HOW TO WRITE AN TRAINING PLAN

1. Get a calendar---
   Number of training days till first competition for peaking/tapering ______________
   http://www.timeanddate.com/date/duration.html
   This website can give you the number of days from now until key event.

2. Set up competition dates—know when you will compete
   Using the guidelines—pencil in the phases and your competition dates
   Get an idea of when you will change up your workout plan to match the upcoming events.

3. Concept of hard days, medium days, easy days and recovery days.

4. Interval workouts around the DIRT concept—Duration (length of run) Intensity of run (how fast)
   Repetitions (how many reps) Time between reps for recovery.

5. Below are some guidelines concerning workloads, lifts and training. You must figure out what works best for you—I will make some recommendations

6. Write workouts you like to do and every now and then one you don’t like but need to do. If you get bored, do ladders—200, 300, 400—you can start down and you can go up and down. Figure out sets—more in Prep phase, less in competition.

YEARLY PLAN
About ½ of your days of training should be spent in the Preparation Phase.

PREP PHASE
Prep Phase is for working on strength training, correction in technique or rehab of an injury.
You will have High volume (how many repetitions) and not a lot of intensity (lower weight) for about 4 weeks. Your weight training might be in reps of 8-10 with 2 to 3 sets but the intensity may not be as high and you may go 3-4 days of lifting, which should be changed up every 10-14 days. After 4 weeks, you will adjust the volume and increase the intensity—2 sets of 8 reps with 80% of your max.
Touch on a little speed, flexibility every day.
Running aspects should concentrate on lots of technical drills, working on finer details of sprint mechanics. Circuit training with jump ropes, medicine balls, drills, short sprints, across the field sprints, diagonal across field sprints, jumping jacks, burpees (squat thrust), hops, boundings, skips (little and big) lot of options.
Distance- 600, 500, 400s with a little speed work every day—might do some hill sprints—focus on knee lift
Intensity- 75-80%
Repetitions - 6-10 depending on D and I
Time for Recovery- 4 min or 120 HR

How many days a week of strength training __________
How many days a week with running ________
How many days a week with swimming / rehab work _____

Total number of hours training per week _______

How many days or weeks will you be in the prep phase?

SPECIFIC PREP
About ¼ of your days of training will be spent in Specific Prep—Focusing on the technique of the event will still maintaining your strength levels. You will reduce the volume of your lifts and increase the intensity (weight). This could be the 5 x 5 would come in or a 3 x 5 as your intensity would reach 85-90% with adequate recovery between sets. Lifting might only be 2 days a week with more speed endurance work— Touch on speed every other day at least—add in speed drills
D- 600s, 500, 300, 200, 150—volume starts dropping but intensity will increase—600 every now and then
I- Intensity up to 85-90% very limited 90%
R- Volume drops on repetitions—5-7 quality reps
T- Recovery time- 4 minutes or more depending on the repetition quality

How many days will you be in Specific Prep phase _______
How many days of lifting per week _______
How many hard days per week _______
How many easy days per week _______
How many days of swimming per week_____

How many days of recovery_____

PRE-COMPETITION
This is about the first 2-3 weeks of the competition period. Starting this period I would go back to an intensive weight training session for 2 weeks- 3 days a week. After that, cut back to 2 days per week. See if you have made any strength gains. Technical training—Starting blocks- 30, 40, 50, 60s long recovery as you do this work, pace for 400 (know what you want to hit at a 200 and have your body feel it), 120, 150, 180.
D- Shorter sprints, starts
I- 85%
R- 5-7 reps
T- 4min. greater when doing sprint starts

Work days and volume depends on when the competition will be.
Friday comp—H, E, H, M, Comp-Recovery- H
Saturday comp- H, E, M, H, E, Comp- Recovery- H

How many days will you be in Pre- Competition phase____
How many days of lifting _______
How many days of long sprints _____
How many days of short sprints _____
How many hard days ______
How many recovery days ______
COMPETITION
This will go through Nationals—Keep up the strength levels with 1 to 2 lifting days a week at 85-90% of max. Work volumes can change with 2 H days, 1 M, 2 E, Comp, Recovery—you will be travelling so factor that in.

How many days in Competition phase ____
How many days of lifting _______
How many short sprint days ____
How many long sprint days ____
How many travel days ______
How many recovery days _____

PEAKING
Short peaking phase for Nationals—3 days recovery
Back to a short strength phase about 7 days—weights and longer volume runs with less intensity
Then depending on race dates in France peaking with 10-14 days prior to competition. Lifting may be 1 set instead of 2 sets—The volume gets reduced and the intensity remains really high. Staying focused on quality and correctness is important during this phase.