

The background is a collage of various athletic scenes. At the top, a runner in a white and red uniform is captured mid-stride on a track. Below that, a female athlete in a blue and pink uniform is running. In the center, a male athlete in a white singlet with the number 258 is running. At the bottom, a young girl in a yellow and green jacket is smiling, and a woman in a blue and white scarf is also smiling. The overall color palette is dominated by purple, blue, and orange tones.

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COACHING CONFERENCE 2015

EMIRATES ARENA, GLASGOW

26 & 27 SEPT 2015

How to develop a powerhouse endurance club at the senior level

The experiences of Mick Woods (AFD)

Session Overview:

- Origins / brief history of Aldershot, Farnham and District Athletic Club (AFD)
- Why has AFD been so dominant in last 10 years?
- Key roles / people at the club
- The AFD conveyor belt of talent
- AFD coaching philosophy and approach
- How to balance individual success with team goals
- The Future of AFD

Origins / History

- Amalgamation 1966
- Joined 1964 - 93
- Early successes (1980s)
- Modern era (2000+)
- Club rivalries (Gateshead, Tipton, Bedford)
- <http://www.afd.org.uk/>

Why has AFD been so dominant?

- Head Coach - Mick
- Athletes recruitment
- Athlete retention (& retaining athletes to become coaches)
- Volunteers
- Role models (within groups as well promote discipline / good practice)
- Group training sessions / runs

Why has AFD been so dominant?

- Rivalries
- Strong school / community / family connections
- Strong teams with shared goals / leadership
- Range of age groups working together
- Success attracting athletes to the club

Key Roles / People at AFD

- Head Coach
- Assistant Coaches
- Team Managers
- Parents
- Dedicated club members
- Dedicated club runners

The AFD 'conveyor belt' of talent

- Doesn't exist!
- Nothing comes easy
- Developing an ethos of hard work & commitment
- Right things at right time
- Seeing the bigger picture
- Athlete commitment (losing athletes – football, triathlon)
- 'Bounce' effect

Bounce: The Myth of Talent and the Power of Practice

- Matthew Syed recognises that he succeeded not because of innate talent, but rather due to the special circumstances of his youth. He was able to learn from expert, dedicated teachers and to practice all the time.
- Syed knows he was fortunate and, to his credit, he worked hard to become as good as he could be. He demonstrates the validity of the adage, “Practice makes perfect.” He explodes the “talent myth”
- People who practice with enough diligence, patience and focused intensity can become great, regardless of the presence or absence of inborn ability. Success can be attributed to the power and effectiveness of practice, dedication, determination and hard work.

Matthew Syed et al

AFD Coaching Philosophy & Approach

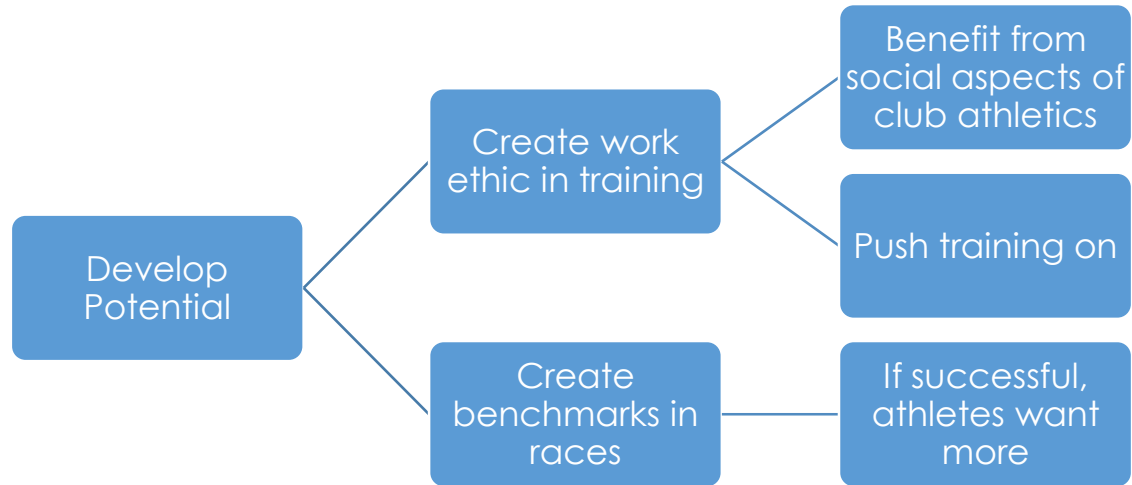
- Influences: Coe, Ashwood, Buldaro, Storey, Rowland
- High Mileage / Aerobic Development
- Multi Pace Training – staying in touch with speed
- Training twice a day
- Vigorous Warm up
- Parkland training (value of cross country / training on grass)
- Importance of the group (strategies to work ‘together’)

My Beliefs on Volume & Intensity

“The aerobic engine is developed through VOLUME”

- Speed can be developed later as often athletes have it naturally.
- The endurance pathway is a bit slower therefore target it even from a young age.
- Winter training should be about time on legs with pre fatiguing tempo's in sessions.
- I advocate long runs (benefits include increased capillarisation, running economy efficiency , fat burning utilisation)
- However to faster longer runs, I always include multi paced sessions; getting faster towards the end coupled with shorter double runs throughout the week.

Coaching Philosophies at Grassroots



- Its not always the athletes who are most talented that are most successful.
- Watch character and attitude (ability to work hard + commit to training)
- Reinforce that **“SUCCESS BREEDS SUCCESS”**
- **MULTI-TIERED ABILITIES**
- **MIXED SEX TRAINING GROUP**
- **MIXED RESPONSIBILITIES**
- **CREATE POSITIVE TRAINING & RACING ATMOSPHERE**

“IT’s NOT TRAIN TO TRAIN IT’s TRAIN TO RACE”

Training Principles

“Junior development is about enhancing the love of the sport”

- Create a group set up NOT individual sessions
- Variety in training through multi-paces reps and varied terrain (XC)
- Imaginative/challenging training (mimic races)

Performance measure :

- **Rep times, set loop times, time trials & regular feedback**

Effort Measure:

- Rate of Perceived Effort (**RPE**)_can be used to monitor the effect of training on an athlete on a scale of **1-20**.

Elite level:

- With use of **physiological monitoring** we can be more controlled in sessions and steady running or push harder when things are going well
- eg. **Treadmill runs**
- Adaptation to training can be adjusted through **VO2max test results**

Weekly Overview (Build up)

Age/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age12-13		Session Track or Grass		Session Grass or Hills		RACE	Session Grass
Age14-15	Easy (am)	Session Track or Grass	Group Run	Session Grass or Hills		RACE or run	Session Grass
Age15-16	Easy (am)		S&C			RACE or run	Session Grass or run
	Steady(pm)		Group Run				
Age 16-17	Easy (am)	Easy(am)	S&C	Easy (am)	Barefoot Drills	RACE or run	Session Grass or run
	Steady(pm)	Session	Group Run	Session			
Age17-18	Treadmill (am)	Easy (am)	Treadmill (am)	Easy (am)		RACE or run	Session Grass or run
	Steady(pm)	Session	S&C Group Run	Session			
Age18-20	Treadmill (am)	Easy (am)	Treadmill (am)	Easy (am) Session	Easy (am)	RACE or run	Session Grass or run
	Sprint Drills	Session	S&C	Session	Barefoot Drills		
	Steady (pm)		Group Run		Easy (pm)		
Age 20 +	Treadmill (am)	Steady(am)	Treadmill (am)	Steady (am)	Easy(am)	RACE or run	Session Grass or run
	Sprint Drills	Session	S&C	Session	Barefoot Drills		
	Steady (pm)		Group Run		Steady (pm)		

Content of Delivery (Summer)

Summer	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U13		Track session: 5 x 500m (90secs rec) (Lap jog rec after set) 5 x 300m (90secs rec)	30minutes	Grass session: 5min Tempo (3mins rec) 10 x 60secs (60secs rec) 5 x 30secs (45secs rec)		45minutes	Grass session: 5min Tempo(3mins rec) 5 x 500m (90secs rec) 5 x 200m(60secs rec)
U15		Track session: 1km (2mins rec) 800m (60secs rec) - 200m (2mins rec) 600m (60secs rec) - 400m (2mins rec) 500m (60secs rec) - 500m (2mins rec)	40minutes	Grass and Track session: 7½mins Tempo (3mins rec) 3 x (3 x 300m - 60secs rec) (500m jog rec between sets)		50minutes	Grass session: 1km (90secs rec) 2 x 800m (90secs rec) 4 x 600m (90secs rec) 4 x 200m (60secs rec)
U17	40minutes	Track session: 2 x (600m - 90sec rec - 300m - 90secs rec - 400m - 90sec rec - 200m) (Lap jog rec between sets) 4 x 150m (250m jog rec)	30minutes	Track session: 1200m (90secs rec) 4 x 200m (60secs rec) (Lap jog rec after set) 1km (90secs rec) 5 x 200m (60secs rec)		60minutes	Grass session: 5 x 600m (2mins rec) 5 x 400m (90secs rec) 5 x 300m (60secs rec) 5 x 200m (60secs rec)
U20	AM 20minutes PM 50minutes	Track session: 2 x (7 x 400m - 60secs rec) + 1 x 200m (Lap jog rec between sets)	AM 20minutes PM 50minutes	Grass session: 7½mins Tempo (2mins rec) 5 x 90secs (60secs rec) (2mins rec after set) 5mins Tempo (2mins rec) 2 x (5 x 60secs - 45sec rec) (90secs rec between sets)	20-30mins or Rest	75minutes	Grass session: 4km Road Tempo(4mins rec) 8 x 800m (90secs rec) 8 x 200m (90secs rec)

Content of Delivery (Winter)

Winter	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U13		Grass session: 2 x 1km (90secs rec) 2 x (600m - 90secs rec - 400m) (90secs rec between sets) 5 x 200m (45secs rec)	30minutes	Road Hills: 6 x 80secs From the bottom (1:28min av) 4 x 60secs From the hump (1:08min av)		45minutes	Grass session: 4 x 1km (2mins rec) 4 x 500m (90secs rec)
U15		Grass session: 3 x (1km - 90secs rec - 500m - 90secs rec - 500m) (2mins rec between sets)	40minutes	Road Hills: 6 x 60secs From the hump (1:05min av) 6 x 40secs From the layby (55sec av)		50minutes	Grass session: 6 x 1200m (2mins rec) 10 x 40m Hills
U17	40minutes	Grass session: 2km (2mins rec) 2 x (1500m - 90secs rec - 500m) (90secs rec between sets) 3 x 1km (90secs rec)	30minutes	Road Hills: 4 x 80secs From the bottom (1:25min av) 4 x 60sec From the hump (1:03min av) 6 x 40secs From the layby (53sec av)		60minutes	Grass session: 3 x 1500m (2mins rec) 3 x 1km (90secs rec) 10 x 40m Hills
U20	AM 20minutes PM 50minutes	Grass session: 6min Tempo (2mins rec) 6 x 3mins (90secs rec) (3mins rec after set) 6 x 60secs (60secs rec)	AM 20minutes PM 50minutes	Road Hills: 10 x 80secs From the bottom (1:18min av) 5 x 40sec From the layby (47sec av)	20-30mins or Rest	75minutes	Grass session: 6 x 1600m (2mins rec) 10 x 40m Hills

Summary of Weekly Winter Session Template

- 1 x Long fast run on a weekly basis
(Saturday or Sunday) 75/90mins (12/15miles)
- 2 x Volume Grass Session @ race distance +
(Sunday and Tuesday)
- Tempo Session or Hill Session
- (Thursday) max 30 minutes - 35 minutes in effort
- Multi pace sessions are essential. Ensuring they are always shorter in distance and faster towards the end of the session.

Summary of a Winter Weekly Run Template

- 2 x's a day for most days between main session days
- Focus on faster running as opposed to long easy runs on days there is no session
- 10k volume aerobic sessions
- Easy second run on session day
- Active rest days easy run/swim on a Friday

Summary of Weekly Summer Session Template

- 1 x Long fast run on a weekly basis
(Saturday) 70/80mins (12/15miles)
- 1 x Volume Grass Session @ up to 8k volume
(Sunday)
- 1 x Race Specific Track Session @ relevant volume
(Tuesday)
- 1 x Tempo Session + Shorts Reps (Track)
(Thursday) varying stimulus
- Multi pace sessions are essential. Ensuring they are always shorter in distance and faster towards the end of the session.

Summary of a Summer Weekly Run Template

- 2 x's a day for most days between main session days
- Focus on faster running as opposed to long easy runs on days there is no session
- 8k 'top up' aerobic sessions (maintain through season)
- Easy second run on session day
- Active rest days easy run/swim on a Friday

Examples of AFD sessions

Saturday: Race or Longer Run

Sunday : 4km Road Tempo (pre-fatigue)

4 x (1200m – 90secs recovery – 800m) 90secs rec

Tuesday : 6mins – 2mins rec

4 x (3mins (90secs rec) 90secs (1min rec) 90secs(1min)
6mins

Thursday: Tempo 12½mins (3mins rec)

10mins (3mins rec)

7½mins (2mins rec)

5mins

or Hill session

6 x 80secs – 6 x 60secs – 6 x 40secs



Prevention of Injury

Priority:

Consideration of running surfaces:

Grass

Less destructive on joints

Aids leg strengthening properties

Good response

Less neuromuscularly challenging, therefore recover quicker

Challenging loops

Increase stability

Mimics XC race

Requirement of acceleration/application of force up hills/round bends

Low level conditioning

Core

Body weight exercises

Stages of Conditioning Development

“Endurance athletes need to be **STRONG** to withstand **VOLUME & INTENSITY** of training”

Considerations

- Static Stretching?
- Dynamic Stretching
- Walking Drills
- Skipping Drills
- Running Drills
- Strides
- Hip/trunk conditioning
- Body weight exercise
- Fundamental movement skills
- Weights

Supplementary Components of Importance

- A robust Strength and Conditioning programme
- Prehab (Injury prevention & pre activation)
- Warm up routine with conditioning drills (based on race situation)
- Different warm-ups from training to competitions
- Physiotherapist input to monitor bodies maintenance

How to balance individual success with team goals

- Recognising shared goal opportunities
- Planning is key (clarity)
- Importance of the group (training, team roles)
- Developing importance of 'representing' the club
- Being a part of 'something'

How this can be achieved:

- Establish a sensible approach to training:
 - Younger age = short term goals (month to month)
 - Older athletes = longer term goals
 - Race frequently: “Athletes should not be afraid to race often”
 - Gradually increase training based is ongoing
 - Establish a racing attitude to develop competitiveness
 - “XC SHOULD BE EVERYONE’S BREAD & BUTTER”
 - XC develops the longer aerobic pathway
 - Experiment with tactics

My Race Philosophy

“Every race should have it’s purpose”


- Racing enables you to **experiment tactically**
- Various racing experience develops **tactical instinct**
- Development can be enhanced through competing in **higher quality competition**
- In turn this motivates the athlete to a better performance
- Racing **over or under distance** compliments main event
- **Not all races need a taper down**
- **Warm ups** for different distances are different in nature
- Pick the right race opportunities (move up!)



The Future of AFD

- More of the same (hopefully!)
- Continuation plans (I won't be about forever!)
- Club moving with the times
- Strong links to Schools / University
- 'Pro' training group for post uni (working part time) linked to **club**

Questions and queries?

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