

From empty canvas to masterpiece: 1600m training design



Influences



Why the 1600m?

- ◆ 1600m PR gives most accurate $\dot{V}O_2$
- ◆ It is what I use to calculate paces for all workouts
- ◆ 1600m is a 'gateway' event



1600m% sheet

		1600 PR	85%	88%	90%	93%	95%
Baker	Daniel	4:21	5:07	4:56	4:50	4:40	4:34
Childree	Michael	4:31	5:18	5:07	5:01	4:51	4:45
Hoffpauir	Gavin	4:14	4:58	4:48	4:42	4:33	4:27
Hollie	Trey	4:51	5:42	5:30	5:23	5:12	5:06
Jones	Matthew	4:31	5:18	5:07	5:01	4:51	4:45
May	Lee	5:04	5:57	5:45	5:37	5:26	5:20
Mercado	Ethan	4:22	5:08	4:57	4:51	4:41	4:35
Papalexiou	George	4:32	5:20	5:09	5:02	4:52	4:46
Poon	Clark	4:45	5:35	5:23	5:16	5:06	5:00
Raiford	Ryan	4:33	5:21	5:10	5:03	4:53	4:47
Samways	Cameron	4:29	5:16	5:05	4:58	4:49	4:43
Scott	Brendan	4:41	5:30	5:19	5:12	5:02	4:55
Sudharsan	Suraj	4:53	5:44	5:32	5:25	5:15	5:08
Tugano	Joshua	4:34	5:22	5:11	5:04	4:54	4:48
West	Calder	4:32	5:20	5:09	5:02	4:52	4:46
Wright	Noah	4:30	5:17	5:06	5:00	4:50	4:44

TWHS 1600m 2013-2017

◇2013 – 4:14, 4:16

◇2014 – 4:15

◇2015* – 4:15, 4:15, 4:16, 4:17, 4:18, 4:18, 4:20,
4:21

◇2016 – 4:15, 4:15, 4:15, 4:17

◇2017 – 4:13, 4:14, 4:14

1600m design requirements

◇ Energy contributions for middle/long distance races

◇ Event	Anaerobic A-Lactic (ATP-CP) %	Anaerobic Lactic (Glycolytic)%	Aerobic %
◇ 800 meters	10	30	60
◇ 1500 meters	8	20	72
◇ 3,000 meters	5	15	80

Training set up

- ◇ Timeframe: 20-22 weeks
- ◇ 5 x 4 week cycles:
- ◇ 3 'on', 1 'off'
- ◇ 4 phases:
- ◇ Base
- ◇ Pre-Competitive
- ◇ Competitive
- ◇ Championship



Base phase details

- ◆ Aerobic volume is high (75% runs 5 of 12 runs/week)
- ◆ Aerobic Threshold work is high (2 – 5 miles)
- ◆ Strength work is maintained
- ◆ Introduction of running economy work (speed work)



Pre-competitive phase

- ◇ Aerobic volume still high
- ◇ Introduce slow intervals: 8x400, 12x200 at 3200m or 1600m t.p.
- ◇ Progress towards proper interval training
- ◇ Speed/acceleration work increased (formally) *lactic/A-lactic



Competitive phase

- ◆ *Races become the focal point
- ◆ Aerobic element plateau's
- ◆ Anaerobic training increases
- ◆ *Target paces zeroed in on during workouts



Championship phase

- ◆ *Looking for 'goal-achieving' efforts
- ◆ Decrease volume minimally
- ◆ Increase intensity with short, sharp efforts.



Workout design (choose 3)

- ◇ Make each 3 weeks repeatable.
- ◇ Use familiar workouts throughout the season as fitness markers for athletes
- ◇ No magical combination- just choose workouts that achieve elements you want your athlete to be exposed to.
- ◇ 1600m ladder
- ◇ Rpt 400's
- ◇ Rpt 800's

Peaking strategies

- ◆ No one way to get the most out of an athlete!
- ◆ TWHS: A tiered reduction in volume AND how the week is stacked.
- ◆ TWHS: Intensity is increased in workouts with an overall reduction in volume of the workout.
- ◆ 10% per week for three weeks

Nutritional considerations

- ◆ Do you have a fueling/re-fueling protocol?
- ◆ Do you take time to speak on the nutritional requirements for distance running?
- ◆ Hydration: ~120oz/day
- ◆ Nutrition: Balanced diets with a focus on protein intake @ 1.6g/kg body weight
- ◆ Take hydration and protein values and divide by 5 for 5 'intakes' per day.

Protein calculation sample

			lbs	kg	at 1.6g/kg	5 doses
Hoffpauir	Gavin	12	124	56.24545	89.99272621	17.99855
Baker	Daniel	12	135	61.23497	97.97595192	19.59519
Mercado	Ethan	12	157	71.214	113.9424033	22.78848
Samways	Cameron	12	155	70.30682	112.4909078	22.49818
Wright	Noah	12	142	64.41012	103.0561865	20.61124
Hammer	Ethan	10	114	51.70953	82.73524829	16.54705
West	Calder	12	130	58.96701	94.34721296	18.86944
Raiford	Ryan	12	107	48.53438	77.65501374	15.531
Childree	Michael	12	138	62.59575	100.1531953	20.03064
Jones	Matthew	12	136	61.68856	98.70169971	19.74034
LaChance	Cade	11	142	64.41012	103.0561865	20.61124

Requirements for a successful season?

- ◆ Base work – solid platform to run off of
 - ◆ Logical volume for event specific athletes
 - ◆ Logical Interval sessions specific for goals
 - ◆ Nutritional elements introduced
 - ◆ Luck
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- ◆ Create your masterpiece.
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- ◆ Good luck to you all in your upcoming season!!