DIRT PATHS ARE EXCELLENT FOR THIS AND SOME HILL RUNNING IS GREAT TO COMBINE.

- ▶ MEDIUM LENGTH STEADY RUNNING AT BELOW ANAEROBIC THRESHOLD OR EVEN SLOWER. E.G. 45MINS + WITH SOME PACE CHANGES.
- ▶ SHORTER REPS AT SLOWER THAN RACE PACE WITH SHORT RECOVERY JOGS E.G. 10 X 1MIN, 1MIN JOG REC.
  - 6 X 2MIN, 1MIN JOG REC
  - 5 X 3MIN, 90SEC JOG REC
- ▶ THRESHOLD EFFORTS E.G. 10MIN EASY RUN, 2 X 10MINS, 4MIN JOG, 10MIN EASY
- ▶ FARTLEK SESSIONS WITH A SPEED COMPONENT E.G. “MONA”

## 400M – 800M – 400M

TO LOOK AT THE 400m END:

THE ATHLETE WOULD BE ACCUSTOMED TO THIS TYPE OF TRAINING.

TO MAINTAIN THEIR SPEED WILL REQUIRE SOME ATTENTION TO KEEPING THIS TRAINING REGULARLY WITHIN THE MICRO OR MESOCYCLE. DEPENDING ON THE TRAINING MODEL, THE COACH WILL APPLY THIS WORK AS A SEPARATE SESSION OR IN SOME CASES IT CAN BE A PART OF A LONGER SESSION. (e.g. DOING SHORT PURE SPEED PRIOR TO A NORMAL SESSION).

CARE MUST BE TAKEN LOOKING HOLISTICALLY AT THE PROGRAM TO NOT EXCESSIVELY FATIGUE, OR EXPOSE THE ATHLETE TO GREATER INJURY RISK. RECOVERY MUST BE BUILT IN TO THE MICROCYCLE.

REGARDING PLANNING THE PROGRAM, SOME COACHES FAVOUR A WEEKLY MICROCYCLE, OTHERS FORTNIGHTLY, OR SOME MAY FOLLOW BLOCK MODELS.

# MULTI PACE PROGRAM

- ▶ BRITISH COACHES HORWILL AND COE ADVOCATE MULTI TIERED OR MULTI PACE TRAINING FOR THE MIDDLE DISTANCE ATHLETE. IN SIMPLE TERMS THE PROGRAM GENERALLY FEATURES A FORTNIGHTLY MICROCYCLE BUT FOR THE 400 TO 800 ATHLETE COULD BE UTILISED IN A WEEKLY MICROCYCLE. **LOADS MUST BE MONITORED CAREFULLY WITH RECOVERY SCHEDULED IN THE PROGRAM**

AFTER A BUILD UP PHASE OF AEROBIC CAPACITY TRAINING:

INDIVIDUAL TRACK SESSIONS ARE PROGRAMMED TO FOCUS ON BOTH UNDER EVENT, EVENT, AND ABOVE EVENT.

i.e. 3 TRACK SESSIONS PER WEEK – 1 SESSION AIMED AT IMPROVING 1500 ABILITY

- 1 SESSION AIMED AT 800 SPECIFICALLY
- 1 SESSION AIMED AT 200-400 AND PURE SPEED DEVT.

A FORTNIGHTLY MICROCYCLE GIVES POSSIBLY MORE SCOPE TO EXPAND.

THIS APPROACH COULD THEN LEAD TO A 4 WEEK MESOCYCLE WITH 3 WEEKS BUILD UP AND A 4<sup>TH</sup> WEEK AS RECOVERY AND TESTING.

# TRAINING LOAD

- ▶ COACHES WILL LOOK CLOSELY AT DEVELOPING TRAINING LOADS SO AS TO REDUCE THE LIKLIHOOD OF OVERUSE INJURIES. THIS APPLIES TO ANY ATHLETE BUT THE DEVELOPING 400 TO 800 ATHLETE MAY BE ESPECIALLY LIABLE DUE TO INCREASING VOLUME.
- ▶ LOAD CAN BE CONSIDERED AS EXTENSIVE(VOLUME) AND INTENSIVE.
- ▶ ATHLETES/COACHES ARE ENCOURAGED TO MONITOR LOADS CLOSELY AND INCREASE SLOWLY AND PROGRESSIVELY. IN ADDITION, AND ARGUABLY ESPECIALLY WITH FEMALE ATHLETES, GENERAL HEALTH AND DIET IS VERY IMPORTANT. PERIODIC BLOOD ANALYSIS IS USEFUL.

# Catriona Bisset

## ATHLETE BACKGROUND

TALENTED YOUNG ATHLETE 12YO SUFFERED MENTAL HEALTH ISSUES, GAVE AWAY ATHS TIL EARLY TWENTIES CONCENTRATING ACADEMICALLY.

RESUMED IN SYDNEY AT UNIVERSITY AIMING AT 800 - 2.11 2016

MOVED TO MELB. March 2017 TO DO MASTERS AT MELB. UNI TRAINED WITH GROUP OF 800m GIRLS – 2017 - 2.09.45 Ranked 47.

CONTINUED TRAINING 2018 – 2.03.48 ranked 7,  
2019 - 1.59.78 ranked 1.

STRESS INJURY LATE 2018 6WEEKS XTRAIN. BREAKTHROUGH IN MARCH-APRIL 2019  
2.03 - 1.59.78

SELECTED IN TEAM FOR OCEANIA, WUG, WC.

ATHLETE IS VEGAN AND MONITORS FERRITIN etc.

FITS INTO 800m SPECIALIST GROUPING?(NOT 400-800 OR 1500-800 ?)

## TRAINING PROGRAM 2019

### ▶ WEEKLY MICROCYCLE/MONTHLY MESOCYCLE

- ▶ EXAMPLE OF A WEEK IN SEASON:
- ▶ SUN: LONG FAIRLY EASY RUN 60-70mins UNDULATING TERRAIN
- ▶ MON: EASY RUN AND STRENGTH AND CONDITIONING
- ▶ TUES: TRACK: e.g. 500m(77),7min,500m,5min,500m, 8min 4 x 200m
- ▶ WED: STEADY RUN 40mins, STRENGTH AND CONDITIONING
- ▶ THURS: TRACK: e.g. 400m(64) 1min 400m, 8min x 2, 4 x 200m,1 min bw
- ▶ FRI: RECOVERY/REST
- ▶ SAT: THRESHOLD TYPE EFFORTS e.g. 4 x 1000m, 2min bw

# Aims going forward

- ▶ ENHANCE SPEED LEVELS – CURRENTLY AROUND 55.0 400 SPEED
- ▶ CONTINUE DEVELOPMENT OF SPECIFIC 800m STRENGTH
- ▶ WORK ON EFFICIENCY OF MOVEMENT
- ▶ MONITOR LOAD LEVELS
- ▶ REDIRECT GOALS TOWARDS INTERNATIONAL ELITE LEVELS



# BEING PROFESSIONAL AS AN ATHLETE

WHAT DOES THIS MEAN – WORKING WITH A VERY ELITE LEVEL  
ATHLETE TEACHES THE COACH AND ATHLETE MANY FACETS



# PROFESSIONAL

The word “professional” can be used to refer to receiving payment for a vocation or sport but in this case it is a descriptor for an action or attitude or code of behaviour.

**A Definition: AN ATTITUDE AND DETERMINATION TO DO EVERYTHING THAT WILL LEAD TO OPTIMAL PERFORMANCE**

In athletics terms, training schedules and physical preparation are only a part of it. It is about attitudes and practices and I have tried to illustrate it via 3 main areas.

**Preparation:**

**Ethical Standards**

**Performance Excellence**

# PREPARATION

Establish the optimal Coaching and support team

Receive a comprehensive and progressive training program

Seek Optimal training situations – environment, facilities, equipment

Important to include Recovery – diet, massage, sleep, pool, etc.

The right amount and type of training – balance, progression

Life balance – social, study, sport, family responsibilities

It includes, with your coaching team, ensuring your training program is established and maintained according to a number of factors such as Goal Setting, Principles of training, Squad elements, Facilities, Establishing excellent communication channels, Considering National demands if appropriate, Psychology, Strength and Conditioning etc.

Importance of including good recovery modalities according to requirements which could include, diet and nutrition, sleep patterns, massage, pool etc.

Patience and consistency are key elements to successful athletic careers.

# ETHICAL STANDARDS

- THIS CAN INCLUDE THE FOLLOWING
  - DOPING CONTROL – ASADA responsibilities and Education
  - EVENT RULES AND PRACTICES
  - BEHAVIOUR – media, public, peers, your training group
  - LOYALTY
  - PATIENCE
  - DEDICATION

# ETHICAL STANDARDS

- ▶ Be aware of the feelings of those close to you – family, Coaches, fellow athletes especially your squad. You are the most important person but not the only important person in your athletic development.
- ▶ Be prepared to be patient with making improvements, don't be shy about making suggestions and observations, your coach will appreciate your suggestions.
- ▶ Training should have an element of fun and positive achievement of goals.
- ▶ When winning, minimise arrogance and appreciate the efforts of your competitors. When losing, try to learn from the experience. Everyone will lose at times, try to internalise your feelings and not show too much emotion immediately. Grace under pressure.
- ▶ Don't rely on others to enter you for events and make sure you understand check in times, call room times etc. Make competition suggestions.
- ▶ Know the rules pertaining to your event to minimise risk of disqualification. Be aware of doping control requirements, understand the systems relating to ASADA practices, TUE's etc. They do change regularly. Do the ASADA education modules. Behave appropriately towards peers, officials, media, general public. Have good communication with your Coach(s), be honest and regular with your feedback.

# EXCELLENCE IN PERFORMANCE

- ❖ In-depth knowledge and understanding of the physical and mental demands of your event(s)
- ❖ Constructive reflection – ability to rationally think things through
- ❖ Monitoring – analyse, record, diarise
- ❖ Desire for “getting it right” – Process, technical excellence, Training
- ❖ Sports psychology
- ❖ Strength and Conditioning
- ❖ Recovery
- ❖ Again patience, and ability to maintain composure in stressful times(injury, disappointment)

**Know your event.** Help your coach do their job better by contributing to the program. Elite athletes know from first hand much technical information which can be invaluable to the coach. This leads to good feedback and a better program if done well.

**Constructive reflection.** Without being obsessive, with your coaching team analyse your training and competition efforts. Strive for improvement based on this analysis. Monitor training, performances and competitions. Learn more about your opposition and help prepare tactics.

**Desire to get it right.** Look for improvement, be optimistic, make good decisions, plan.

Utilise the assistance that may be received if at an appropriate level – NASS, Institute expertise.

# SUPPORT TEAM

Very important to establish your own support “TEAM” which could include:

## PRIMARY

**Coaching team** – Primary Coach(es), Strength Coach depending on situation

**Doctor** – must be a Sports Physician, include coach where appropriate in consultations. First call when injured or sick.

**Physiotherapist** – Sports(T&F) oriented. Treatment and rehabilitation after diagnosis

**Masseur** – important to establish routine pattern with good sports masseur(seniors especially)

## SECONDARY

**Sports Psychologist** – when required or desired.

**Manager** – if warranted depending on commercial factors

**Agent**- for arranging competition when in a position to compete internationally

If needing advice about who are good people to consult, Institutes, A.A., other coaches and athletes with experience can usually place you in the right direction.

# TEAM FREEMAN 2000

CATHERINE (TEAM LEADER)

HUSBAND – ALEXANDER (at time)

FORMER MANAGER – NIC

▶ COACH – FORT      AGENT – MAURIE      NAT. TEAM HEAD – CHRIS WARDLAW

▶ DOCTOR – PETER FULLER      PHYSIO – ROSS SMITH

MASSEUR – GARY MIRITIS

TRAINING PARTNER – SEAN MCLAUGHLIN

# INJURY PROTOCOL

## WHAT IS RECOMMENDED WHEN AN ATHLETE IS INJURED

ATHLETE IMMEDIATELY TAKES STEPS TO MINIMISE IMPACT OF INJURY (R.I.C.E.), ADVISES ASAP COACH IF NOT PRESENT.

IF DEGREE OF INJURY REQUIRES MEDICAL TREATMENT, ATHLETE SEEKS AN APPOINTMENT WITH APPROPRIATE PRACTITIONER **AS SOON AS POSSIBLE**. COACH MAY ASSIST THIS PROCESS WITH DIRECT CONTACT.

## GUIDELINES FOR CHOOSING PRACTITIONER:

IF THE INJURY DIAGNOSIS IS NOT CLEAR, OR THE TYPE OF INJURY IS SUCH THAT FURTHER INVESTIGATION IS APPROPRIATE, IT IS IMPORTANT TO OBTAIN A DIAGNOSIS AND COMMENCE APPROPRIATE TREATMENT ASAP. MEDICAL PRACTITIONERS WITH SPORTS MEDICINE QUALIFICATIONS MUST BE CONSULTED IN THE FIRST INSTANCE (SEE BELOW). PATHOLOGY MAY BE REQUIRED WHICH CAN BE ARRANGED AND ASSESSED BY THE DOCTOR. WHEN THE DIAGNOSIS IS CLEAR, A TREATMENT PLAN WILL BE COMMENCED.

IF INJURY DOES NOT REQUIRE SPECIFIC DIAGNOSIS, IT MAY BE APPROPRIATE TO CONSULT RECOMMENDED PHYSIOTHERAPIST AS FIRST POINT OF TREATMENT. THIS WOULD ALSO APPLY IN CASES OF ON-GOING ISSUES AS PART OF A TREATMENT PLAN.

IF PRACTICABLE AND WITH PERMISSION OF ATHLETE/PARENTS, COACH SHOULD ATTEND INITIAL CONSULTATION TO SUPPORT THE ATHLETE AND ASK QUESTIONS ABOUT PROGNOSIS AND TREATMENT. IF UNABLE TO ATTEND, MOST PRACTITIONERS, WITH PERMISSION, WILL PROVIDE INFORMATION TO THE COACH EITHER BY PHONE OR IN WRITING.

## EARLY DIAGNOSIS IS VITAL

TREATMENT PLAN IS DEVISED AND ATHLETE ENCOURAGED TO COMPLY. COACH MONITORS REGULARLY THROUGHOUT TREATMENT PERIOD AND SUPPORTS ATHLETE WITH REGULAR CONTACT. STRENGTH AND CONDITIONING COACH IF APPLICABLE SHOULD ALSO BE INVOLVED. OFTEN CROSS TRAINING WILL ENABLE THE ATHLETE TO MAINTAIN CONDITION TO MINIMISE TIME TO RETURN TO NORMAL ACTIVITY EVEN WITH SERIOUS INJURY.

BE GUIDED BY THE PRACTITIONERS REGARDING THE REHABILITATION PLAN. PHYSIOTHERAPISTS AND OTHER RELATED PROFESSIONALS ARE THE EXPERTS ON REHAB. ALWAYS SEEK OUT WHAT CAN BE DONE TO MINIMISE LOSS OF CONDITION.

SPORTS MEDICINE PRACTITIONERS ARE NOW CLASSED AS SPECIALISTS AND MAY NEED REFERRAL FROM GP/PHYSIO TO BE CONSULTED.

## Coach:

CONTINUE TO DEVELOP LIAISON WITH SPORTS MEDICINE PRACTITIONERS TO ENABLE DIRECT CONTACT AND PRIORITY. EARLY INTERVENTION IS VERY IMPORTANT BOTH PHYSIOLOGICALLY AND PSYCHOLOGICALLY.





**BEING PROFESSIONAL IS ABOUT  
MAXIMISING THE POSITIVES AND  
MINIMISING THE NEGATIVES**

# Primary school to Olympic Champion

CATHY FREEMAN

# CATHY FREEMAN

## PRECOCIOUS NATURAL TALENT

NATIONAL AGE CHAMPIONSHIPS 1984 (AGED 11)

HIGH JUMP - 1.53m (NAT. AGE RECORD)

QUEENSLAND CHAMPIONSHIPS 1984 (AGED 11)

100m 13.51

200m 26.72

U/16

HIGH JUMP - 1.72m

U/17 (started more formal training)

100m - 11.9, THEN 11.67, THEN 3<sup>rd</sup> IN Comm. Games Trials

100m HURDLES 14.26 (1<sup>st</sup> NATIONAL AGE CHAMPS)

U/18 200m 23.59

# CATHY FREEMAN

## INTERNATIONAL CAREER COMMENCED 1990

COMMONWEALTH GAMES 1990 - GOLD MEDAL 4 x 100m RELAY

WORLD JUNIOR CHAMPIONSHIPS 1990 5<sup>TH</sup> PLACE 200m

NATIONAL CHAMPIONSHIPS 1990 200m 23.36

NATIONAL CHAMPIONSHIPS 1991 200m 23.50

1991 SELECTED FOR WORLD CHAMPIONSHIPS 4 x 100m RELAY

DID NOT RUN

AGED 18 AND CAREER IS IN DOUBT

MOVES TO MELBOURNE FOR NEW START

# CATHY FREEMAN

## 1992 INTERNATIONAL CAREER RESTARTED

VICTORIAN CHAMPIONSHIPS 100m,200m, 400m WINS ALL 3(400m 52.06)

PERTH GP 400m 51.53 QUALIFIED FOR OG BARCELONA

MELBOURNE GP 200m 23.09(ANKLE INJURY)

3<sup>rd</sup> AUSTRALIAN SENIOR CHAMPIONSHIPS 400m 52.20 (poor race plan)

## 1992 OLYMPIC PREPARATION - EUROPE

BIRMINGHAM BRITISH AAA's 400m 51.14 (NATIONAL JUNIOR RECORD)

BARCELONA OLYMPICS - 2<sup>nd</sup> ROUND 51.52 DNQ FOR SEMIS

SEOUL WORLD JUNIORS - 200m 2<sup>nd</sup> PLACE 23.20

## 1993 (AGED 20)

200m SYDNEY 22.62      200m MELBOURNE 22.54      STUTTGART WC 22.58 SF

## 1994 (AGED 21)

MONTE CARLO 400m 50.18 (national rec)

COMMONWEALTH GAMES CANADA 200m 22.25(1) 400m 50.38(1)

# CATHY FREEMAN

NOW ESTABLISHED AS ELITE SENIOR INTERNATIONAL

## HIGHLIGHTS after 1994

1996 OG ATLANTA	48.63 (NAT. REC.)
1997 WC ATHENS	400m 1 <sup>st</sup> (Lane 1)
1999 WC SEVILLE	400m 1 <sup>st</sup>
2000 OG SYDNEY	400m 1 <sup>st</sup> 49.11 (2 <sup>ND</sup> FASTEST TIME), 200m 22.52

# CATHY FREEMAN

PRINCIPLE OF REPEATABLE EXCELLENCE

1996

COMPETITION PROGRAMS IN 2 OLYMPIC YEARS

2000

15/1	CANBERRA	200m 22.76(3)	8/1	ADELAIDE	400m 50.96(1)
25/2	HOBART	400m 50.46(1)	11/2	BRISBANE	200m 22.78(3)
29/2	MELB	400m 49.85(1)NR	13/2	SYDNEY	200m 22.94(2)
9/3	SYDNEY	100m 11.72(1)-1.4	26/2	MELB	400m 50.00(1)
10/3	"	200m 22.89(1)-2.1	27/2	MELB	200m 22.78(1)
14/3	BRISBANE	400m 50.22(1)	2/3	MELB	400m 50.31(1)
8/4	STAWELL	400m 50.5(1)	10/6	TURIN	400m 51.20(1)
18/5	ATLANTA	400m 50.39(2)	17/6	LILLE	200m 22.90(2)
26/5	EUGENE	400m 50.40(1)	23/6	PARIS	200m 22.62(1)
2/6	VANCOUVER	100m 11.27(1), 200m 22.63(1)	28/6	ATHENS	400m 50.04(1)
23/6	CORK	200m 22.67(1)	5/7	LAUSANNE	400m 49.56(1)
30/6	GATESHEAD	400m 49.96(1)	28/7	OSLO	400m 50.76(1)
5/7	OSLO	400m 49.81(1) NR	18/8	MONACO	400m 49.48(1)
12/7	LONDON	400m 49.59(1)NR	25/8	BRUSSELS	400m 49.78(1)
29/7,1/8	ATLANTA OG	400m 48.63(2) NR,CR, 200m 22.76(6)	28/8	GATESHEAD	200m 22.57(1)
11/8	LONDON	300m 36.43(1)	22/9	SYDNEY	400m H 51.63(1)
16/8	ZURICH	200m 22.55(6)	23/9	SYDNEY	400m R2 50.31(1)
23/8	BRUSSELS	400m 49.48(1)	24/9	SYDNEY	400mS/F 50.01(1)
25/8	SHEFFIELD	200m 22.53w(1)	25/9	SYDNEY	400mF 49.11(1)
8/9	MILAN	400m 49.60(1)	27/9	SYDNEY	200m H 23.11
16/9	TOKYO	400m 51.97(1)	27/9	SYDNEY 200m	2 <sup>nd</sup> R 22.75
			28/9	SYDNEY 200m	S/F 22.71
			28/9	SYDNEY 200m	F 22.53
			30/9	SYDNEY 4 X 400m	F

# CATHY FREEMAN

## TRAINING

### BASIC PRINCIPLES:

ATHLETE MUST ATTAIN THE HIGHEST LEVELS OF FITNESS

OPTIMAL BODY COMPOSITION (BUT NOT OBSESSIVE ABOUT SKINFOLDS)

STRENGTH TRAINING, CIRCUIT TRAINING, RECOVERY, RUNNING

INJURY PREVENTION

IN MAY 1992 AGED 19 CATHERINE WAS TRAINING FOR OG IN BARCELONA.

SHE WAS DOING 6 SESSIONS PER WEEK STILL TRAINING ONCE PER DAY.

STRENGTH TRAINING X 1, HILLS X 1, TRACK REPS X 4

IN MONTH OF JUNE 1992 SHE DID 28 TRAINING UNITS (THERE WERE TRAVEL DAYS)



# CATHY FREEMAN

## JUNE 1992: (28 TRAINING UNITS)

MON 1/6	5 X 150m EASY RUNS	WED 17/6	AM: S&C, PM: 3 X 20, 2 X 100, 2 X 150 1 X 250
TUES 2/6	400m TRIAL 53.0 + STRIDES	THURS 18/6	RELAY PRACTICE
WED 3/6	TRACK: 2 x 200m, 30 SEC, 200m 10min B/W SETS (28.0/27.1, 27.4/26.4)	FRI 19/6	REST
THURS 4/6	TRACK: 5 x 120m SUB MAX.	SAT 20/6	W/UP
FRI 5/6	STRENGTH & COND.	SUN 21/6	COMP. 200m 23.27, 4 X 400
SAT 6/6	200m FROM BLOCKS (24.0)	MON 22/6	W/U + RUN THRUS
SUN 7/6	REST(W/U)	TUES 23/6	6 X 145m 16.4,16.9,17.5,17.4,17.4,18.9 6min, 4.30, 4, 4, 3min rec
MON 8/6	AEROBIC RUN	WED 24/6	2 x 300m , 40.8, 38.8, 2 x 3 x 120m
TUES 9/6	STRENGTH & COND.	THURS 25/6	REST/TRAVEL
WED 10/6	TRACK: 5 x 200m, 8,6,4,2min REC	FRI 26/6	W/U
THURS 11/6	TRACK: 400m, 300m, 200m, 3 x 120m	SAT 27/6	COMP AAA'S 400m HEAT 52.42
FRI 12/6	S&C, POOL	SUN 28/6	COMP AAA'S 400m 51.14 (NJR)
SAT 13/6	TRACK: 4 x 150m SUB MAX	MON 29/6	W/U RUN THRUS
SUN 14/6	TRACK: 2 x 250m, 3 x 120m	TUES 30/6	10 x 130m RHYTHM
MON 15/6	TRAVEL TO LONDON	WED 1/7	2 X 250m, 4 x 150m
TUES 16/6	“		

# CATHY FREEMAN

## JUNE 1993 (50 TRAINING UNITS)

TUES 1/6 AM: 4 x 250m, PM: 180m,130m,80m x50 3

WED 2/6 PLYOMETRICS

THURS 3/6 AM: 6 x 120m PM: 2x300m,7min,4x150m,4min,4x80m FRI 18/6 AM: PLYOS, PM: S&C

FRI 4/6 AM: PLYOMETRICS PM: S&C

SAT 5/6 REC.

SUN 6/6 STARTS – 40m, 4 x 250m

MON 7/6 AM: PLYOS PM: S&C

TUES 8/6 AM: 4x150m EASY,3x80m PM: 500m,400m,300m,200m WED 23/6 REC.

WED 9/6 AM: 8 x 120m, PM: EASY RUN 30min

THUR 10/6 AM: SPA PM: 3 x 250, 5 x 130, 4 x 60

FRI 11/6 AM:PLYOS PM: S&C

SAT 12/6 REC.

SUN 13/6 STARTS + 3 x 300, 6min,3min

MON 14/6 AM: PLYOS, PM: S&C

TUES 15/6 AM: SPA PM: 6 x 150m

WED 16/6 AM: 4x300m, 6min, PM: HILLS

THUR 17/6 AM: SPA, PM: 2x5x150m,4,8min

SAT 19/6 REC.

SUN 20/6 2x150m, 5x130m, 4min REC

MON 21/6 AM: PLYOS, PM: S&C

TUES: 22/6 AM: SPA PM: 250m, 2x200,30sec

THURS 24/6 2 x 4 x 150m, 3min, 8min

FRI 25/6 S&C

SAT 26/6 HILLS

SUN 27/6 60m,200m, 150m,

MON 28/6 AM: PLYOS PM: S&C

TUES 29/6 AM: 4x150m PM: 2x6x130

WED 30/6 AM: SPA PM: 4x60, 3x120, 2x250

# CATHY FREEMAN

THE BASIS OF HER TRAINING WAS BUILT AROUND SPECIFICITY. SESSIONS WERE BUILT AROUND A MIX OF TRAINING AT SPEEDS RANGING FROM FASTER THAN RACE PACE TO SPEEDS CORRESPONDING TO THE SLOWEST RACE SEGMENT. I.E. 7.0MPS - 9.5MPS. WE USED SPLIT 400 SESSIONS WIDELY. AEROBIC TRAINING WAS MINIMAL AS I BELIEVED THAT THIS IMPORTANT SYSTEM WAS DEVELOPED WITH THE VOLUME OF WORK DONE. SPEED SHOULD BE INCORPORATED THROUGHOUT THE PROGRAM WHATEVER THE TRAINING MODEL.

CATHERINE LARGELY COMPLIED WITH A MODIFIED DOUBLE PERIODISATION MODEL AS SHE WAS REQUIRED TO HAVE 2 PEAKS PER YEAR WITH THE MAIN PEAK OCCURRING IN JULY – SEPTEMBER MOST YEARS.

SHE WAS VERY RESILIENT AND COULD COPE WITH A HIGH VOLUME OF INTENSIVE TRACKWORK AND SHE EMPLOYED GOOD RECOVERY PRACTICES.

# CATHY FREEMAN

## THESE ARE SOME ACTUAL SESSIONS DONE BY CATHY IN THE OLYMPIC YEARS

28 <sup>th</sup> January 1996	500m 73.4	10min	(Special Endurance)
	400m 57.5	8min	
	300m 43.3	8min	
	400m 60.4	10min	
	500m 75.4		
30 <sup>th</sup> January 1996	6 x 300m	2min	45.5, 47.4, 47.3, 47.4, 47.2, 44.3 (Int.Tempo)
4 <sup>th</sup> February 1996	500m 73.4	10min	(Special Endurance)
	400m 57.8	8min	
	300m 40.9	6min	
	200m 25.5		
30 <sup>th</sup> June 2000	450m 60.6	15min	(Special Endurance)
	3 x 150m	5min,3min	18.0, 18.5, 18.3
11 <sup>th</sup> July 2000	3 x 300m	7min,3min	38.4, 38.5, 39.5 (Special Endurance)
		15min	
	3 x 200m, 5min,2min		24.4, 23.9, 24.1

# ACTUAL SESSIONS DONE BY CATHERINE FREEMAN DURING OLYMPIC YEARS

25 <sup>TH</sup> July 2000	200m (23.5), 1min, 200m (24.4)	15min
	200m(23.4), 1min, 200m(25.3)	15min
	4 x 120m fast rhythm, walk back	
1 <sup>st</sup> August 2000	4 x 150m 4min rec. (roll start), 17.1, 16.9, 17.0, 17.1	
	4 x 120m, 4min rec. ( " ) 13.9, 14.1, 13.9, 13.8	
2 <sup>nd</sup> August 2000	300m (36.6), 7min, 300m(37.9),	15min
	200m(23.9), 5min, 200m(24.7), 2min, 200m(26.1),	10min
	3 x 120m sub max rhythm	
12 <sup>th</sup> August 2000	300m(38.1), 1min, 150m (19.4)	12min
	300m(38.1), 1min, 150m (19.8)	12min
	300m(37.5), 1min, 150m (19.6)	
13 <sup>th</sup> September 2000	200m(23.0), 1min, 200m(24.6)	15min
	200m(23.0), 1min 150m(17.1)	

# CATHY FREEMAN

## SESSIONS CONTINUED: 2000

- 16/7 4 x 200m, walk 80m, 120m, 10mins+ b/w 23.7,23.5,23.6,23.3
- 22/7 6 x 200m, 5min,4min,3min,2min,1min rec. 24.6,25.4,25.1,25.2,26.4,26.1
- 25/7 200m, 1min, 200m, 15min, 200m,1min, 200m 23.5-24.4 23.4-25.3  
15min, 4 x 120m rhythm
- 2/8 300m,7min,300m, 15min,  
200m,5min, 200m, 2min,200m 36.6, 37.9, 23.9,24.7,26.1

# CATHY FREEMAN

## Some Specific 400m sessions:

6 x 200m at 2<sup>nd</sup> half of 400m race pace e.g. 30 sec. 5min, 4min, 3min, 2min, 1min recov. Try and hold the speed all session.

300m fast, 10min, 250m fast, 12min, 180m fast

300m race practice, 10min, 3 x 200m, 2<sup>nd</sup> half pace e.g 30sec, 3min b/w, 8min, 3 x 120m fast 1min rec b/w.

200m, fast relaxed as per race plan, 1min recov. 200m as fast as possible, 20min recov. 150m fast, 1min, 150m fast as possible.

500m, (best 400m time plus 20 sec), 10min, 400m, (best 400m time plus 5sec) 8min, 300m, best 400m time minus 12 sec 6min, 200m, 4min, 150m fast as possible.

300m race plan, 2min recov, 150m fast. 12 min, 250m strong, 90 sec recov. 120m, 10min, 200m, 1min, 100m.

3 x 300m, strong last 100m, 10min rec

250m, 5min, 200m, 3min, 200m, 10min, 200m, 5min, 150m, 2min, 150m. all race pace +/-

300m, 7min, 300m, 15min, 200m 5min, 200m, 2min, 200m, all race specific, 10min, 3 x 120m fast relaxed.

350m, (400m pb less 2sec), 6min, 200m, 3min 200m, 2min 150m, 2min 120m

# CATHY FREEMAN

STRENGTH TRAINING DEC 1996

## PRIMARY LIFTS:

BENCH PRESS	6 x 57.5	5 x 60	4 x 62.5,	3 x 65
SQUAT ½	5 x 100	4 x 110	3 x 120	3 x 120
POWER CLEAN	5 x 55	4 x 57.5	3 x 60	3 x 60

## SECONDARIES:

HIP FLEXOR/EXTENSOR	2 x 20, 2 x 15
UPRIGHT ROWS	2 x 15 x 20kg
STEP UPS	2 x 15 x 25kg
ABS CIRCUIT	SETS
CHIN UPS (REVERSE GRIP)	1 x 12, 1 x 8



# CATHY FREEMAN

STRENGTH TRAINING APRIL 1999

POWER CLEANS 5 X 50, 4 X 55, 4 X 60, 3 X 65  
SUPER SET ECCENTRIC HAMSTRING CURLS 3 X 10 X 20kg  
BENCH PRESS 5 X 55, 4 X 60, 3 X 65, 3 X 67.5  
SUPER SET CALF RAISES  
SQUATS 8 X 70, 6 X 80, 5 X 85, 4 X 90  
SUPER SET UPRIGHT ROW, DUMBELLS  
HIP FLEXOR 2 X 15 X 20kg  
STRAIGHT LEG PULL DOWNS 2 X 15 X 20  
MED BALL THROWS  
CHIN UPS