

# Planning Your Year- Part 2

Planning a year with 2 major peaks

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VICTORIAN RACE WALKING CLUB



# Planning Your Year – Part 2

**Sit down with your coach and decide on your major/minor competition goals**

**Target your key races**

**Periodise your year into its phases**

- **Preparation Phase 1**
- **Transition Phase 1**
- **Competition Phase 1**
  
- **Preparation Phase 2**
- **Transition Phase 2**
- **Competition Phase 2**

**Vary your training load and intensity accordingly**

# Athlete Profile

**For the purposes of this analysis, the walker**

- **Is a male walker with current PBs of 47:30 (10km road) and 23:10 (5km road)**
- **Is 16 years of age at the time that Phase 1 starts (September 2014) and will be 17 years of age at the time the World Youth Games are held in July 2015**
- **Has a good background in walking extending over 4 years of gradually increasing training**
- **Is currently used to specific walk training/racing 4 days per week with an average weekly load of 40km**
- **Has no major injuries at this time and**
- **Has a basically sound technique.**

# Phase 1 - 3 month Preparation Period

- **3 week break at end of winter season**
- **Phase 1 starts mid Sept 2014, finishes mid Dec 2014**
- **General principles for this period are as follows**
  - **5 walk sessions per week (and 1 optional run)**
  - **One track and one tempo/fartlek walk session per week**
  - **One training session per day**
  - **High volume / medium intensity**
  - **Concentration on technique rather than speed - with a view to eliminating any faults and developing relaxation**
  - **2 Strength and Conditioning sessions per week early in the period, building up to 3 per week towards the end**
  - **Mobility drills as part of every training session**
  - **Total weekly mileage: 50-60km (block 1), 60-65km (block 2), 60-65km (block 3)**

# Phase 1 – Target Races

## Races to target in this period

**7 Dec 2014 U17 5000m, All Schools C'ship**

**14 Dec 2014 U20 10km, Australian 50km C'ship,  
Fawkner Park**

**The walker is given permission to compete in both meets even though realistically he will not be in top racing shape. Coming at the end of the Build-up period, they are purely pointers to 'where we are at'.**

**The aim will be to be within a few seconds of his current PBs (23:10 and 47:30 respectively) in each race.**

# Phase 2 – 2 month Transition Period

- **Start in mid Dec 2014, end in mid Feb 2015**
- **Extends for 2 months using two 4 week blocks**
- **Aim is to start to prepare specifically for racing.**
  - **Speed endurance training is added to the program, combined with the need to continue working on walking fitness and technique.**
  - **Strength training is reduced to from 3 to 2 sessions per week although mobility work should continue with all sessions.**
  - **Here the walker's fitness becomes more specific. Interclub and/or VRWC races (2000m/3000m for Shield, 5km/10km for VRWC) are used as speed endurance sessions.**
  - **All speed sessions will be monitored to ensure that faster walking does not lead to technique faults.**

# Phase 2 – General Principles

General principles for this period are as follows

- **5 walk sessions per week and 1 optional run**
- **Medium volume / increased intensity**
- **Enhanced concentration on speed, continuing concentration on technique**
- **Maximum of 2 Strength and Conditioning sessions per week**
- **Continuing mobility exercises during walk session warmup**

**Total weekly mileage 55-65 km**

# Phase 3 – 5 Week Competition Period

Extends from early Feb 2015 to mid Mar 2015.

Aim is to reach peak performance through a small number of buildup races. Target races and target times are indicated. Not all 5 races are necessary.

A flexible approach will be needed to decide which of the leadup races are to be targeted.

Training during this period must be flexible to accommodate travel and racing.

Feb	Vic Junior Champs	U18 5000m	22:10
Feb	Australian 20km	U20 10km	44:50
Mar	Vic Open Champs	Open 5000m	21:50
Mar	Canberra Trk Classic	Open 5000m	21:30
Mar	Aust Junior Champs	U20 10,000m	44:10

Given that he is coming from a PB of 47:30, to expect anything further at this stage would be unrealistic.



# Phase 3 – General Principles

General principles for this period are as follows

- **Five walks and one optional run per week**
- **Low volume / high intensity**
- **Inclusion of longer speed repetitions with an emphasis on achieving and maintaining race pace**
- **Continuing concentration on technique**
- **Maximum of one Strength and Conditioning session per week**
- **Continuing mobility exercises during walk session warmup**
- **Total weekly mileage reduced to 40-50km**

# Phase 4 - Second Competition Period

The Second Competition Period extends for 6 weeks from the start of June 2015 to mid July 2015.

The scope of this period is similar to that of the First Competition period except that the overall training load is increased to 50-60km per week and the speed interval work is of an even higher standard.

Upon arrival in Cali, training will take place at the same time of day as the WJC 10,000m (ie either morning or afternoon/evening).

Key races in this period, with target times, are shown below:

<b>June 7</b>	<b>LBG Carnival</b>	<b>U20 10km</b>	<b>44:10</b>
<b>June 23</b>	<b>Vic Schools</b>	<b>U18 5km</b>	<b>21:00</b>
<b>July 15-19</b>	<b>WYC, Cali</b>	<b>U18 10,000m</b>	<b>43:30</b>

# Phase 4 – General Principles

General principles for this period are as follows

- **Five walks and one optional run per week**
- **Low volume / high intensity**
- **Inclusion of longer speed repetitions with an emphasis on achieving and maintaining race pace**
- **Continuing concentration on technique**
- **Maximum of one Strength and Conditioning session per week**
- **Continuing mobility exercises during walk session warmup**
- **Total weekly mileage reduced to 40-50km**