



« I seek the gold of time »

André Breton, *Point du jour* (1924)

*TRAINING FOR TOP SPEED – Oslo 2014 – PJ VAZEL*

***TOP SPEED FOR MEN'S 60M***



***Olusoji FASUBA (NGR)***

## TOP SPEED FOR MEN'S 60M



	TOTAL DAYS	REST DAYS	TRAINING DAYS	SPRINT DAYS	Fly 30 Train / Comp	SEASON DEBUT	SEASON BEST
<b>2005</b>	75 (11w)	26	49 (65%)	24	2.76 / 2.64	6.60	6.51
<b>2006</b>	110 (16w)	37	73 (66%)	40	2.72 / 2.64 2.69	6.62	6.47+ (100m) 6.55
<b>2007</b>	86 (13w)	45	41 (48%)	24	2.86 / 2.64	6.63	6.49
<b>2008</b>	83 (12w)	38	45 (54%)	25	2.73 / 2.64	6.56	6.51 (6.45e)

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## **TOP SPEED FOR WOMEN'S 100M**



*Christine ARRON (FRA)*

# TOP SPEED FOR WOMEN'S 100M

CHRISTINE ARRON – ANALYSIS 2010

WEEKLY SYNTHESIS

WK	ACCEL	Acceleration	SPEED	speed 1	PEE	speed 2	PEED EN	speed end 2	TEMPO 1	tempo 1	TEMPO 2	tempo 2
1												3x5x100m 17" rest 45" 5"
2									8x200m 40" ... 33" rest 2"			2x8x100m 16"5-14"5 PU/SU rest 30" 5"
3												2x8x100m 17" PU/SU 2x10x100m
4									1x100m 17", 8x200m 35"-33"5 rest 1'30"			8x100 17"5 3x200 33"5
5									2x100m 17", 5x300m 52"1-50"8 rest 5"			
6												
7												
8												5x80m 13"5, 1x100m 16"7, 4x60m 9"
9								6x150m 22"85-21"51 r5'				6x100m 17"7-14"2 rest1'30" PU/SU
10						50m, 60m, 2x80, 60m 7"5			1x100m 15"89, 6x200m 33"7-30"9 rest 2"			4x100m 15"0-14"3 PU/SU
11						Hill 2x4x40m r4'8"		4x150m 20"45-19"01 r5'				
12												2x5x100m 17"-18" PU/SU
13						Hill 2x4x40m r5"10"			1x100m 13"6, 4x200m 30"05-28"10 rest 2"			
14						Hill 8x40m r7"		3x4x60m 7"5 r2'30/6'30				
15	3x30sl, 3x30bl					4x60m 7"3 r7"		4x150m 19"33-18"08 r8"				
16						5x90 FEF r8-10'		Hill 3x150m 20" r16'				
17	6x30sl					1x60m		3x150m 18"08-17"69 r20'				
18												2x5x100m 18" PU/SU
19	4x20 bl	4x20bl, 3x20sl				5x90 FEF r10'						
20	4x20 bl	4x20bl, 30bl, 5x25m				5x60m (Flying 20m)			180m 150m 120m 22"15 17"59 14"10 r15-20"			
21	10, 15, 20, 25bl, 2x30bl, 4x20sl							3x4x60m 7"3-7"1 r5"7"	Hill 2x150m 19"5 r21"			
22	4x15bl, 3x10, 1x15, 20, 25, 30sl								5x120m 14"4-13"9 r7-10"			4x4x100m 22" r30"3"
23	Hill 9x10m 5x20m 3x30m							3 x (40, 50, 60) r5"10"				
24	4x20bl, 1x30bl	Hill 3x5x7.5-25m				1x90m FEF						
25	3x20sl, 2x20bl							2 x (30, 40, 50) r5"10"				
26	1x30, 2x40sl					2x90m EMF 4x60m cone			1x150m EFEFEF			
27	Hill 5x10, 520											
28	11x20sl								180m 150m 120m 22"11 17"32 14"35 r10"			2x5x100m 18 PU/SU
29	Hill 2x5x7.5-18m	2x20sl, 15 20 25bl				3x60m cone 1x80 FEF		2x120 EFEF r12"				

- Resumed training first week of January after hip fracture and surgery
- Had to change my usual template
- Slow to Fast & Long to Short planification (tempo ► speed end ► speed ► accel)
- Many compromises to stay healthy
- Unique & personalised workouts, no training partners
- 41 workouts, sprint volume 15,3km, max effort <60m, discontinued effort <150m
- Season Best 11.27, short coming in first 30m and last 20m, EC 100m finalist & 4x100 silver medal

**TOP SPEED FOR WOMEN'S 100M**

TIME ANALYSIS			ReactT	30m	60m	80m	100m	0-30	30-60	60-80	80-100
06.16	AMIENS	+0,9	*	*	7,37	9,41	11,55	*	*	2,04	2,14
06.16	AMIENS	+0,9	*	4,34	7,38	9,43	11,50	*	3,04	2,05	2,07
06.25	NANCY	+0,4	0,17	4,28	7,29	9,29	11,39	4,11	3,01	2,01	2,10
06.30	REIMS	-0,2	0,17	4,32	7,34	9,39	11,51	4,15	3,02	2,05	2,12
07.08	VALENCE NC	+1,4	*	4,33	7,31	9,30	11,37	*	2,98	1,99	2,07
07.08	VALENCE NC	+0,3	*	4,30	7,26	9,25	11,30	*	2,96	2,01	2,05
07.09	VALENCE NC	+3,2	*	4,28	7,25	9,22	11,27	*	2,97	1,97	2,05
07.28	BARCELONA EC	-1,5	0,207	4,29	7,31	9,34	11,45	4,08	3,02	2,03	2,11
07.29	BARCELONA EC	+2,2	0,170	4,23	7,17	9,17	11,24	4,06	2,94	2,00	2,07
07.29	BARCELONA EC	-0,6	0,176	4,26	7,25	9,28	11,37	4,08	2,99	2,03	2,09

**Time analysis of competitions in 2010 for Christine ARRON**

**TOP SPEED FOR WOMEN'S 100M**

FINALE		21:45	Vent -0,6			Temp 25°	Hum 78%					
ATHLÈTES ( <i>entraîneurs</i> )		T.R.	30m	60m	80m	100m	0-30	30-60	60-80	80-100		
1	Verena SAILER ( <i>Bauer</i> )	GER	0,161	4,16	7,07	9,07	<b>11,10</b>	3,99	2,91	2,00	2,03	
2	Véronique MANG ( <i>Marchand</i> )	FRA	0,173	4,19	7,08	9,06	<b>11,11</b>	4,01	2,89	1,98	2,05	
3	Myriam SOUMARÉ ( <i>Darnal</i> )	FRA	0,166	4,15	7,10	9,13	<b>11,18</b>	3,98	2,95	2,03	2,05	
4	Ezinne OKPARAEBO ( <i>Alnes</i> )	NOR	0,203	4,20	7,15	9,17	<b>11,23</b>	3,99	2,95	2,02	2,06	
5	Mariya RYEMYEN ( <i>Allyanov/Rurak</i> )	UKR	0,239	4,24	7,20	9,24	<b>11,31</b>	4,00	2,96	2,04	2,07	
6	Anna GUROVA ( <i>Matyash/Rotkov</i> )	RUS	0,189	4,26	7,25	9,28	<b>11,36</b>	4,07	2,99	2,03	2,08	
7	Yeoryía KOKLÓNI ( <i>Panayiotópoulos</i> )	GRE	0,174	4,23	7,25	9,28	<b>11,36</b>	4,05	3,02	2,03	2,08	
8	Christine ARRON ( <i>Vazel</i> )	FRA	0,176	4,26	7,25	9,28	<b>11,37</b>	4,08	2,99	2,03	2,09	
3s2	Christine ARRON	v +2,2	FRA	0,170	4,23	7,17	9,17	<b>11,24</b>	4,06	2,94	2,00	2,07

**Time analysis of European Championships 100m final**

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## **TOP SPEED FOR 100M HURDLES**



*Gnima FAYE (SEN)*



## TOP SPEED FOR 100M HURDLES

### Stride parameters prerequisites for female hurdlers

Step length between 5th and 6th hurdle

Step	Subj	Pearson	Carruthers	Harper	Porter	M
1 step length	m	1.60 (30.9%)	1.39 (27.0%)	1.66 (30.6%)	1.49 (27.4%)	1.54 (29.0%)
2 step length	m	1.88 (36.4%)	2.08 (40.5%)	2.12 (39.0%)	2.18 (40.1%)	2.07 (39.0%)
3 step length	m	1.69 (32.7%)	1.67 (32.5%)	1.65 (30.4%)	1.77 (32.5%)	1.70 (32.0%)
Total length	m	5.17	5.14	5.43	5.44	5.30

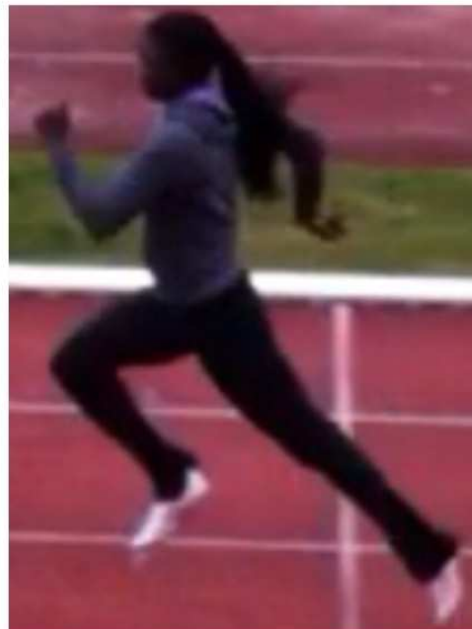
#### Stride length at top speed for hurdlers

Gail DEVERS (USA)	<b>2m27</b>
Yordanka DONKOVA (BUL)	<b>2m22</b>
Lolo JONES (USA)	<b>2m22</b>
Sally PEARSON (AUS)	<b>2m17</b>
Kelly WELLS (USA)	<b>2m14</b>
Priscilla LOPES-SCHLIEP (CAN)	<b>2m13</b>
Patricia GIRARD (FRA)	<b>2m10</b>

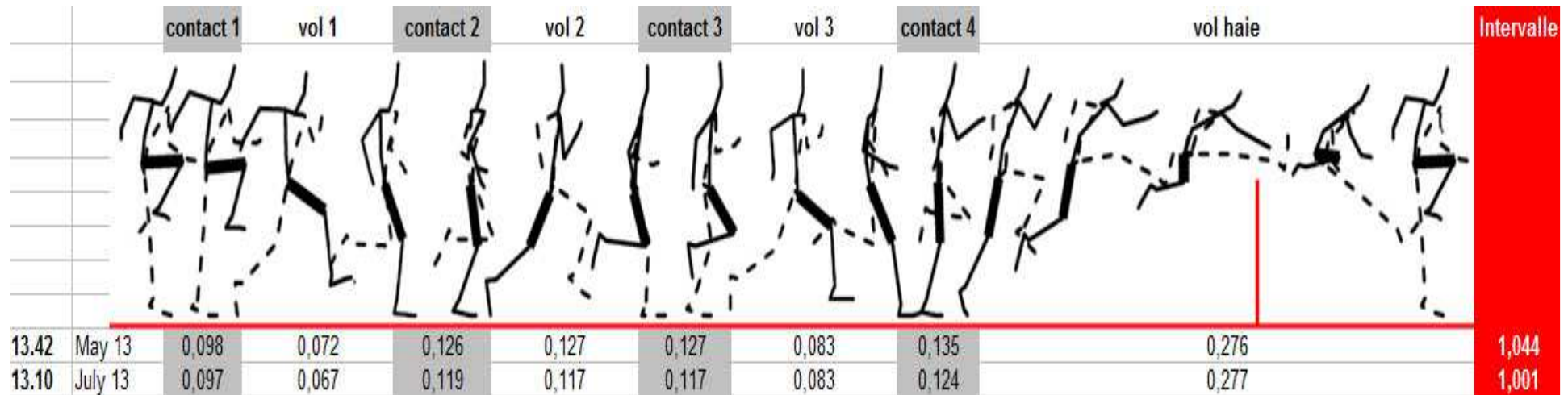
## TOP SPEED FOR 100M HURDLES

### Kinematic parameters changes for the flying 20m test

<u>Date</u>	<u>Time</u>	<u>SL</u>	<u>SF</u>	<u>CT</u>	<u>FT</u>
2013 March 16	2.43	2.00	4.1	0,118	0,125
2013 March 29	2.40	2.07	4.0		
2013 April 13	2.27	2.10	4.2		
2013 June 03	2.23	2.08	4.3		
2013 July 21	2.21	2.06	4.4	0,107	0,119



## TOP SPEED FOR 100M HURDLES



**Kinematic parameters changes for the fastest interval (from 13.42 to 13.10) ▲**

### ▼ 100m hurdles, top 8 all-time best results

13.10	0.1 3h2	Paris	13 Jul 2013
13.11	1.1 4	Paris	13 Jul 2013
13.15	1.2 4	La Chaux-de-Fonds	7 Jul 2013
13.17	1.3 6	Angers	16 Jun 2012
13.18	0.1 2h1	La Chaux-de-Fonds	7 Jul 2013
13.22	1.9 1	Lausanne	4 Jul 2013
13.29	0.3 3	Nottwil	30 Jun 2013
13.33	1.8 4h1	Montgeron	13 May 2012