



A man with short brown hair is running on a paved path. He is wearing a white tank top with 'Pelgrim' and a yellow and blue graphic, and blue shorts with 'Pelgrim' on the leg. He is wearing a watch on his left wrist and running shoes. Two black dogs are running alongside him on the path. The background is a lush green landscape with trees and a cloudy sky.

**‘Ik houd van sporten**

Honoré Hoedt

Comm. manager NOC (10 jrs)  
National Coach Holland (14 jrs)

National coach Noorwegen

HAN University  
Member Talentteam  
Teacher Talentidentification &  
Allround Running Coach

Projectleader  
„Loopland Gelderland”  
Better movement & running  
for kids







# Honoré Hoedt Coach

5x Olympic Games (8e / 9e / 16e)

Gert Jan Liefers / Bram Som / Robert Lathouwers

3x gold European Championships

Bram Som (2006) en Arnoud Okken (2007)

Sifan Hassan (2014)

16x Nat records 800–1500m–2km–3km ind/outd





European Titels



# Good coaching

Doing a few simple things right  
at the right moment  
in the right order

KISS



# Sifan Hassan







University HAN

Teacher  
Allround Runningcoach

Talentidentification

Finding great talents at  
schools threw sport teachers



National  
Distance  
Coach  
Norway





# My goals in Norway

- High Performance Program
- Cooperation of coaches & athletes
- Structure & planning in training
- Find great new talents
- Reach the potential of the elites







# Today's Program

- High Performance Program
- Making a good plan
- My vision of training
- the training of Sifan Hassan
- Practical session





# Challenge

- How to find points to improve your athletes?



# Improvement

- Dream
- Think
- Dare
- Do





# Forbedring

- Å drømme
- Å tenke
- Å tørre
- Å gjøre





# High Performance Program

# HPP

- Set clear goals in time & results (champs)
- Analyze: 1-6 scale
- Proces „improvement” goals
- Create the optimal general week



# HPP

- Year plan: races > camps > proces goals
- Training program: month > week > day
- Monitoring: week goals > dairy > evaluation
- (big) evaluation: teammeeting 2-3x p year

# Questions

- What is your right distance?
- What is your best approach?
- What type of athlete are you?



# What type of runner you are?

Speed & explosion

Bolt.....

1.



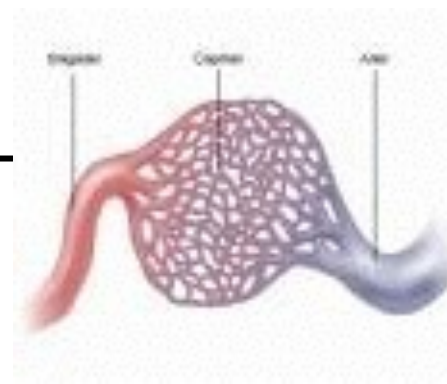
Anaerobic + Lactate

2.



Aerob/O2  
Heart & Lungs  
Blood>  
Muscles

3.



O2 + glycogen  
Utilisation of O2 in de spier

4.



# What Energy systems do you need.....?

Speedy & explosive

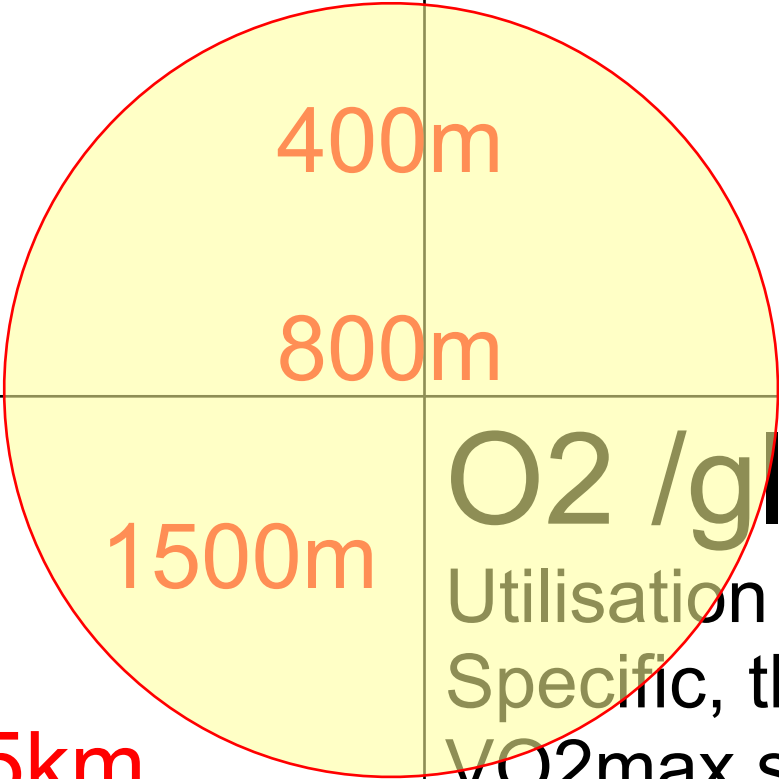
ATP: 5x 30m max.  
CP: 10x 80m (submax) p2

10 sec

Lactical Anaerobic

5x 300m 37 p5  
6x 200m 23 p4

30 sec = **total 40 sec**



**O2** Hart & Lungs  
Transport in Blood>muscle  
Non Specific  
Running-Swimming-Cycling  
Many hours.....

**O2 /glycogen**  
Utilisation in the muscle!  
Specific, the right mix  
VO2max speed & faster  
Race speed> economy!

**Marathon**



# Analyze

- Where can i improve to be better?
- What do i have to do to be better next year?

Performance factors	to improve in details	1	2	3	4	5	6	Actions
Running Technique			x		0			2x a week a session of 90 min
Core stability								
Flexibility								
Power								
Speed power								
Jumping power								
Basic fitness level								
Aerobic/anaerobic Level								
Anaerobic level								
Start from block								
Acceleration								
max speed								
Speed endurance								
Contact times								
Coaching								
Daily life (work - rest)	balance in work & rest/sleep anayses							
Home training situation	experience/coop/network/open mind							
Fysio	experience/coop OLT/manual/available daily							
Doctor	experience/coop OLT/2x year check/available daily							
Training Partners	level /available daily/on camps							
Nutricion	experience/coop OLT/2x year check/available daily							
Fysisian	Plan for Testing /evaluation / change in training							
Mental training	Analyse and plan, competition skills							
Training Camps	quality/altitude/coach/fysio/sparring partners							
Monitoring	daily / weekly / yearly analyses of proces							
Communication	daily contact & coop with coach / team / NFIF / OLT							



A perfect daily life

Tijdstip	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7							
30	Wake up / eat		Wake up / eat		Wake up / eat		
8							
30		Wake up / eat		Wake up / eat			
9	ODL / rust					Wake up / eat	
30			15'	Study Home	15'		Wake up / eat
10			Power training		Power training		
30		15'				15'	
11	Study Olso	Manual Fysio				Run Forest	Run
30			Olso 1u		Home 15'		
12		Home 15'					
30	Lunch	Study Home	Lunch	Lunch	Lunch	home 15'	
13		Lunch					
30			Study Olso		Studie home	Lunch	Lunch
14		Rest / nap		Rest / nap		Rest / nap	Rest / nap
30							
15	1u			15'			Visit parents
30		15'		Track training			
16	Hilltraining	Forest training			DL Z1-2		
30						Shopping	
17					15'		
30	Home 15'	Home 15'	Home 1u	Home 15'	massage		
18							Home 1u
30	Diner	Diner	Diner	Diner	home 15'	Diner	
19							Diner
30					Diner		
20						30'	
30						Visit Friends	
21							
30							
22							
30						Home 30'	
23							
30							
Hours sleep	9	10+1=11	9	10+1=11	9	9.30+1=10 ½	10+1=11
Hours work/study	4 u	1,5 u	5 u	2,5 u	2 u		
Hours travel	2 ¼ u	1u	2 ¼ u	½ u	1 u	1 ½	2 u
Hours training	2	1,5	1,5	2	2,5	1,5	1
X massage/fysio		1x			1x		



# Goals

- Proces goals
- Result goals (PB's > championships)

Distances	PB	Year of PB	Time result 2014	Championship result	Time goal 2015	Championship goal	Time goal 2016	Championship goal 2016
60m								
100m								
150m								
200m								
300m								
400m								
800mtr								
1500mtr								
3km								
5km								
10km								



Year plan

[illegible]





# Monitoring

- Training Diary
- Evaluation
- Learn from mistakes to be better....



# Plan the training

- Core, stability & power
- Flexibility
- Running technique
- Speed
- race pace, efficiency en change of ritme
- Aerobic running power
- Aerobic/Anaerobic training (mid zone = 4-8mmol)
- Anaerobic training (8-max mmol)

Let's start the Training



Train the body?  
Train the Brain?

# Tim Noakes

- If you don't die at the finish line, you could have run faster...

# Tim Noakes

- The brain is de controller of the action
- Long before the border of exhaustion the body gives pain signals to stop the action
- How much of this spare energy can you use?
- How do you develop this talent for using „resistance power“?





Paula  
Radcliffe

World  
Record

Marathon  
2.15

# Train the brain

- Exercises with a „pain” component....
- options that doesn't hurt the aerobic system and the nerve system

# Train the brain

## General:

1. Old fashioned circuit training 30/30 sec (2 p)
2. Resistance circuit: 7 exercises
  - abdominals-back-legs / abd - back - legs +  
7 fast running jumps on a mat
3. Alternative anaerobic training (bike / cross / aqua)



# Train the brain

## Running specific:

1. Running with a fast end/climax (aerob>anaerob)
2. Hill training (ritme of the race)
3. Anaerobic tempo's (400-300-200m fast rec 7-10) + rec 3 + 5x 80m rec 1 (in race pace 800>400m)





# Resistance Power

## **Sifan Hassan:**

- her talent = long legs?
- ore her tuff youth?

## **Arnoud Okken (European Champion 800m Indoor)**

- as a baby he always aimed to crawl to the see (150x)
- to stop with study harmed his power to go on in races



Why anaerobic training?

# Anaerobic training

- a 800-1500m race is a travel threw lactate zones
- from 4 > 8 > 12 > max (finishing speed)
- the winner is relatively low at 75% of the race
- run efficiënt with medium > high lactate
- train the brain to resist the pain of high lactate



# Prepare Race Pace

1. Train the race pace in short distances first
2. without much anaerobic lactate (4>6>8)
3. then go into medium lactate zones (4>8>12)
4. at the end do some sub max lactate workouts

# Balance

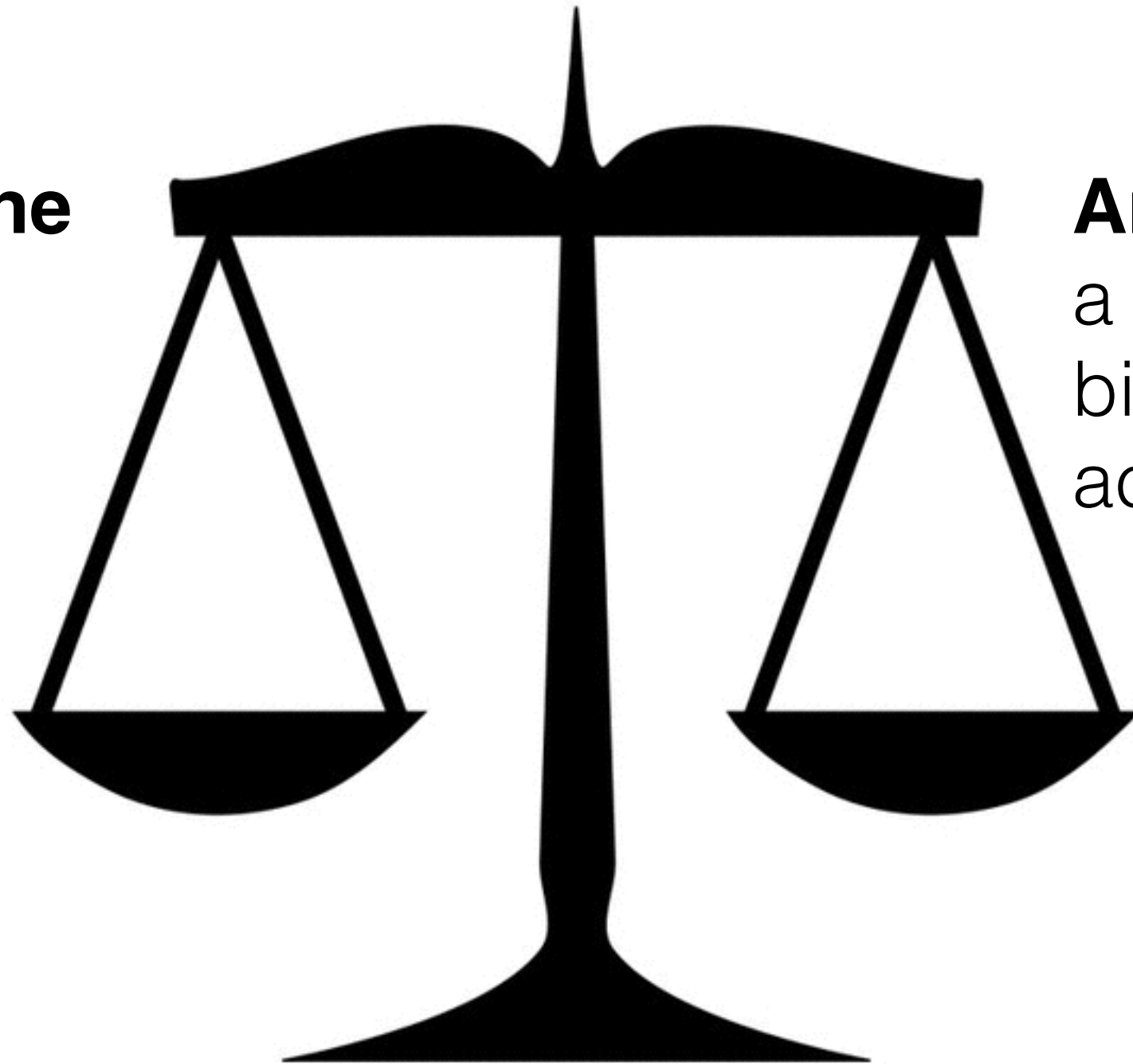


**Aerob > middle Anaerob Zone**

gradual increase

**Aerobic Zone**

Many  
small  
actions



**Anaerobic Z.**

a few  
big  
actions

# Race Time & AE/AN

AE-mid-AN

- 2 min: 800m Run/ 1500m Skating > **60-30-10%**
- 4 min: 1500m Run / 3km Skating > **75-20-5%**
- 8 min: 3km Run / 5km Skating > **80-20-0%**
- 12 min: 5km Run / 1500m Skating > **90-10-0%**



# Aerob versus anaerob

- Winter: much aerobic training, Z1-4 > loading aerobe reservoir > Runningpower
- Spring: aërobic training, Z1-3 + aerob/anaerobic middle zone (lact <8)
- Summer: less aerobic volume, Z1-2 + some anaerobic training (8+ max)
- Summer recovery base: 1 week winter > 1 week spring

# Norway & 800m

- Too much focus on aerobic zones (spec 400>800m)
- Race speed = 27km pu / An threshold = 17.5 km pu
- Don't be afraid to train intervals between 4-8 mmol
- Train 6-8x 2,5 min p2' or 10x 400m/10x 300m
- feel it in the lungs not the legs!!!
- Train speed & speed endurance

800m WINTER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	30-45 Min Run ore 3-4x 10 min ore Alternative Aer.	45 Min Run Ore 6-8x 5 min Run ore Alternative Aer.	Core and Power	30-45 Min Run ore 3-4x 10 min Ore Alternative Aer.	No Running day	Forest long reps 6-8 Laps of 850m ore 2x 2laps + 4x 1Lap rec 2min	45-60-75 Min Run ore 2-5x 15 min
<b>afternoon</b>	Hills 5x 60m relax +2x 150-200-150-200-150m rec 2 / srec 5	Forest: 4-5x 6 min aerobic Q	30-45-60 Min Run ore 3-6x 10 min	Track sprints 5x 60-80m rec 2 + 4x500m rec 75 + 5x 400m rec 1' + 6x 300m+100m rec 45" serie rec 4-5	Core and Power		

800m SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	30 Min Run ore 3-4x 10 min ore Alternative Aer.	30 Min Run Ore 6-8x 5 min Run ore Alternative Aer.	Core and Power	30-45 Min Run ore 3-4x 10 min Ore Alternative Aer.	No Running day	<u>800-1500m type:</u> Forest long reps 6-8 Laps of 850m rec 2min ore 2x 5x 400m rec 2 sRec 5 speed of 3k-1500m ore: 2-3x 1000m rec 5-7 speed 3km-1500m	45-60-75 Min Run ore 2-5x 15 min
<b>afternoon</b>	Speed 5x 60m + 400m speed: 150-200-150-200-150m rec 4-5 Ore 200m speed: 120-180-150 rec 10	<u>800-1500m type:</u> Forest: 4-5x 6 min aerobic Q	30-45-50 Min Run ore 3-5x 10 min	Track sprints 5x 60-80m rec 2 + 10x 200m Rec 2 ore 2x 5x 200m rec 2 ore	Core and Power	<u>400-800m type:</u> 5x 20-20-20m change in stride ritme + <b>week 1:</b> 2x 5x400m rec2	
		<u>400-800m type:</u> Forest: long reps 6-8 Laps of 850m ore 2x 2laps + 4x 1Lap rec 2min		<u>later in season:</u> Track sprints 5x 60-80m rec 2 + 2x 5x 200m rec 1 serie rec 5 ore 3x (3x200m rec 30 sec) serie rec 10		<u>400-800m type:</u> 5x 20-20-20m change in stride ritme + <b>week 2:</b> 500-400-300-200m rec 7-10 speed 1000-600m	

# Norway & 5-10 km

- Much focus on aerobic zones (smart training)
- More focus on running technique & Core (young)
- More focus on race pace without lactate
- More focus on change of ritme speeds
- More focus on under distance to become a winner



3-5km WINTER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	45 Min Run <2mm	45 Min Run <2mmol	Core and Power	45 Min Run <2mm		Forest long reps 3x 2 Laps 850m rec 3 jogg + 4x 1Lap rec 2'	90 Min Run <1,5
afternoon	Hills week 1 2x 5x 200m rec 2/ serie rec 5  week 2 5x 900m rec=jogg back easy	Forest: 3x 10 min AT <4mm rec 3'jogg	75 Min Run <1,5m	Track/Forest: sprints 5x80m & short intervals 10x 500m 1.35>130 15x 400m 72>68 20x 300m 52>48" rec=runningtime jog	Core and Power	45 Min Run <1,5	
		Ore 5x6' ore 2x15' ore 1x 30 min		ore 10x90" ore 15x1' ore 20x 40" Rec=runtime		ore 3x 5'+4x 3' rec 2' ore 10x 3' rec=90"	

3-5km SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	45 Min Run <2m	45 Min Run <1,5	Core and Power	45 Min Run <2		<u>week 1</u> Forest long reps 2x 2Laps 850m + 4x 1 lap 850m	60-90 Min Run <1,5
afternoon	Run 30 min + 5x 120m rec 4 ore 4x 150m rec 5 speed of 800m>400m	Forest: 3x 10 min aerobic Q	60-75 Min Run < 1,5	Track sprints 5x 60m & short intervals 10x 400m r1-2' 68/62mix ore 12x 300m r1' 48/45/42mix	Core and Power	45 Min Run	
		Ore 5x6' ore 2x15' ore 1x 30 min				<u>week 2</u> Long intervals speed 10>5>3km 6x800m R2 ore 5x1000m R3 ore 4x1200m R3 ore 3x1600m R3 ore 2x 2000m R3	

# Sifan Hassan

**European champion 1500m + fastest in the world (21 jr)**

## **Advantage:**

- many hours movement as a child (30h)
- born at 2400m high ( <14 jr)
- a hard live at young age ( training for willpower)
- long legs / slim / big gluteus maximus
- great cardio system

## **Disadvantage:**

- no stimulans of parents
- 5 years not on altitude
- no systematic training before 18 month
- not very fast twitch, no jumping power,
- not a good core ore running technique base

# Mission



- Olympic medal 1500m



Anita &  
Sifan









# Analyze

- Where can she improve to be better?
- lets make a good plan!

Performance factors	Analyzis in details	1	2	3	4	5	6	Actions
Running Technique	More supporting arms + more active + straight feet	^		x		o		2x a week accent on active running + arm direction + video (1x a month)
Core stability	abdominals & hips need more core + stability injury prevention	^	x	o				3x a week 1 h individual training by proffesional trainer (Astrid) mo-wed-fri
Leg Stability	more stability of hips>knees>legs> ankles	^	x	o				2x a week accent on leg stability excersises in main core/power training (wed-fri)
Power	higher specific power level squats/calves/glutes	^	x	o				2x a week accent on leg strenght in power training (wed-fri) okt-dec /march-april
Jumping	more reactive elastic components in feet	^	x	o				2x a week accent on small jumps (1x in power training (wed) + 1x in track training
Basic aerobic level	Basic fitness <1.5 mmol is good, higher level is possible			^	x	o		increasing volume of basic running & alternative training 120>140>160km
Anaerobic threshold	Speed < 4mmol aprpr 18km pu (good), 19km pu is possible			^	x	o		3>4>5 sessions in winter / 2>3x in summer season max 30 min, upto 45 min in 2015
Aerobic/anaerobic Level	Running zone 4 - 8 mmol is good, more quality needed			^	x	o		1-2x a week in winter / 2-3x a week in summer (2015 2-3x winter + summer
Anaerobic level	zone 8 mmol until max rarely trained, gradually more volume		^	x	o			2013 only 3 sessions > 2014 5-6 sessions > 2015 6-8x > 2016 8-10 sessions
Efficiency at race pace	economy at race pace can improve by more volume			^	x	o		increasing from 0.5 tr a week in summer to 2014 1x w > 2015 1,5x w > 2016 2x week
Speed	start is not good, has to improve / general speed can improve too	^		x	o			improving start speed (1th 10-20m) 1x a week + 1 (winter)-2x (summer) speed session
Finishing Speed	finish speed under high lactate is very good (100m) / last lap too (400m)			^	x	o		needs only some training in the preparation of championships (last 4 weeks)
Hilltraining	reacts very well on hilltraining short (150m) + longer (300-500m)	^		x		o		2014 every week 1 session until may > same for 2015 > 2016
Under distance	800m has improved a lot, can improve to be a winner!	^		x		o		more 800m races (2013 2x), 2014 4x, 2015 4x, 2016 2x
Over distance	3 km is world class, 5km can be great too: improve by doing			^	x	o		improving 5km to same level as 3km in 2013 (world class) by 2x a race a year
Tactical skills	main tactic is starting slow, finishing very fast. more options needed	^		x	o			by personality a hunter (start slow attack from behind last 400m) / be more in front too
Altitude	sleeping in tent since june 2013 / alt can ingrease from 1500>2400m	^		x		o		alt in tent increaseed from 1500m (now) to 2000m (2014) to 2400m (2015)
Daily life (work - rest)	balance in life school & rest/sleep (naps) must be more steady	^	x		o			combi school +training (important developement too) with max 3x 3h a week
Coaching	Coaching takes a lot of time next to main job / more time needed	^			x	o		home training situation (RTC Loopland Gelderland)/ part of Norwegian camps coach (50%)
Fysio	fysio was not enough, now 2x a week, more quidance needed (camps!)	^	x			o		Fysio 3x a week home + needs FT at trainingcamps (50% Dutch + 50% Norwegian coop)
Doctor	first check by PV + blood: has to be 2x year + 6x blood (transport to hospital)	^		x		o		Full package of Peter vergouwen needed! coop with Coach
Training Partners	now 2 rabbits/need 2 more home / + availeble on camps	^		x		o		needs 2 more rabbits home situation + each camp 2 at trainingcamp
Nutricion	Food at Papendal is Ok / 2x year check needed, also supplements (nitrits)	^		x		o		needs 2x a year check nutricianist + practice in supplements before main races (nitrits)
Fysisian	No time yet: now 1x year VO2max + Mucle lap + wingate + general lactate	^	x		o			1x p/jr VO2max test + muscle lab + wingate test + lactate testing weekly
Mental training	Good natural mental level / skills + tools before race add to training			^	x	o		course for more skills + tools to use at championships
Training Camps	3x altitude camps a year (4w) + coach/fysio/sparring partners	^		x		o		Coach + fysio + 2 sparringpartners FT needed at all camps
Monitoring	Monitoring diary + HRV by app daily	^	x	o				needs app for simple monitoring HRV + training results
Communication	daily contact & coop with coach needs to be improved (phone contract!)	^	x		o			support of Topsport Gelderland for communication tools & skills (Phone contract etc)



Performance factors	Analyzis in details	1	2	3	4	5	6
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Hilltraining	reacts very well on hilltraining short (150m) + longer (300-500m)	^		x		o	
Under distance	800m has improved a lot, can improve to be a winner!	^		x		o	
Over distance	3 km is world class, 5km can be great too: improve by doing			^	x	o	
Tactical skills	main tactic is starting slow, finishing very fast. more options needed	^		x	o		
Altitude	sleeping in tent since june 2013 / alt can ingrease from 1500>2400m	^		x		o	

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Planning 2013-2014				Travel	Championships	Topraces	Special Care	Trainingcamps	Additional	Medical care
				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SIFAN										
wk	date	Acc	wkn							
34	19-25 aug			Travel back Home				Stockholm		
35	26-1 sept									
36	2-8 sept							Brussel Ivo v D		
37	9-15 sept									
38	16-22 sept									
39	23-29 sept									
40	30 sept-6 okt									
41	7-13 okt						Blood+check PV			
42	14-20 okt									
43	21-27 okt									
44	28 okt-3 nov									
45	4-10 nov									
46	11-17 nov								Test wedstrijdje	
47	18-24 nov									Warandeloop
48	25 nov-1 dec									
49	2-8 dec							Travel		EK cross Bergrado
50	9-15 dec			Back						Cross Brussel
51	16-22 dec									
52	23-30 dec			Blood						
1	30 dec-5 jan				Soest	Potchefstrom				
2	6-12 jan					HH arriveert				
3	13-19 jan									
4	20-26 jan				HH weg					
5	27 jan-2 feb					Joost	Blood		karlsruhe 3km	
6	3-9 feb			Joost		Joost				Gent 800m
7	10-16 feb			Joost		Joost			Birmingham 1500m	terugreis
8	17-23 feb	Aer		portugal+ Joost				Joost weg		
9	24 feb-2 mrt	Aer					HH port	intensieve sessie 3km		intensieve sessie kort
10	3-9 mrt			terugreis		Vertrek Polen		15/3km	15F	3KM F
11	10-16 mrt	Rust		terugreis						
12	17-23 mrt									
13	24-30 mrt						Footscan Jempi			
14	31 mrt -6 apr			Blood+check PV						





Practical training of Sifan

# Running Technique





Stability & core







Power & coordination



Speed power







Sparring Partners

# Practical training of Sifan

- winter week
- spring week
- summer race week
- recovery weeks

OVERZICHT LACTAATTESTEN

LAATSTE TEST:

Datum test:

10/29/13

		speed		Hf	Lactaat
Distance	Time	km/u	min/km		
2000	08:38.5	13,5 km pu		144	0,9
2000	08:03.2	15 km pu		155	1
2000	07:22.7	16.5 km pu		169	1,9
2000	06:41.7	18km pu		176	6,8



# Winter week

- Mon: Run 45' // DI 60 min met sprints & heuvels AE>AN (R)
- Tue: Run 45' // Aerobic runs 3x 10 min > Z3-4 > lact 3>4
- Wed: Core/power // run 75'
- Thu: Run 45' // sprints/ interval short 10-5km tempo 10x500m p90"
- Fri: Run 45' ore no running // Core/power/circuit (R)
- Sat: interval mid/long Z4>VO2max lact 4>8 >3x6'+4x3'
- Sun:Run 90'

# Spring week

- ma: Run 45' // starts, sprints, sprint endurance > 6x 150m p5
- di: dl 45' // Aerobic runs 6x5' min > Z3-4 > lact 3>4
- wo: Core/power // Run 75'
- do: Run 45' // sprints/ int. short 3-1500m tempo 10x 400m / 10x300m p1 (W)
- vr: Run 45' of no running // Core/speed power
- za: a. interval mid/long Z4>VO2max lact 4>8 >8x 2,5' p2
- za: b. Anaerobic power & resistance: 400-300-200m p10 +5x 80m p1 (WW)
- za: c. Race 3km / 1500m / 800m
- zo:Run 60-75'

# Summer Race week

- zo: Race 1500m (W)
- ma: Run 30' // Run 45' // massage
- di: Run 30' // Aerobic runs 4-5x 5 min > Z3 > lact 3 ore 6x 2,5' p2 Z4
- wo: Core/speed power // Run 60'
- do: Run 45' // sprints/ ritme changes (8>15>4) / 6x 200m tempo 800m p2
- vr: Run 45' tapering off // fysio
- za: Race preparation / run 30-45' with some accelerations
- zo: Race 800m / 1500m





# Preparation E Ch Zurich

**week 21 - 27 juli** St Moritz winterweek (1800m)

**week 28 juli - 3 augustus** (intensieve week)

ma Run 45' // 16u: **10x 300m p90"** (tempo 1500m)

(15e dag voor EK)

di 3-4x 2km 18 km pu // afternoon rest

wo **10u power / fysio** /// dl 80' easy

do Italy Low altitude: track training: 5x 60m //

**800m // 600m // 400m // 200m** p10' tempo 1500m > 800m 2.05 / 1.32 / 56 / 27" (12d v EK)

vr o run 60' // 16u Core en lichte kracht

za sand road as in home forest Warnsborn **2x 6 min p3 + 4x 3 min p2 (PR)**

zo dl 75' easy

**week 4 - 10 augustus** (easy week)

ma run 30' // 2x 5x 100m p2 controlled en snel sp=7'

di travel to Holland

wo 10u power / fysio / run 70' easy

do run 30' + 16u baan 5x 60m // **400 > 300 > 200m wedstrijdritme P 7 min vlot 62 / 45" / 28"**

vr run 60' // 16u Core en light core/power Astrid

za Travel to Zurich

zo morning: 30' loslopen + 5x standing start + 5x 200m (31>30 sec) easy

# EK Zurich

## week 11-17 aug

ma: Run 45' + oef en 5 strides

di: 10.34u **Series 1500m**

wo: 10u core / fysio /// afternoon run 45' // talk about race plan Finale 1500m

do: Fysio /// run 45' + 5 strides

vr: 19.25u **Final 1500m**

good cooldown + run + direct to Fysio

za: 30' easy // light Fysio

17.40u start **Finale 5km**

zo: Run 60' easy // Treatment!

# Forbedring

- Å drømme
- Å tenke
- Å tørre
- Å gjøre









Many coaches like to work on top  
but who really wants to work on top  
works at the base!

# Good Luck

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