



Training To Improve

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VICTORIAN RACE WALKING CLUB



Dion Russell



**37 Victorian Underage
Records
21 Underage Vic Titles
17 Underage Australian
titles**

**from U16-U20 in an era of
high quality and intensive
competition**

Dion Russell – Training at age 18

This training week, done in November 1993, was typical of the high volume and intensity training of Dion Russell in the year before he went to the AIS in Canberra (as an 18 year old). It is a good example of life at the other end of the junior spectrum – a highly talented walker with great ability and able to absorb a big training load at a relatively young age. This training program was supplemented by 2-3 weight sessions per week and 1-2 swimming sessions per week.

Mon 01/11/93	Track	8 x 1km reps @ 4:15 with 5 min recovery	12 walk	
Tue 02/11/93	W'folds	3 laps of steady/medium walking with sprints up hills Speed ~ 26:00 per 5.5km lap	16.5 walk	
Wed 03/11/93	Track	4 x (5x400 at 1:40). 100m recovery between each rep and 5 mins recovery between each set	12 walk	
Thu 04/11/93		Rest		
Fri 05/11/93	W'folds	Easy out and back walk	12 walk	
Sat 06/11/93	Birra	8 x (6 mins easy/medium/hard)	12 walk	
Sun 07/11/93		Long walk session	25 walk	89.5

Dion Russell – Training at age 18

When he finally left Junior ranks, he left behind a set of records that set a new standard for excellence. On the Victorian front alone, he set an astounding 37 Underage Racewalking Records (5 U16, 8 U17, 9 U18, 10 U19 and 5 U20). A perusal of the current Athletics Victoria handbook shows that he still held 12 of these 37 State records in 2013.

28/11/1991	3000m	U17/U18	11:52.8
2/12/1993	3000m	U19	11:47.5
20/02/1994	5000m	U20	20:01.4
1/4/1995	10,000m	U20	41:05.5

Chris Erickson



1998 (age 16)

During his school years, Chris mixed football umpiring and walking. The following week is typical of a non-umpiring week, when he could concentrate on his walking. Note that during an umpiring week the emphasis was on running rather than walking

Mon 01/06/98	7km road walk at a steady pace	7 km walk	
Tue 02/06/98	7km road walk with surges	7 km walk	
Wed 03/06/98	Easy 6km run	6 km run	
Thu 04/06/98	7km road walk over hilly course	7 km walk	
Fri 05/06/98	Rest day	-	
Sat 06/06/98	Easy 4km stroll	4 km walk	
Sun 07/06/98	Canberra Carnival – U17 5km - 1 st 23:21	6 km walk	35 km

Chris Erickson

**Good Junior but not a
Champion – definitely
a late developer**

VLAA Under Age	1 Gold, 1 Silver
AV Under Age	13 Gold, 4 Silver
AA Under Age	5 Silver, 2 Bronze
AFRWC Under Age	1 Gold, 3 Silver, 1 Bronze

Chris and Dion PB Comparison

Chris		Dion	
1500m	5:36	1500m	5:38
3000m	11:28	3000m	11:47
5000m	19:23	5000m	19:36
10km	38:59	10km	41:05
20km	1:22:08	20km	1:20:49
50km	3:48:36	50km	3:47:34

Jane Saville



Jane Saville

Born 7 Nov 1974

1990 World Junior 5,000m	13/29	23:42.5
1992 World Junior 5,000m	2/35	21:58.6
1993 World Cup 10km	43	50:15.0
1994 Comm Games 10km	8	47:14.0
1989-90 Aust. Junior T & F 3000m	1	13:45.1
1990-91 Aust. Junior T & F 5,000m	1	23:40.2
1991 Aust. Walking 10km	1	47:10.0
1991-92 Aust. Junior T & F 5,000m	1	23:21.1
1991-92 Aust. T & F 5,000m	2	22:24.7
1992 Aust. Walking 10km	1	46:02.0
1992-93 Aust. Junior T & F 5,000m	1	23:12.0
1992-93 Aust. T & F 5,000m	2	21:47.5
1993-94 Aust. Junior T & F 5,000m	1	23:10.6
1994 Aust. Walking 10 km	3	46:04.0
1996 Aust. Walking 10 km	3	46:19.0

Jane Saville

Training Diary June 1993

**Age 18, post-Y12, Training for World Junior
Champs**

Swimming, gym and walking



Conclusions

Everyone should have an individual training strategy which takes into account their specific needs, strengths, weaknesses, time constraints, physical stage of development, etc.

See what other people do to gain ideas but don't blindly copy. It won't work for you.

In training camp situations, be prepared to learn from others but keep to your own plan.

Late developers can still be champions. It just requires a long term view.

Some young walkers thrive on a walks-only program. Others prefer/need to mix in running or swimming or other fitness regimes. There are many paths to the top.

Keeping your own training diary

Everyone is different - you need to develop your own training strategy which find out what suits you.

So you should **KEEP A TRAINING DIARY**

A training diary is a chronicle, journal, memento, memoir and a log. It is a personal record of events, experiences and observations.

Performance trends and patterns that cannot be seen by observing one day at a time become clear in a diary.

It can be simple (training only) or complex (how you feel, etc)

It let's you track what works and what doesn't.

Your resting heart rate for one day does not tell you much, but observing the pattern of rise and fall against the background of a training schedule can red-flag fatiguing workouts and identify the number of days required for proper recovery.

It let's you know when you are tired, when you need to back off, when you need to step it up to the next level.

Cadel Evans, The Art of Cycling, p28-29

Today during training, I give myself a two out of five. It's not a great score, but I have to be honest with myself. It went OK on the bike today but it could have been much better.

The next day I get up a little earlier and get on the bike. I've got a plan to ride the bike hard along the tracks around home. And a plan to eat really well. And to go to bed a little earlier.

The plan works well. It's a very good day. So for training I give myself a five. For diet and self-discipline? A four. For rest and sleep? Recovery was maximised. I got my self-evaluated minimum of eight and half hours of necessary uninterrupted sleep. A healthy five. All in all, a good day. A day that I used to get the maximum potential out of myself.

I write the scores into the little notebook next to my bed. It's a simple book, with lined pages and a blue cover. It's my training notebook. I write in it every day, because at 15, I have become my own psychologist and motivator.

I put down my hours of sleep, quality of sleep, training volumes, training values, and average heart rate. I write: 'Train harder. Don't eat dessert. Go to bed earlier.' Sometimes I go to bed and realise I haven't written in my diary but I remember every detail by heart so I update it the next day.

Sample Entries

Training Diary 1

Date	Distance Covered	Time Taken	Type of Training	Commentary on how I felt.
Sunday 21 st Oct	6km	33.25	Racewalking	Moved well, fast at the end
Monday 18 th November	30 laps	16.30	Swimming at Windy Hill	Struggled, did not get into a rhythm

Training Diary 2

Date	Course	Distance	Time	Comment
Mon 2 nd Feb	Around the Lake	4km	21.03	Moving very well. Pushed hard
Fri 13 th Feb	Massage		1 hour	I needed that!

Race Diary

Date	Venue	Type	Distance	Time	Place	kms	Comment
1/01/2007	Kilcunda	Fun run	7.5km	52.40	1		Pushed hard moved well, no one caught me
6/01/2007	Coburg	Premier League	3km	14.05	5	4.28, 4.45, 4.51	Worst conditions ever, hot and very windy