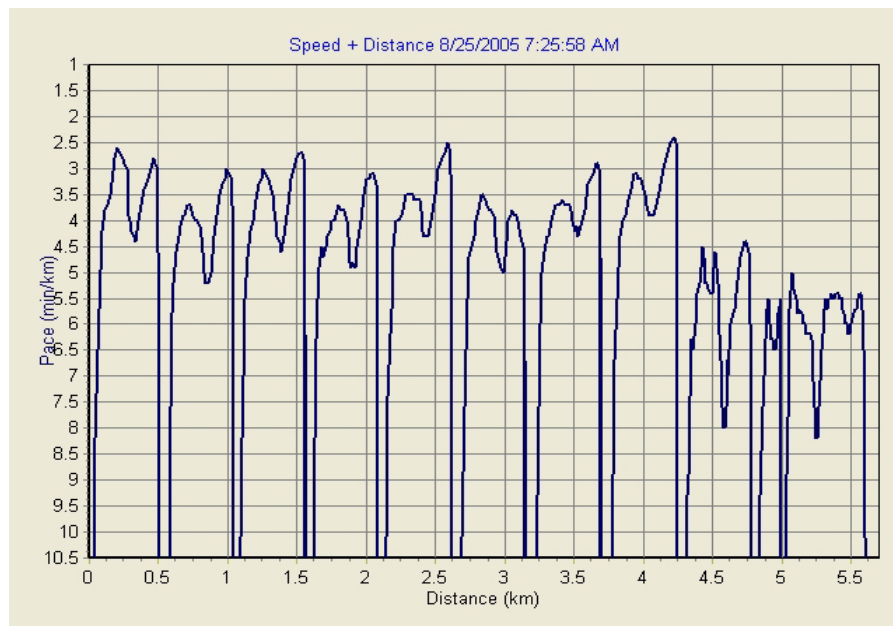


Turbo Techno Training: Week 2
Rick Karboviak, CSCS
SpeedDialCoach.com

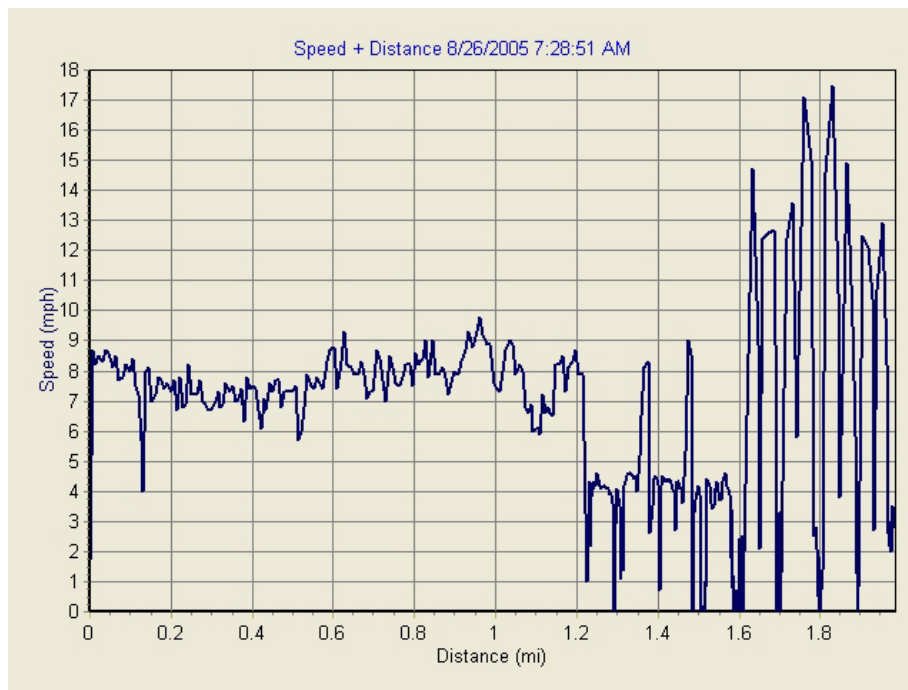
In the Week 1 article, I mentioned how I implemented the GPS Speed & Distance system into my training programs for the XC athletes I'm coaching. I started out with 23, and at the end of the 2nd week, I grew to 30 kids, with the last 2 joining on Thursday. Last time, I mentioned how I would have an athlete wear the system during a 1000m race. I was so caught up in getting everyone ready, I forgot to have someone wear the system! Let's just say our team was having a little motivational problem for starters, which soon got taken care of later in the week. I was more concerned about that, than how some athlete ran throughout the 1000m race I had planned. But, what I did do was run our 500m repeats once again, and ran each 500m repeat with each group. The boys went first, then the girls. Our boys did 4 repeats, with the 5th as an option, and the girls did 3, with the 4th as an option. Here is our results below, remember, it was done on the same 500m loop that I showed you last week.



The order of repeats is: Boys, Girls, Boys, Girls, Boys, Girls, Boys, Boys & 2 Girls.
The last 2 show our jogging portion back to the school.

One nice thing about running each repeat with the kids is that I could run faster with the boys, and have a 'medium-fast' recovery with the girls when I ran with them. It also showed me how fast and exactly which repeat they started to 'dip off' slightly in, for both groups. You can see that the boys took off real fast in their first one, and dipped off a bit in their 2nd, 3rd, and 4th ones. I told them the 5th one was an option, and as you can see they went pretty hard on that one, much higher paces when compared to their 4th repeat.

I also had the recorder on for doing some striders at the end of practice on Friday. Half-ways through our main run, I forgot to turn on the recorder. So, the beginning of the graph is our run back, and the spikes at the end (in the 17mph-17.5mph ranges) are the max speeds I hit on the strider drills. Below is the graph on that section of practice:



How can you use this? Well, if you do some strider drills at the end of practice, such as 100m striders (we had to use approx. 50 meter ones for this practice, due to a soaked practice ground by the school where we do these drills), you can figure out what your speeds are to get the maximum out of it. If you find out you did 15mph and not 17mph striders, you weren't really building up to your maximum. By wearing this watch, you can set it to read your max speeds on each strider you do, just clearing it out before each strider, so you get your max speed read to you for each strider. A general rule I just noticed by looking at this graph is that you can go about twice as fast on your striders than your regular easy pace runs. Notice that I averaged about 8mph on my run going back to the school, and then I reached 16+ mph in the strider portions.

In the 3rd week, we have our first meet. With 30 kids, and only 7 to choose to run on varsity for each team, it's going to be a battle each week. I made sure that it's going to be a continual battle, by coming up with a "Jersey Tour" idea. See, I have 7 slots to choose for our varsity runners. Any kid from 7th grade on can run on varsity. I've chosen the first 6 slots on each squad by determining positions on their 500m average repeat times. The team captains and seniors get an automatic slot if they can run that day. The 7th slot goes to the top Junior Varsity runner, so they get to run in the Varsity races for the

following week. The 7th runner gets to wear a Blue Jersey in practices on our speed workouts. This is like the famous Yellow Jersey of the Tour de France. The Blue Jersey represents our lead JV runner, and lets the team know who that runner is as they do their speed workouts. Our JV runners can 'gun it out' for the varsity spot this way. We have a lot of runners who are close to the same level, so this is going to be a tight battle, but a fun one to watch in practices. What is also helpful about this is that if a top 6 runner can't run, I have an order of JV runners to pick from for fill-ins, based on this system. On our first meet day, I've had to use some fill-ins already, due to 2 seniors on the girls squad not being able to run on the first meet. So, this is going to be a fun battle to watch and I think its going to push everyone from top to bottom. The ones on top have to 'keep their slot' as well. They're not 'locked in' for those slots for the rest of the season.

That's it for now. Stay focused on next week, as we have our first race, and the kids start up school at the end of the week. I plan on doing some 250's (250m race-pace striders) for the team, so you can see the graph on that.

Stay Strong, Run Strong!

Rick Karboviak, CSCS

Rick has now gone independent in his training, his training business is called Speed Dial Coach, found at www.SpeedDialCoach.com. He also continues to be the editor of Total Trinity Training, a faith-based performance newsletter, found at <http://trinitytraining.bravehost.com>, which is where you will find the guide, Turbo Techno Training, available through a donation to a great cause.