



Race Walkers - Transition from Youth to Junior

Planning and Preparing for Future Success

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VICTORIAN RACE WALKING CLUB



- **Elements of a successful development program**
- **The Big Picture- what does it take to make an Australian Team**
- **Some examples of well developed athletes**
- **The future**



Beginning in Race Walking

Most of our athletes try walking at Little Athletics (usually by 9 or 10) and until 13 or 14 some of them have not gone beyond 1500m race distances.

Most kids seem to train 2 or 3 times a week usual do about 400 or 800 reps, with another steady track walk and race on the weekend.

Some also do running including cross-country, plus swimming, team sports and other activities.

The physiology of racing up to 1500m cannot indicate future potential over 5km or 10km

Progressive training needs to bring these kids up to 30-40minutes continuous effort by age 14.



Walking is an Endurance Event

You are ultimately preparing athletes for:

- Senior (Women/Men) 20km/50km
- Junior (U20) 10km
- Youth (U18) 10km/5km



Training for 10km requires obvious fundamentals.

- Cardiovascular development for 40-50minutes of high intensity, with ability to change pace
- Technical Efficiency, strong core, effective action
- Safe technique, especially when fatigued

Improvements comes through Progressive Overload
Physical maturation plays a significant control on individual progress.

Girls mature differently to boys, and issues like menarche and eating disorders do need to be sensitively considered – coaching the parents can be another role!

Your role as a coach

You have a special role, as one of the first people not in their immediate family that is interested in something that is important to them.

Start developing good habits in athletes

- Keeping a training diary
- Know the rules!
- Making sure recovery is planned – it is an integral training unit (cold baths, massage/ physio, stretching, re-hydrating)
- Self-monitoring
- Confidence in making decisions about training – helps in races
- Plan training opportunities
- Consider Testing
 - Provides regular feedback
 - Beep test, blood test, set pieces (eg 6km/8km)

Honesty in feedback



By 16 boys need to be experienced and ready to race 10km at speed and girls need to be able to train over 10km.

By 17 girls need to be ready for race 10km

Rules of thumb to judge performance targets:

- **2km speed converts to 3km times by adding 10 seconds/km**
- **3km speed converts to 5km times by adding 10 seconds/km**
- **5km speed converts to 10km times by adding 10 seconds/km**



- **So for a 50min 10km you need to be able to do 2km in 9min**
- **For a 45min 10km you need to be able to do 2km in 8min**

Encouraging development - Variety to training sessions

Threshold work can be:

- track reps
- hills
- fartlek
- road reps
- timed efforts
- combined sessions
- pyramid
- piggy back (long rep/short rep)
- Cycle sessions
- Pool sessions

Long work can be

- Long walks
- Double sessions
- Mixed

Cross training

- Swimming
- Cycling
- Running
- Stairs

Strength and Conditioning

Core strength – stabilise lower back

Complement action

Correct technical flaws

Strength bones tendons and muscle

Improve endurance

Some examples of good juniors

ST West Region - Allcomers	3000m	0:14:25.0	17/09/1995
Sydney Interdistrict	5000m	0:23:13.0	30/09/1995
Sydney Interdistrict	3000m	0:13:22.1	7/10/1995
Sydney Interdistrict	5000m	0:22:57.0	14/10/1995
Sydney Interdistrict	3000m	0:12:56.7	21/10/1995
NSW State Champs	10000m	0:48:01.9	29/10/1995
Sydney Interdistrict	3000m	0:13:18.3	4/11/1995
Sydney Interdistrict	5000m	0:22:13.2	11/11/1995
Sydney Interdistrict	3000m	0:13:04.9	11/11/1995
Sydney Interdistrict	5000m	0:22:15.2	25/11/1995
Australian All Schools	3000m	0:12:53.74	8-10/12/1995
Sydney Interdistrict	5000m	0:22:13.5	6/01/1996
Sydney Interclub	3000m	0:12:49.2	13/01/1996
Optus Sydney GP	5000m	0:22:15.1	11/02/1996
Optus Hobart GP	5000m	0:22:15.94	11/02/1996
NSW State Champs U/20	5000m	0:22:01.50	18/02/1996
NEC Classic	3000m		29/02/1996
Australian Champiosnhips (Open)	5000m	0:22:20.4	7/03/1996
Australian Champiosnhips (u/20)	5000m	0:22:22.13	7-10/03/1996
Naumburg Grand Prix of Walking	10km	0:47:01.0	28/04/1996
UK Walkers Club event	5km	0:23:19.0	4/05/1996
Eisenhuttenstadt GP of Walking	5km	0:21:46.0	11/05/1996
WJ Warm Up Meet	3000m	0:14:03.5	4/08/1996
WJ Warm Up Meet	3000m	0:13:27.4	7/08/1996
World Junior Champs	5000m	0:22:34.77	20-25/08/1996

22:03.42	1	8/02/1992	
22:24.69	3	7/03/1992	Australian Championships (Open)
21:58.6	2	20/09/1992	World Junior Championships
22:02.93	1	21/02/1993	
21:47.50	2	6/03/1993	Australian Champiosnhips (Open)
22:50.11	1	27/06/1993	

20-Jul-03	5000	25:52.0
17-Aug-03	5000	24:09.0
30-Oct-03	5000	25:07.2
2-Nov-03	3000	14:31.1
9-Nov-03	10000	53:14.0
26-Mar-04	3000	14:35.1
18-Jul-04	3000	14:53.0
8-Aug-04	5000	25:21.0
10-Dec-04	5000	25:21.9
17-Jul-05	5000	25:49.0
28-Aug-05	8000	43:27.0
12-Nov-05	5000	24:46.9
9-Dec-05	5000	24:22.8
4-Feb-06	10000	52:34.0
28-May-06	10000	51:40.0
11-Jun-06	16000	1:25:12
2-Jul-06	10000	51:55.0
6-Aug-06	10000	50:15.0
27-Aug-06	8000	40:31.0
7-Dec-06	5000	24:24.3

JESS' PROGRESSION



3000m walk
2004 14:35.05
2005 14:21.96

5000m walk
2004 25:21.89
2005 24:22.78
2006 24:24.34
2007 23:26.55
2008 22:08.76
2009 21:03.33

10,000m walk

2006 50:15
2007 49:29
2008 46:15

10km walk

2007 47:03
2008 45:45
2009 44:01

20km walk

2008 1:37.34
2009 1:30.25



Training Programs



Jess 2006 (17yo) lead into All Schools

25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Wgts	6x1km reps	Wgts	10km	Wgts	15km fartlek	15km
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Wgts	5x400/2x1k/5x400	Wgts	5km if racing	Wgts	U17-20: Day 1	U17-20: Day 2

Jess 2008 (19yo) AIS training block (Training Camp)

	Monday 14/01/2008	Tuesday 14/01/1900	Wednesday 16/01/2008	Thursday 17/01/2008	Friday 18/01/2008	Saturday 19/01/2008	Sunday 20/01/2008
AM	Training Options: 14.3km,	Training 3.6km Reps	Training Options: 15km	Easy Day - Training optional Swim	Training Repetition work	Long Walk up to 20-40km	Easy Day - Training optional
	Recovery Centre: 9:00am Spa and Plunge (contrast temperature)						
PM	Training - 5:00pm Meeting: AIS Strength and Conditioning BOXING (Girls Only)	Training - 4:30pm Meeting: AIS Strength and Conditioning 30-45min forest run			Training - 4:30pm Meeting: AIS Strength and Conditioning 30-45min forest run		<u>REST</u>

Group Training







Regular Competition

Target 16km LBG weekend



Working with an athlete like Jess from 16 to 20 involves transitions in my role as a coach:



- day to day decisions about sessions,
- to longer term setting of training program
- To periodisation of the training year to target qualification trial, selection requirements
- To multi-year identification of preparation for major international events:

Target 2012 – Optimise pre-race preparation

2007 – 10km 47:03 in Canberra (Jan 07)

Int'l race (China) + Yr 12

2008 – WWC / WJC (Russia/Poland)

Special permission from HPM after 1:37.04 and 46:15

2009 – WC (Berlin)

Long pre-race o/s camp)

2010 – WWC (Mexico) +Tour + CG (New Delhi)

Short pre race tour + Challenge + heat camp in Asia or FNQ?

2011 – WC (Korea)

OG rehearsal

2012 – OG (London)

Training Development

You may be surprised that astrology seems to determine athletic performance:

Of the top 155 women 20km walkers in the world last year:

- 51 were born between Jan-Mar (33%)
- 42 were born between Apr-Jun (25%)
- 33 were born between Jul-Sep (20%)
- 29 were born between Oct-Dec (20%)

Under age competition based on 1st Jan favours athletes born early in the year – this carries on to seniors!

- 6 Australians in top 183
- 47 u23s - Two Australian (Jess and Jillian)
- 30 30+ in top 183
- Generational change is happening!



- **International rankings**

2009			8th	25th	Best AUS
Males	U18	10km	43:00.40	44:07.75	43:47.71
	U20	10km	41:06	42:27	44:57
Women	U18	5km	23:10.90	23:49.88	23:42.03
	U20	10km	45:05	48:25	49:31

- **Australian Selection Standards**

			AA WC	AA WWC	AA Squad	AIS/ VIS
Males	U18	10km	45.20		48:40	23:50 / 44:40
	U20	10km	44:05	46.30	44:05	43:00
Women	U18	5km	24:25		25:25	24:00 / 50:00
	U20	10km	49:25	50.00	50:55	48:00

Athletics Australia National Youth Performance Pathway



- **Performance is the pathway**

- **Our program is the service provision for the pathway**

Tim Erickson



1976 IAAF World Champs	Malmo	50 km	23rd	4:20:23
1978 C'wealth Games	Edmonton	30 km	3rd	2:26:33
1979 Racewalking World Cup	Eschborn	50 km	25th	4:03:17
1982 C'wealth Games	Brisbane	30 km	6th	2:19:45
1983 Racewalking World Cup	Bergen	50 km	25th	4:15:12