



Steps to Planning Your Year for Success





What Do YOU Want to Achieve?

A dreamer is one who can only find his way by moonlight
and his punishment is that he see's the dawn before the rest
of the world - Oscar Wilde



Answer WHY Do You Participate?

- To Compete
- To Win
- To Socialize
- To Discover what's Inside You
- To Improve Fitness/Health



The Interview

- ASK Self WHY? Honestly



Achieving Success

- After you honestly answer WHY? You can define **YOUR PERSONAL SUCCESS**



Goals?

- Does YOUR Life fit YOUR Goals?



Considerations

- Age
- Training Age
- Experience
- Fitness Level
- Training Time



Developing the Plan

- Time(match Goals?)
 - Frequency/Hours
- Strengths / Weaknesses
- Facility Availability
- Environment
 - May dictate how to divide time



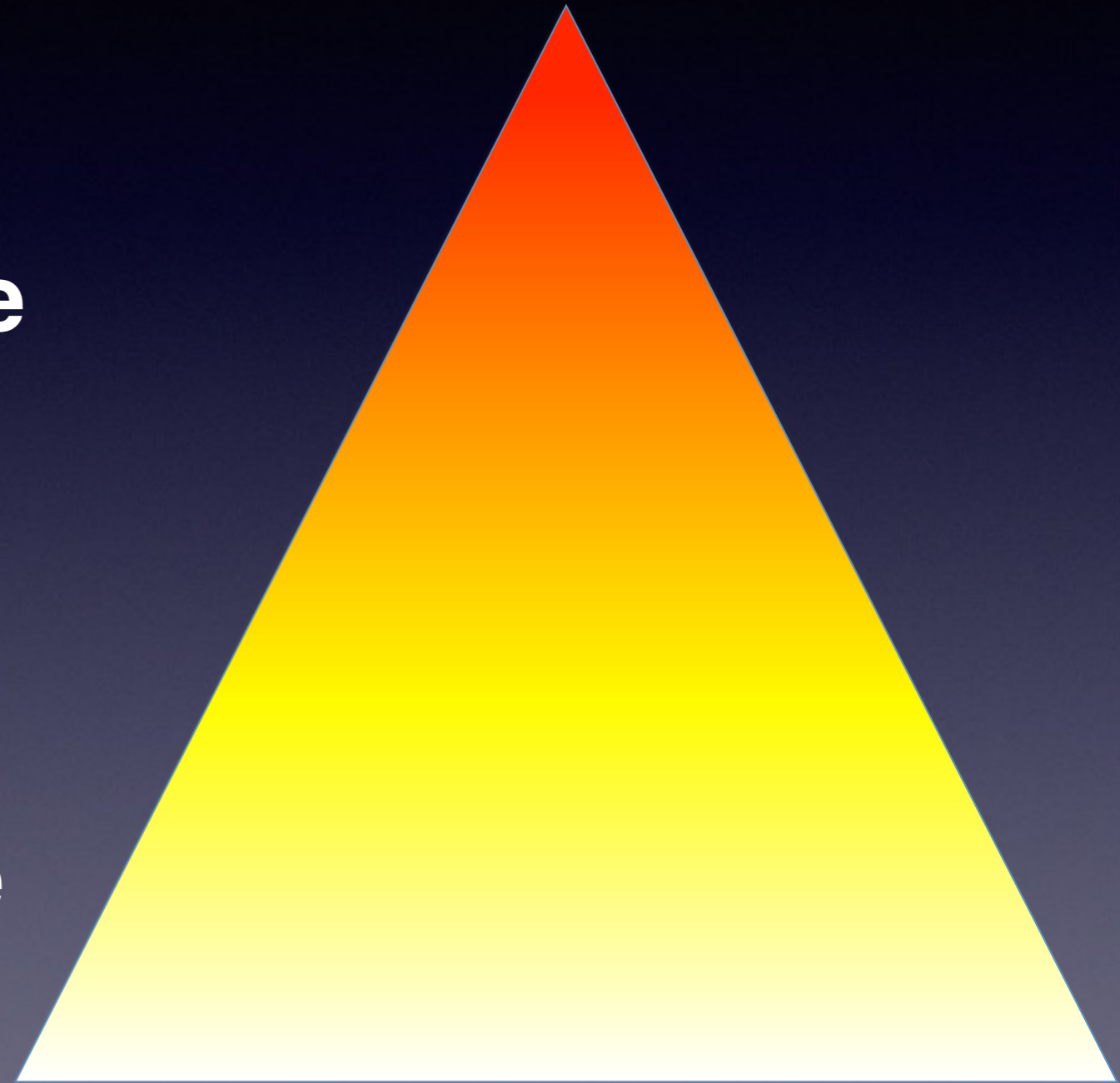
Distribution of Training

- Hours / Weakness-Strengths
- Environment



Basic Questions

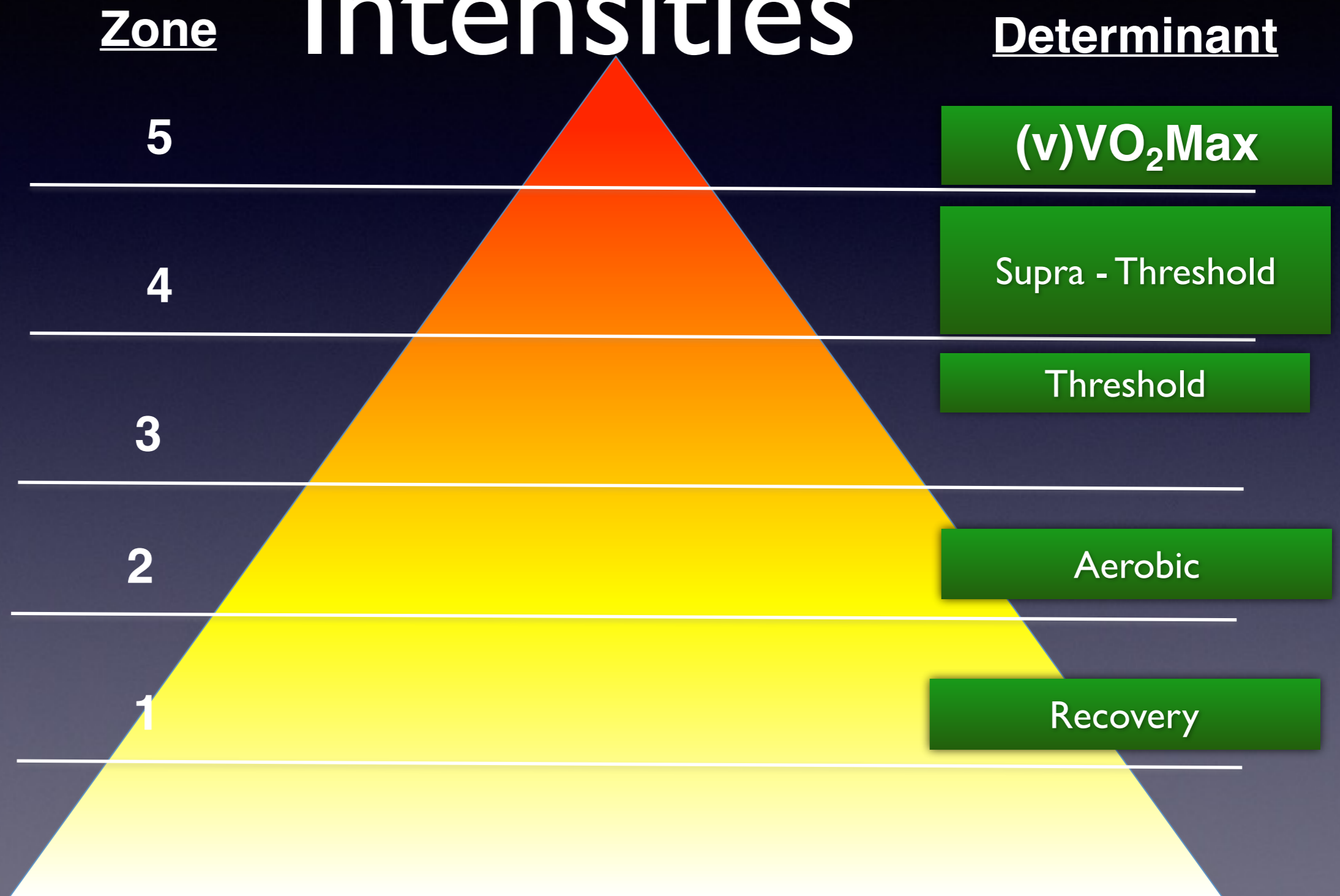
- **How do you quantify/define each zone/training level?**
- **Which zone should the athlete focus on?**
- **When do you emphasize each zone during your season?**
- **Optimal workouts to improve specific zone performance?**
- **Periodization?**





Defining Training

Intensities



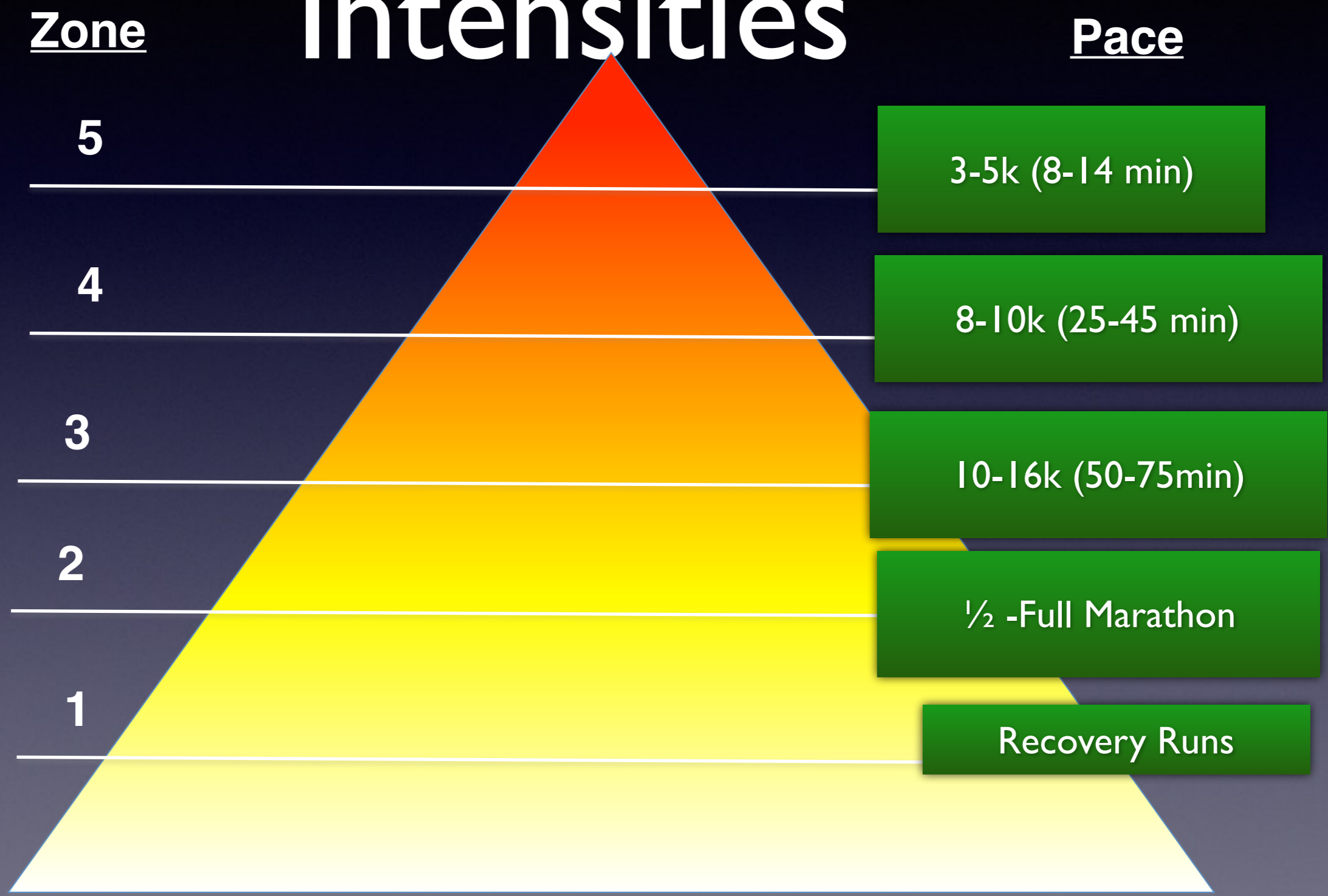


Definitions

- Aerobic
- Tempo
- Threshold
- Supra Threshold
- $v\dot{V}o_2$



Defining Training Intensities



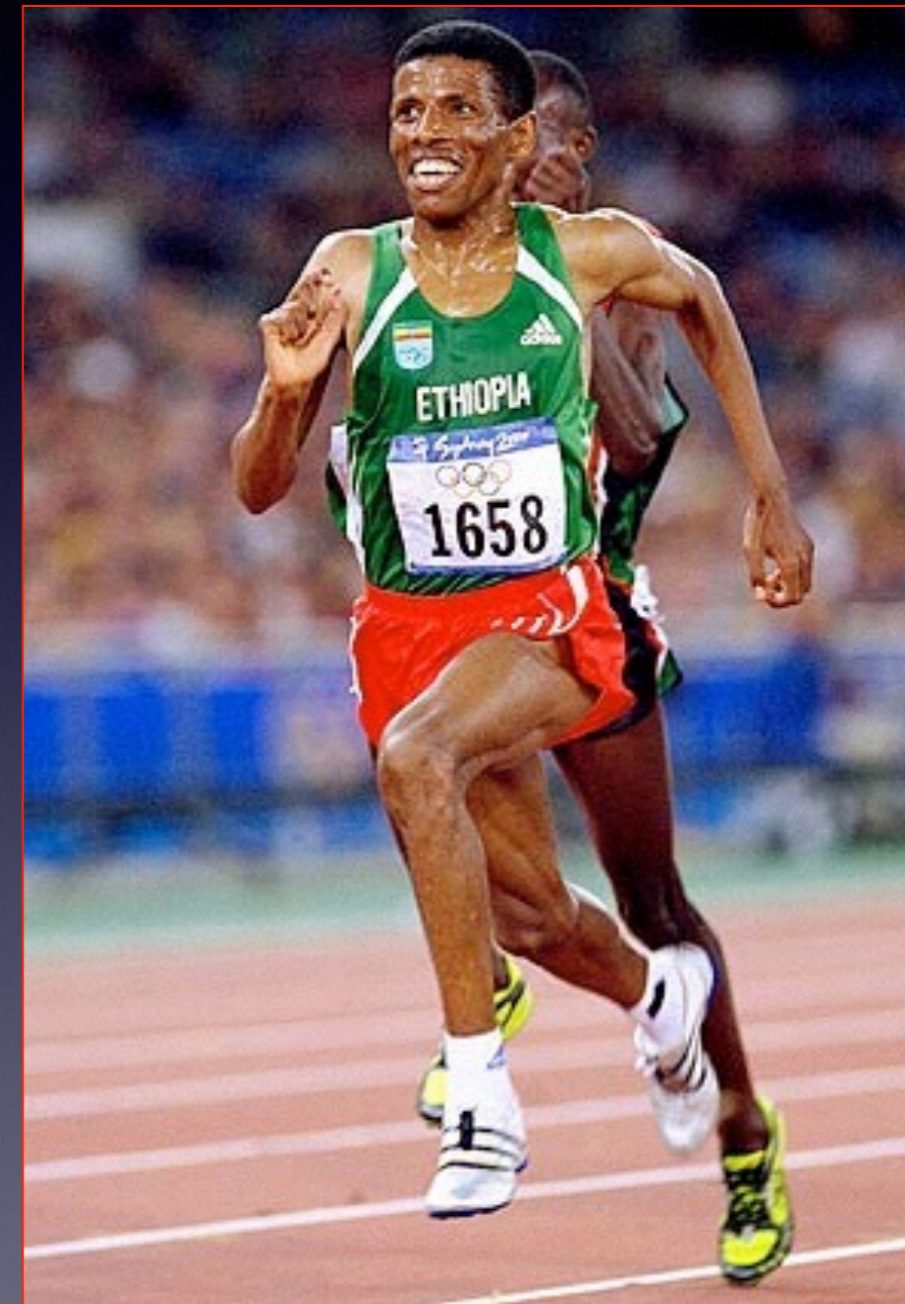


Creation of Training Zones

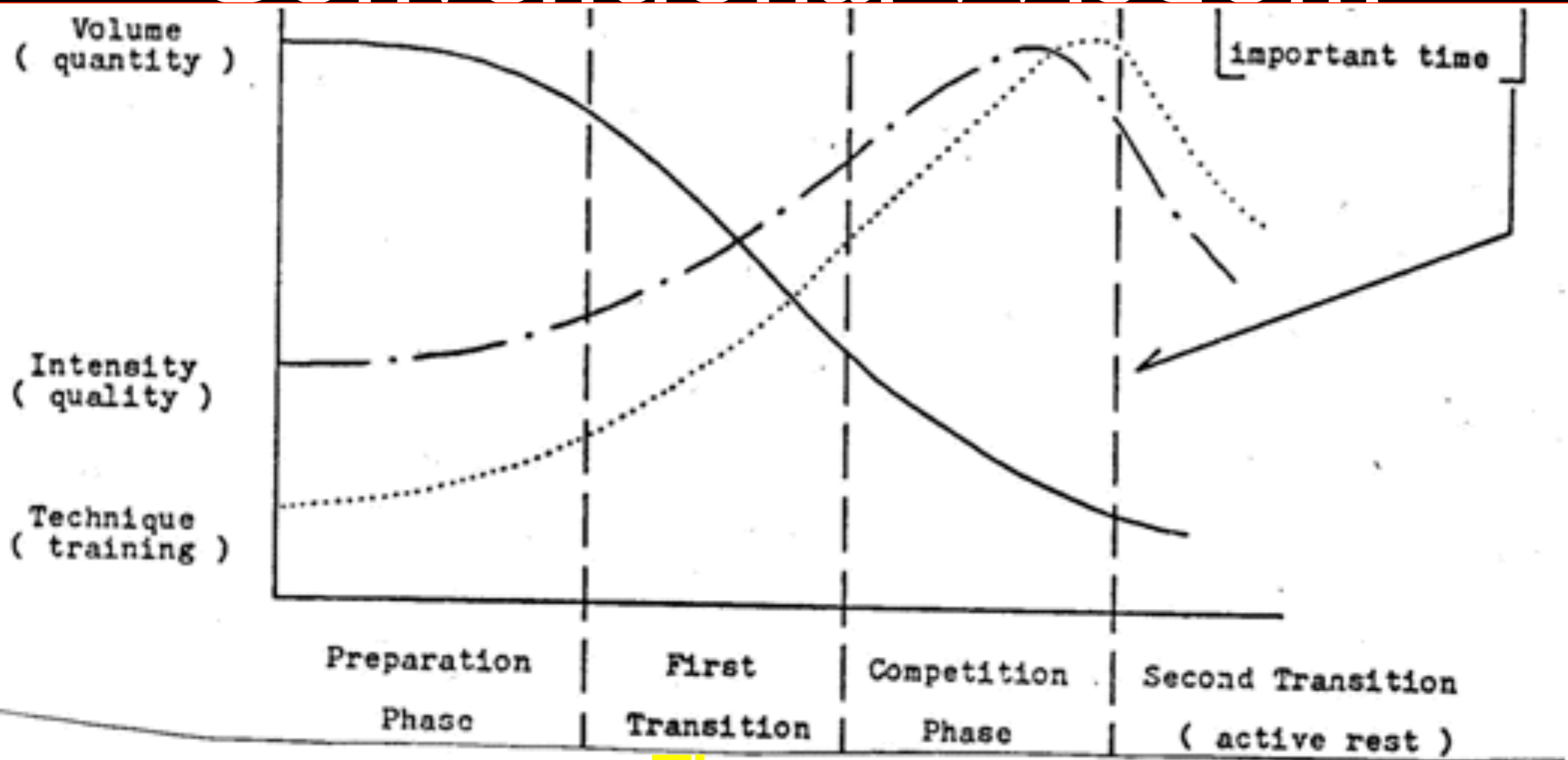
Zone	Duration / interval	Work:Rest	Total workout time	Example
5	30sec- 2 min	1:1	10-15 min	30s/30s
4	2-6 min	2-3:1	20-35 min	800m/ 2min rest
3	>10 min	Continuou s	10-30 min	3 x 10 min 2 min rest
2	30-60 min	Continuou s	30-60 min	30 min @ pace

What are the Major Determinants of Endurance Performance?

- **Velocity at VO₂max**
- **Lactate Threshold**
- **Glycolytic Power**
- **Acidic Tolerance**
- **Metabolic Conservation**
- **Mental Strategies**



Conventional Wisdom



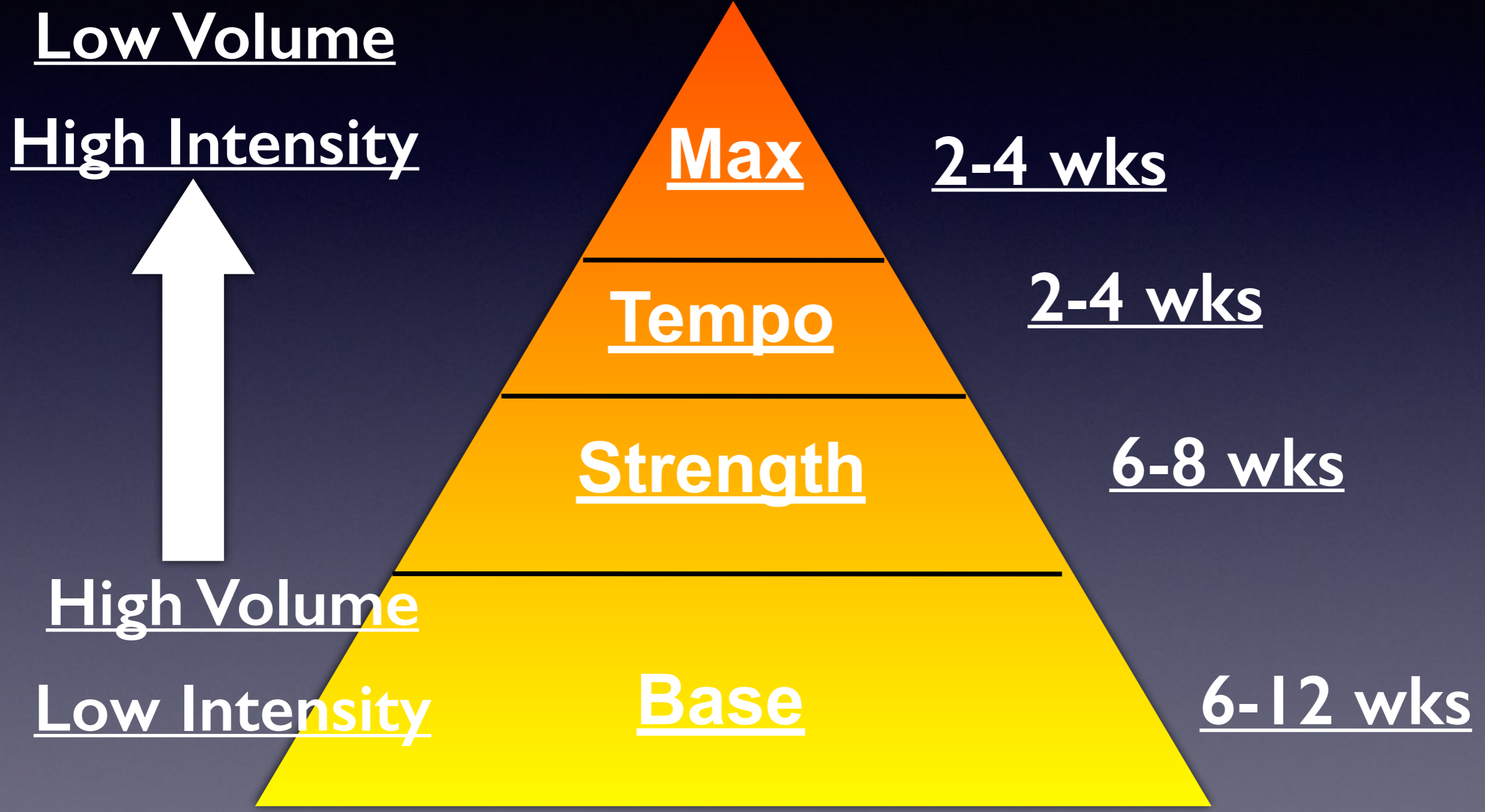
Time

High Volume (months) To Start

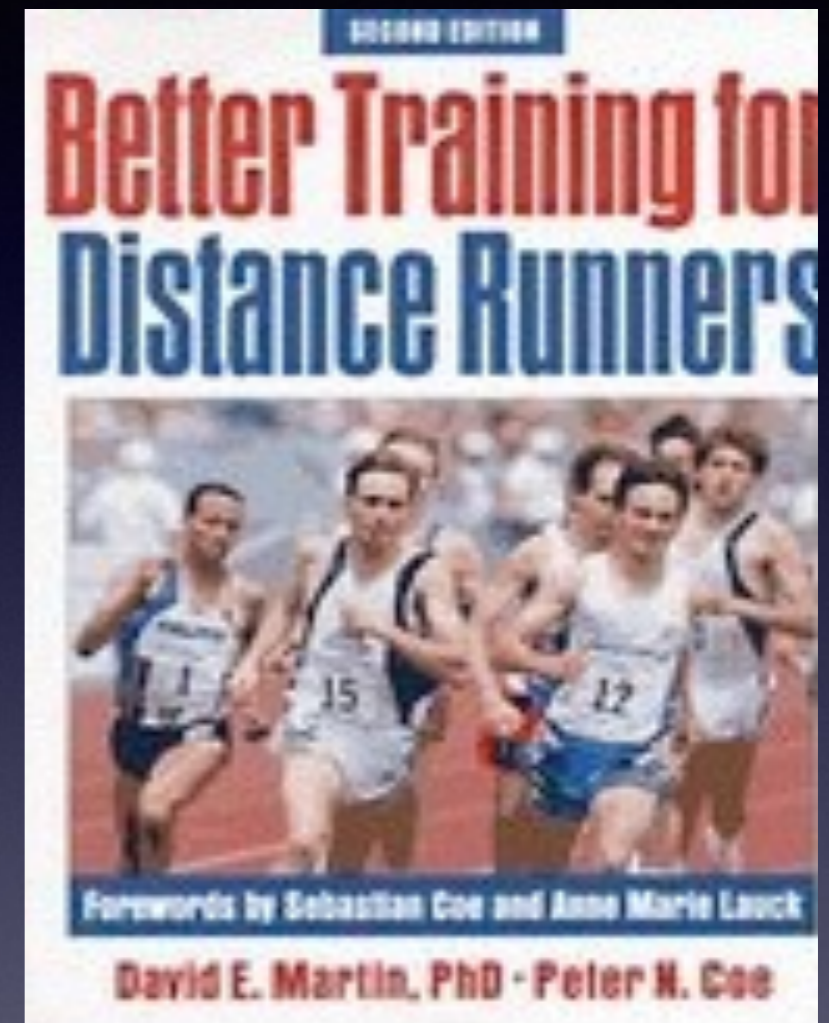
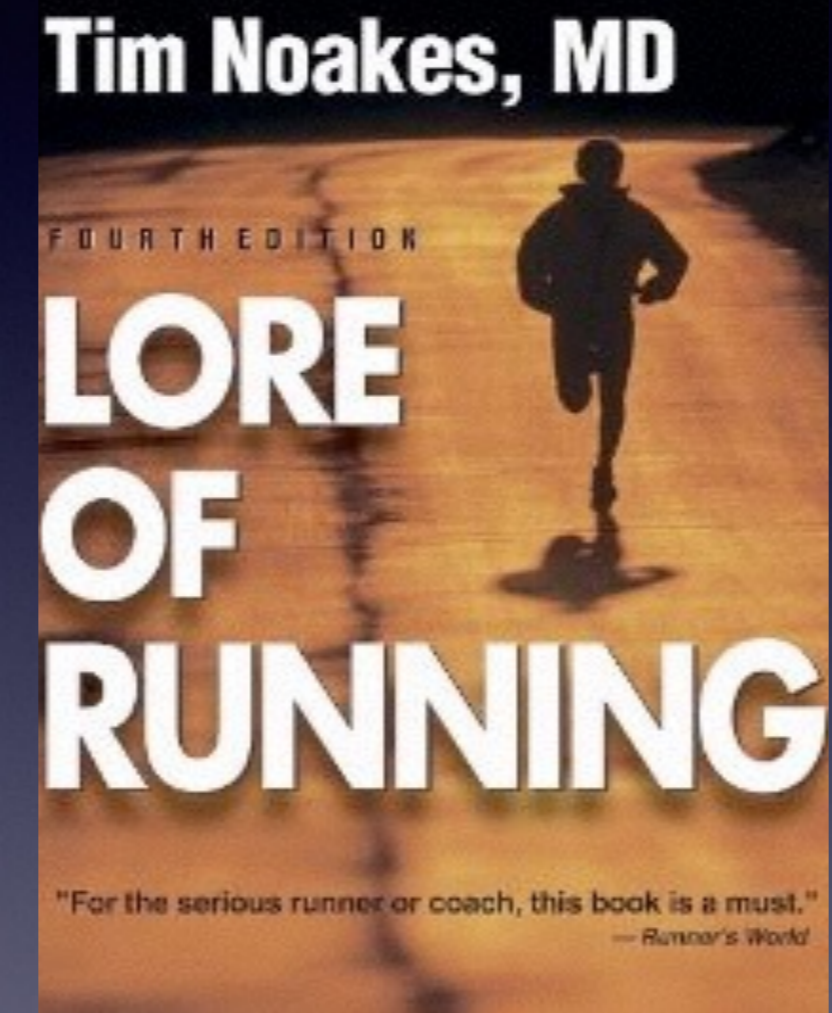
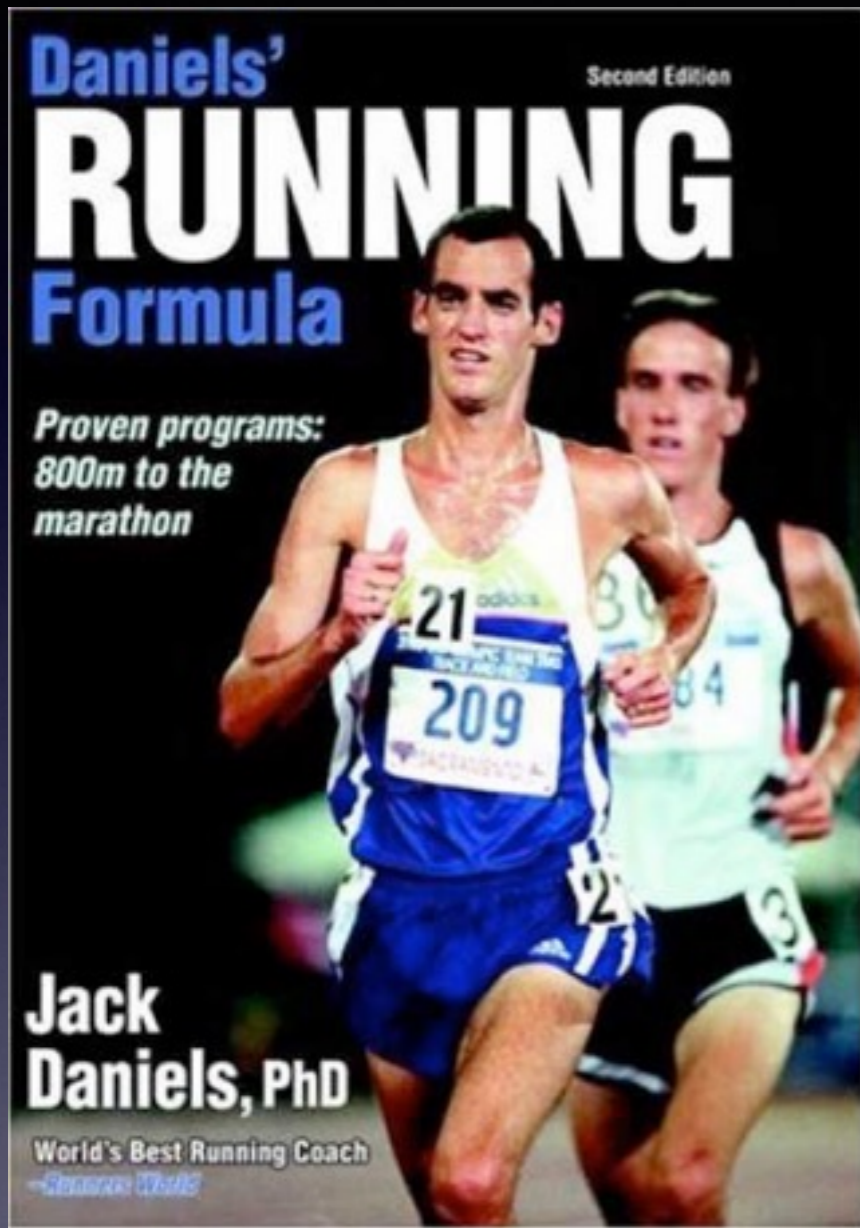
High Intensity To Finish



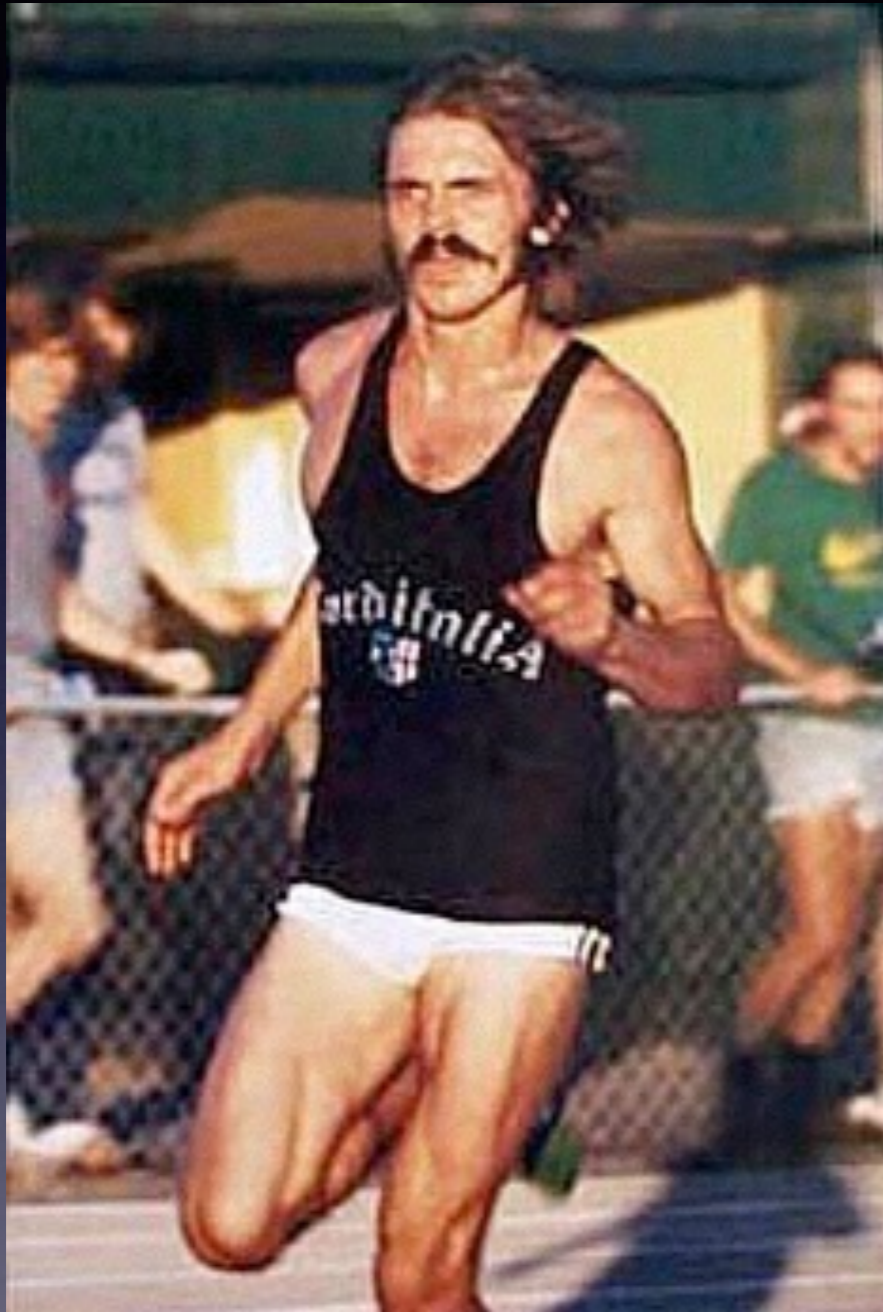
Yearly Periodization - Typical -



Who Taught us This Principle?



Who Did They Study?





APTS's Arguments against conventional training methods.

- Masters runners/cyclists have reduced response to long mileage
- Major limitation of most younger runners is inexperience with training (esp. volume)
- Masters runners/cyclists are traditionally one speed wonders that have very little range
- Winter time is probably the worst time to do long bikes/runs.



APTS's Arguments against conventional training methods.

- High Volume is the primary source of injury for most runners
- Higher intensity running promotes development of skill, core and hip strength



Data to Support a New Approach

- Among top runners: $v\dot{V}O_2$ is the top predictor of 10km performance
- Runners who spend more of their time training at velocities associated with $\dot{V}O_2\text{max}$ are faster at 10km-marathon
- Few masters cyclists / runners spend time training at $v\dot{V}O_2\text{max}$ and therefore could benefit greatly. (Fast After 50)



Development and Application of the APTS Model of Endurance Training



Quality vs Quantity

- 8-10 Hour Rule

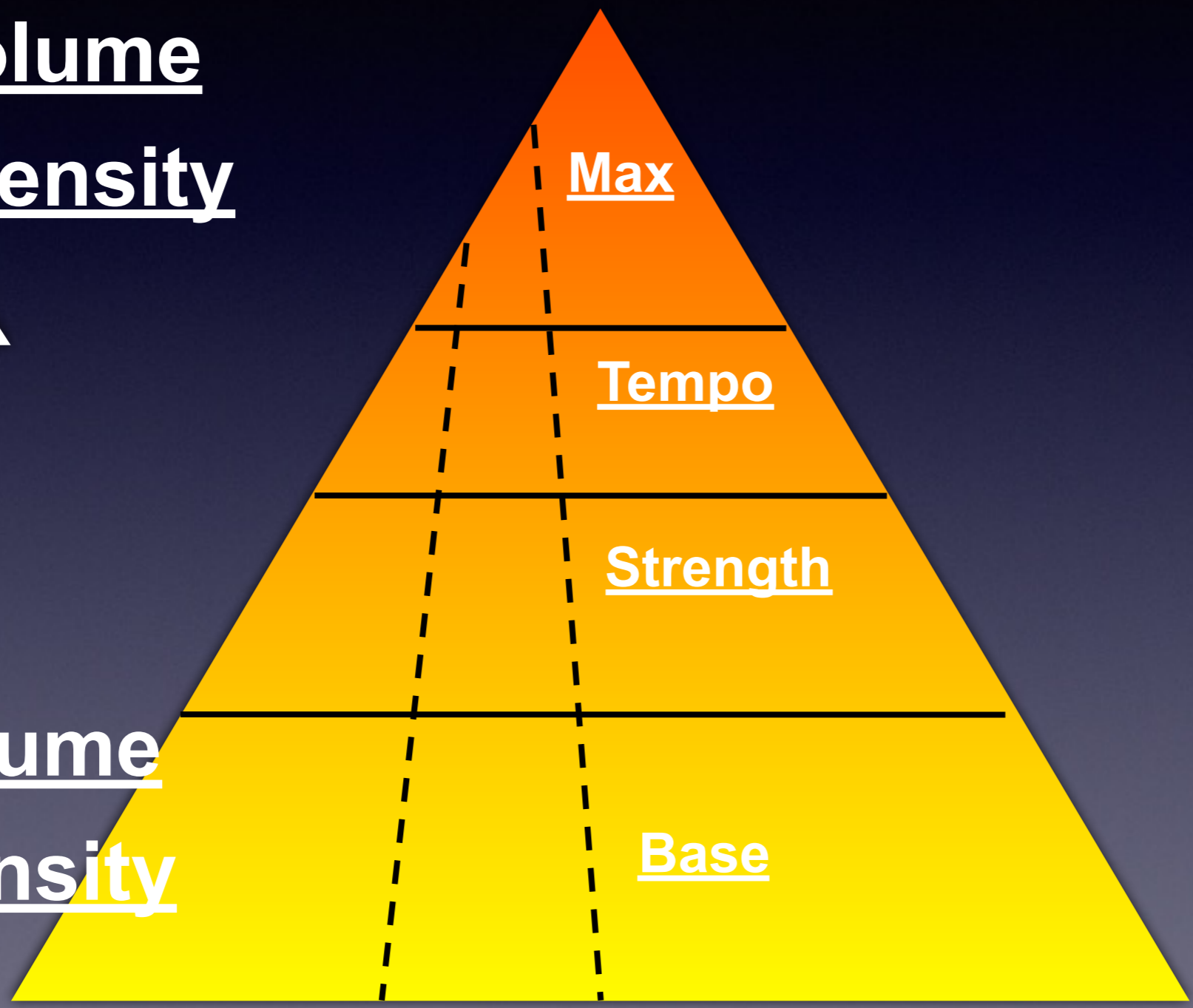


Yearly Periodization - APTS -

Low Volume
High Intensity



High Volume
Low Intensity



Base - 6-12 wks

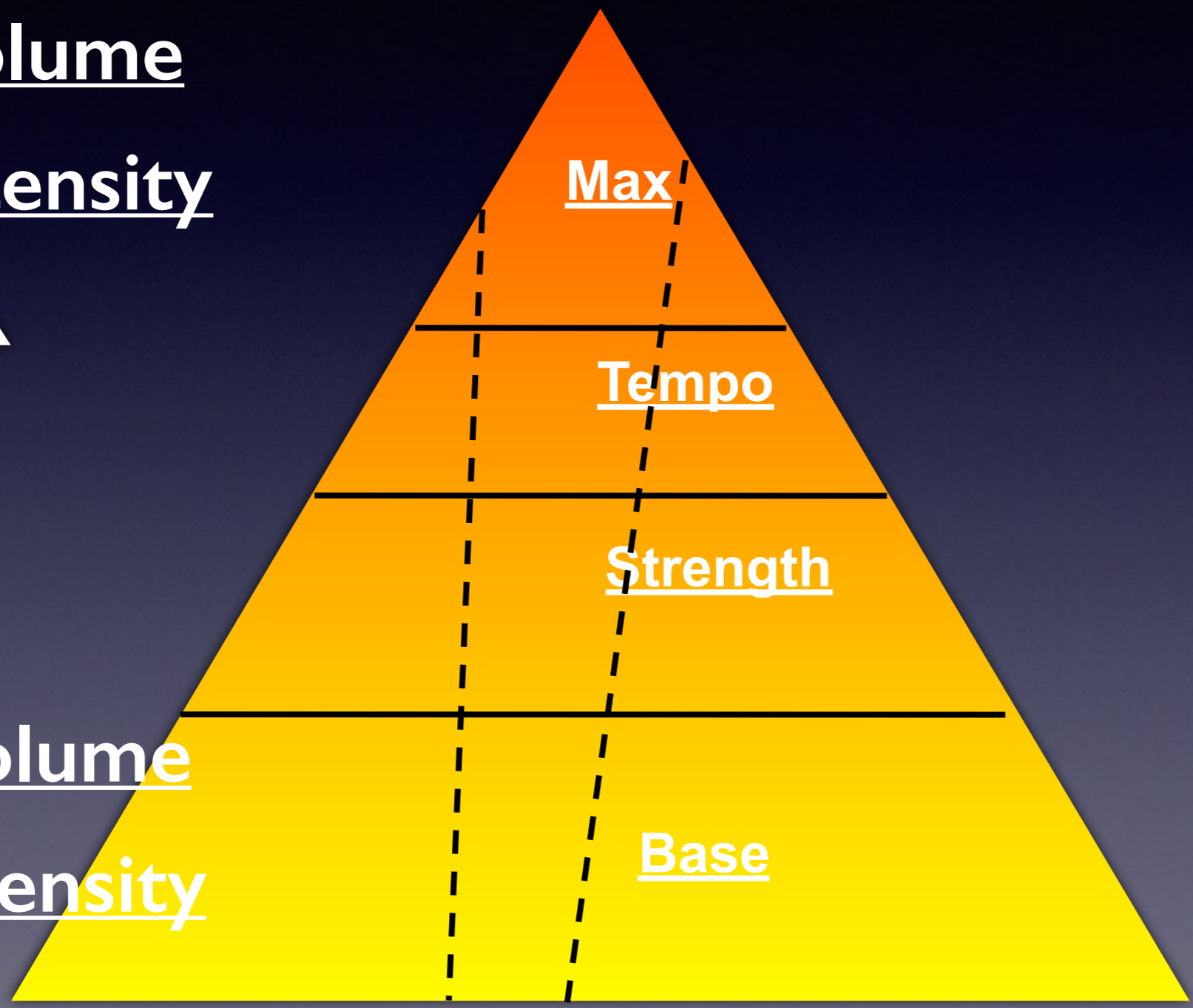


Yearly Periodization - APTS -

Low Volume
High Intensity



High Volume
Low Intensity



Competition 2-4 wks



Zone Based Model

Time Season	Zone 5	Zone 4	Zone 3	Zone 2
January	1-2/week (30-30s)	1-2/mth (2 min)	10 min in other run	60-70 min



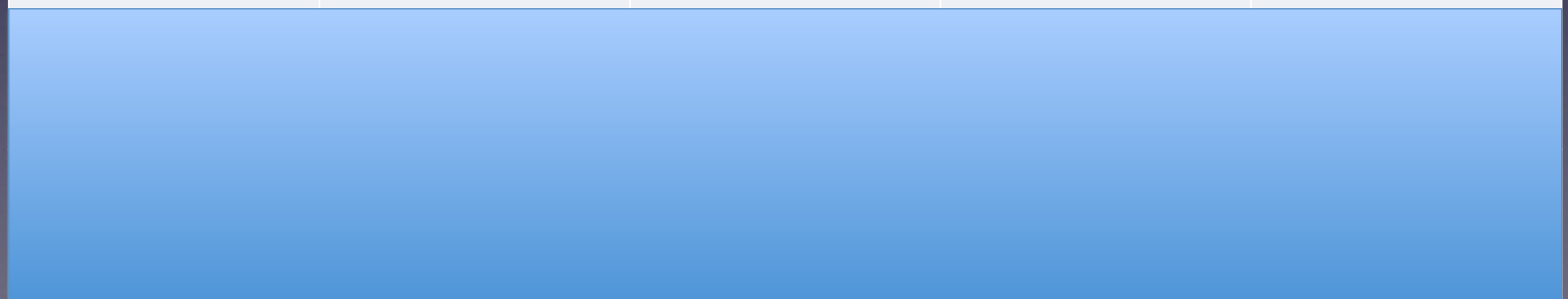
Zone Based Model

Time of the	Zone 5	Zone 4	Zone 3	Zone 2
January	1-2/week (30-30s)	1-2/mth (2 min)	10 min in other run	60-70 min
February	1-2/week (60/60sec)	1/week (2-4 min)	20 min in other run	+10 min



Zone Based Model

Time of the	Zone 5	Zone 4	Zone 3	Zone 2
January	1-2/week (30-30s)	1-2/mth (2 min)	10 min in other run	60-70 min
February	1-2/week (60/60sec)	1/week (2-4 min)	20 min in other run	+10 min
March	1/week (90/90s)	1/week (3-6min)	3 x 10min 2 x 15 min	+10min





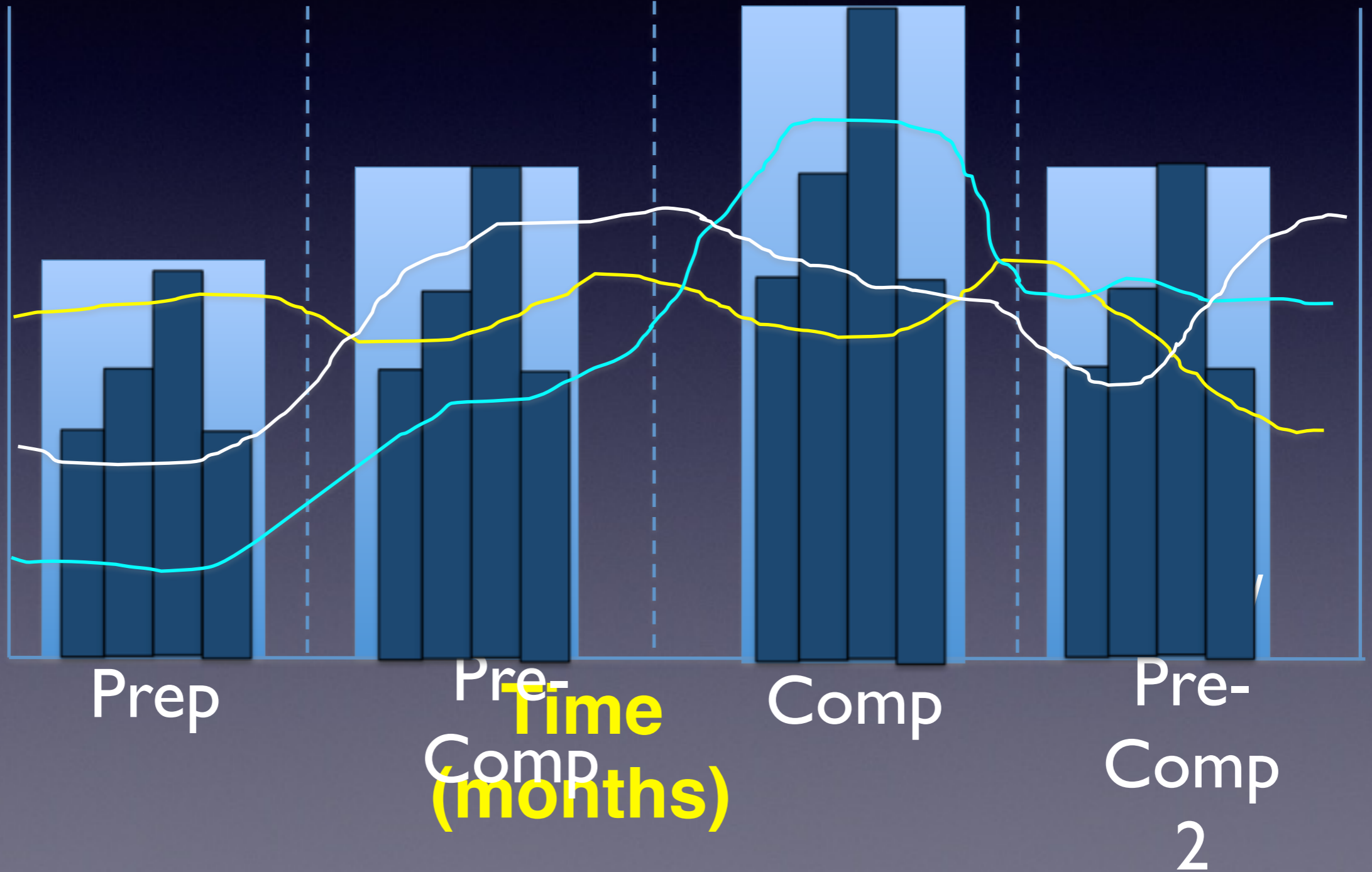
Zone Based Model

Time of the	Zone 5	Zone 4	Zone 3	Zone 2
January	1-2/week (30-30s)	1-2/mth (2 min)	10 min in other run	60-70 min
February	1-2/week (60/60sec)	1/week (2-4 min)	20 min in other run	+10 min
March	1/week (90/90s)	1/week (3-6min)	3 x 10min 2 x 15 min	+10min
April	1/week (ladder)	5-6/mth (Less rest)	Progressio n run	+10-20 min
May	1/week (~2/2min)	5-6/mth (Less rest)	Progressio n run	+10-20 min



Paradigm Shift

Zone 5
Zone 4
Zone 3





Example of Weekly Training

Week	Zone 5	Zone 4	Zone 3	Zone 2
Week 1	15-20 x 30-30s	5 x 2 min/ 1 min	10 min Tempo in middle of run	60-70 min



Example of Weekly Training

Week	Zone 5	Zone 4	Zone 3	Zone 2
Week 1	15-20 x 30-30s	5 x 2 min/ 1 min	10 min Tempo in middle of run	60-70 min
Week 2	10-15 x 45 sec/45sec	5-7 x 2 min/ 1 min	20 min in other run	60-70min



Example of Weekly Training

Week	Zone 5	Zone 4	Zone 3	Zone 2
Week 1	15-20 x 30-30s	5 x 2 min/ 1 min	10 min Tempo in middle of run	60-70 min
Week 2	10-15 x 45 sec/45sec	5-7 x 2 min/ 1 min	20 min in other run	60-70min
Week 3	15-20 x 200m/100m	5-6x 3min/2 min	2 x 10min	70 min



Example of Weekly Training

Week	Zone 5	Zone 4	Zone 3	Zone 2
Week 1	15-20 x 30-30s	5 x 2 min/ 1 min	10 min Tempo in middle of run	60-70 min
Week 2	10-15 x 45 sec/45sec	5-7 x 2 min/ 1 min	20 min in other run	60-70min
Week 3	15-20 x 200m/100m	5-6 x 3min/ 2 min	2 x 10min	70 min
Week 4 (Recovery)	6-7 x 60sec/ 60 sec	5-6 x 2/2min	50-60 min Prog run	70 min
Week 5	8-9 x 60s/ 60s	7-8 x 3 min/ 2 min	Progression run	80 min



Summary

- Find the WHY?
- Examine YOUR Variables to provide appropriate framework to design your plan
- Questions by Athletes
 - How hard-How much-and When
 - Start training with short Zone 5 sessions with 1:1 work to rest
 - Progressively increase zone 4 work leading up to race day
 - Progressively increase mileage through the season according to race distance



- For more info on multisport training and testing see www.aerobicpower.com