

It is a pleasure for me to have the opportunity to speak to you.

I coached most of the Santa Monica Track Club athletes who ran distances ranging from the 400m to the marathon plus the 400Hurdlers. I have coached at least one athlete who has earned a spot on the Olympic Team in all flat races from the 400m to the marathon plus the 400H. Tom Tellez coached most of the sprinters. I consider him to be the most knowledgeable and best sprint coach in the world. Another good coach, Larry Silva, is now the sprint and hurdle coach for the SMTC.

The SMTC has coached an athlete to earn a spot on every Olympic team since 1972. We have trained 2 athletes who ran under 44.0 in the 400m and one high school athlete who ran 45.09. Plus we have had 5 athletes who ran 1:44.0 or faster in the 800m and 19 athletes who have run under 4 minutes in the mile or under 3:43.0 in the 1500m.

The SMTC 5000m record is 13:14.80 in the 5,000m by Bill McChesney, the mile record is 3:50.34 by Todd Harbour, the 800m record is 1:42.60 by Johnny Gray, and the 400m record is 43.81 by Danny Everett. The SMTC has set 37 World Records and 60 American records since its origin in 1972. And I would like to thank our most successful athlete, Carl Lewis for bringing such positive publicity to track and field and the SMTC.

My definition of coaching is helping the athletes to run their best.

To run their best the athletes must be 1) Disciplined and 2) Focused

That is, they need a regular routine and not partying frequently. Some of my thoughts are as follows:

- **go to sleep at the same time each night and wake up at the same time each morning – do not stay up too late at night – I recommend going to sleep at 10:30pm**
- **I recommend that the athlete does not sleep over 9 hrs. per night**
- **eat at approximately the same time each day**
- **do not drink too much alcohol**
- **try not to be on your feet too long during the day**

If they have trouble going to sleep, they should read a book or listen to soft music, and not play computer games or watch too much TV before going to bed. AND they should follow the advice of their coach.

I have never had a great athlete who did not follow my advice. (Danny Everett, Steve Lewis, David Mack, Earl Jones, Carl Lewis, Todd Harbour, Bill McChesney, Jenny Spangler, etc.)

When I made the decision to coach, I wanted to be a good coach who could improve the athlete's performances. So after I finished my Masters in mathematics, I took classes working toward my Ph.D in exercise physiology. I did not finish my degree. But I feel that I learned enough to be a successful coach who could help the athletes.

My colleagues and I did some interesting research which led to various theories. We tried to improve athletes' lactate tolerance with various types of training, including longer runs and fartlek and interval training with various methods of recovery between the faster running distances. For the athletes who run races from the 800m to the marathon, most of the recovery between interval training on the track was done by jogging.

I believe that most of the faster interval (40% to 90% efforts) and longer workouts eventually help the athlete have more speed endurance. This means that the athlete improves the muscles' ability to produce more energy, produce more force, and improve the endurance capacity of the fast twitch a-fibers. With the increased stressful training – with proper rest – the athlete would also be able to increase the number and size of the mitochondria which produces more Oxidative Enzymes so the body could produce more Energy, utilize more Oxygen and give off more Carbon Dioxide. When combining longer runs, fartlek and interval training, we found that the heart was more efficient and ejected more blood.

My coach, Mihaly Igloi, had his Ph.D in Exercise Physiology and he helped me when I started coaching. He had me try to analyze the inherent strengths of a runner, and then write the goals I had for the runner. He would then ask me to theorize which energy system I was using. I would write my training program and explain why I was giving the athlete this type of workout. Then he would critique my plan and we would discuss the pros and cons of the training.

I wanted to train athletes to adapt to the stresses of intelligent training and be able to run faster and more efficiently for a longer period of time. Thus I had to experiment with different training ideas for athletes running different races. Some of the following are the concepts to which I adhere.

- I. Good Biomechanics help athletes be more efficient. My views on biomechanics agree with those of Geoffrey Dyson in his book *The Mechanics of Athletics*.**
 - a. The upper body and arms should be relaxed and in the same rhythm as the legs. The body should not be swaying or the arms crossing too far in front of the body. A sprinter will have more of a forward and backward movement of the arms.**
 - b. The runner should have a few-degree lean starting with the ankle. Do not bend at the waist.**

- c. The foot should land under the athlete's center of gravity and push. I tell my athletes to push downward and apply force to the ground for as long as they can when running fast. Or, I tell the athlete to lead with his knee. In my opinion these are opposite forces and applying one force automatically makes the other occur (Newton's Law). The athlete should land on the back of the ball of the foot or land flat footed. If the athlete runs on the toes or heel, the foot will land in front of the center of gravity and cause a braking action. Thus the athlete will have to spend more energy and use their quadriceps to offset this force.**
- d. When the athlete is running fast on the curve, it is to the athlete's advantage to "push outwardly" so that the force pushes the athlete around the curve faster.**

II. To run the fastest time in a race, the pace should be relatively even. To me this mean putting a little more effort on each 200m or 400m in the 800m and 1500m races.

a) In any race, I want the athlete to run the race relatively even. In the 800m, the average difference between the first 400(440yds) and the second 400(440yds) for all the 800m(880yds) world records (except one) is approximately 1.7 seconds. Which 200m was usually the fastest in the world records? It was usually the third 200m. When Johnny Gray ran the American record, his lap times were 50.6 & 52.0. David Mack's split times when he ran 1:43.35 were 51.4 and 51.95.

- b) In the 400m, Steve Lewis ran his fastest time when the difference between the first 200m and the second 200m was smaller. When the difference between the 1st and 2nd 200m was two seconds or more, he ran slower times. Following are some examples of these splits in 1988: In Lausanne — 44.65 (21.1, 23.35)—difference of 2.25 sec.)...In Lille – 44.75 (21.0, 23.76) - difference of 2.76...In the Olympic Games – 43.87 (21.6, 22.27) — difference of 0.67seconds)...**
- c) Hicham El Guerrouj's 400m splits were relatively even when he set the mile world record in Rome.**

III. In training, I want to improve the function of the energy systems.

- a) ATP-CP – anaerobic (works without need for Oxygen)—sprints.**
- b) Latic acid – The latic acid system is also referred to as Glycolysis. In the Glycolysis system, glucose is changed to ATP-CP & pyruvic acid. Athletes use this system when they run races between 30 seconds and 3 minutes.**
- c) Oxygen system – aerobic energy system.**

Proper training decreases recovery time of all energy systems.

IV. I do not think that one training program works for every runner in the 800, 1500, 5000, etc. But I believe that most 400m runners should have very similar training. For 800m & longer, I train most of these athletes differently.

But for all of these athletes there is a need to mix the distance runs, fartlek, and interval training for some of the following reasons:

- **Improve blood flow and oxygen**
- **Greater storage of glycogen**
- **Produce more ATP**
- **Giving more speed in an athlete's training can improve the endurance of the fast-twitch fibers. But, too much slow running may reduce the muscle ability to perform well anaerobically.**
- **One of the important goals of training is to stress the body so that when it rests, the body's energy systems will improve. Don't over-train by forgetting to have easy days.**

V. In training the muscles to produce more force and run faster, I attempt to train the nerves to recruit more fast-twitch fibers when running by doing the following:

a) Plyometrics

b) Some weight lifting will help the athlete to produce more force. The weight training is suppose to train the nerve impulse to recruit more fast-twitch fibers. This means that the weight training needs to be specific to the angle that the force is applied when running. An example is lying down and push the weight up at 45 degrees.

c) Running faster pace. Sometimes I give my runners 40 to 80m very hard speed buildup or very hard 120m or hard 150m.

- d) I do not want my athletes doing exercises that overstretch their muscles because this may tear some fibers and when the athletes run fast, they may tear the muscle. I have also read that overstretching can change the muscle tone so that athletes cannot run fast efficiently.**
- e) I also use weight training which I think will help prevent injuries such as leg extensions, leg curls, or adductors and abductors exercises. I do not want the athlete to lift heavy weights and put on weight. The data I've read it takes 4 to 14 foot-pounds of force to just maintain your speed (4 ft.-pds for walking and 14 ft.-pds for running faster). Therefore if a runner puts on 10 pounds and run much faster, I suspect "drugs".**

VI. Usually every 3 to 6 weeks, athletes need 3 to 4 days easy before returning to stress training. If an athlete's Human Growth Hormone (HGH) is high, then I can train the athlete with more stress work before he needs a series of easy days. If an athlete is looking tired in practice, I use a "country doctor" way to check the hemoglobin levels. The hemoglobin levels usually tell you when the athlete needs some easy days. I do this by looking behind the eyelids. The color behind the eyelid may be red, pink, or whitish. 1) If the color is very red, then the hemoglobin is high. 2) If the color is pink, then the amount of hemoglobin in the blood is somewhat lower. 3) If the color behind the eye is white, the hemoglobin is very low, and the athlete needs iron and some easy days in training.

TRAINING ATHLETES

When I give instruction on the pace to run, I use these terms: easy (jog), fresh (40%), good (60%), fast good (75% to 80%), hard (90%), very hard (95%--not all out), which tell the effort to run. I use these terms more often than giving stopwatch times for a distance. I also discover that some athletes run faster at 95% effort than an all-out effort. Beginning in March, I will sometimes tell the athletes how fast they are running an interval. An example: 3x400m in 52-53 with 400m jog between each 400. I may tell them their time for the 400m.

Some examples of the time of the tempo running for athletes vary at different times of the year. Following are some examples:

- 1) In the early part of the season, Danny Everett and Steve Lewis would run 150m hard tempo (90%) between 16 to 17 seconds. They would steadily improve and run 15 seconds and faster before national championships. In addition to running faster, their interval between each 150 hard speed would dramatically shorten, from more than 4 minutes in the early season to under 1½ minutes. The very hard 300m runs improved from approximately 35 to 36 seconds to approximately 33 second or faster before the national championships.**
- 2) In the early training period in late November or December, 800m runners Earl Jones and David Mack would run their 400m good-speed tempo in 58 to 59 seconds. Before national championships, their 400m good-speed tempo was 55-56 seconds. Their 200m good-speed tempo in January was 28-29 and their 200m good-speed tempo in June was 25-26 seconds, jogging 100m**

between each 200m.

After 3 to 5 weeks of trying to train the athlete to achieve the goal which I set for him, I would give him a test.

Here is an example of a test I gave in 1978 to see if Jerald Jones and Willie Rios were reaching the goal I was trying to achieve of having them run the mile under 4 minutes in the next two weeks: I wanted to test their reserve power. I gave them a 1320 with a tempo of 59.5 to 60 for each lap. They were together for 2 laps (1:59.9) and Willie ran 58.9 on the final lap for a 1320 time of 2:58.8. Jerald ran the 1320 in 2:59.8. Then they jogged 3 laps and I gave them 3x440m with 220yds jog between the first and second 440yds and a 330yd jog between the second and third 440yds. The tempo was 59.5 on the first two 440yds and hard on the third. The third 440 was the purpose of this test. They ran together on the first two 440yds in 59.5. Willie ran the third 440 in 59.1 and Jerald ran the third 440 in 56.8. Then I told Jerald Jones that he would run under 4 minutes soon. He ran a personal record for the 1500m with a time of 3:41.7 in Eugene the next week. Willie ran 3:42.89 for the 1500m in his next race.

I also use different stride patterns in some of the workouts. I may use the word “speed” or “swing” in my instructions. “Speed” means a regular stride or a little shorter stride than usual, depending on the running stride of the runner. “Swing” means a longer swing in the leg or a longer stride. I believe that if a runner’s legs are tiring, he can change the way he runs, use different cells or fibers, and enable

some ATP to return to the muscles cells. If the athlete learns to use the muscle in a different way, it may delay the slowing down and the athlete can run a faster race. So in the workouts below, I want the athlete to use both good speed and good swing in their running.

Training for the 400m:

We usually start training in September or October, a few weeks after the European season.

The athletes run 3 to 4 days the first week, on easy runs.

Then the athletes run 5 days with mostly easy runs for the next 2 weeks in the park. There are easy runs or easy fartlek workouts with some distances at fresh speed (my definition for fresh speed for runs in the park is as follows: you run a speed where you could talk but it is not comfortable to talk). For example: 1 mile easy + 2x800 (fresh speed) with 800m easy between each 800 run + ½ mile easy + 10x100 (easy).

Another workout I use in the early training is 1 mile easy + 6 to 9x100 (1 easy + 1 fresh speed + 1 good speed) + 200 jog + repeat the 6x100 or 9x100 routine + 1/2 mile easy + 10x100 (easy).

Then we begin running 5 days a week with this pattern: faster running on Monday, Wednesday and Friday.

These days are usually on the track or running up some hills. The easy running is on Tuesday and Thursday, and no running on the weekend, with an occasional exception. An example of faster running: 3 to 4 laps easy + 10x100 (2easy + 1 good) + 2x150m (1 fresh speed (40%) + 1 good speed (60%)) with a 50 meter walk-jog between the 2x150m then jog 1 lap) + 3x200m (good speed) with 200 jog between. Then jog 1 lap easy + 2x200m (good swing) with 200m between + 1 lap easy + 10x100m (easy) . Sometimes we do plyometrics after the warm-up. Then we do the interval workout.

*** One year I was giving Danny Everett and Steve Lewis some plyometrics and they were jumping on and over boxes, which were 3 feet to 5 feet high. The other athletes were jumping on and over boxes 8 inches to 12 inches high. I noticed that the other athletes improved their speed more than Danny and Steve. Then I remembered that you should apply the force at approximately the same angle as running if you want to try to recruit more fast twitch fibers and improve your speed. Later, I had Steve and Danny jump on and over the 12 inch boxes and their speed began to improve.**

In November and possibly the first part of December, we run hills on Monday. The hill we run is 350m at about a 15 degree slope. First Monday: 1 mile easy + 6x100(2 easy + 1 good) + 2xhill (fresh) + ½ mile easy + 10x100(2 easy + 1good)...Second Monday: the workout is similar but contain a little more work. The athlete will run 2xhill(1 fresh + 1 good) + ½ mile easy + ¼ or ½ mile fresh + ½ mile easy + 10x100 easy...Third Monday: the workout is the same except the

athlete will run 3xhill (1 fresh + 2 good). The next 2 weeks they run 3xhill (good) + ½ mile easy + ½ mile fresh + ½ mile easy + 10x100easy.

For the other days during the first 2 weeks of November:

Tues: usually 2 to 4 miles easy + 10x100 (2 easy + 1 good).

Wed: warm-up + interval workout usually on the grass (3 x 800 fresh with 800 easy between each 800) + 800 easy + 10x100(easy) OR 2x800 fresh with 800 easy between each 800 + 800 easy + 1x400 good speed + 800 easy + 10x100 easy)

Thurs: same as Tues.

Fri: warm-up + 6 or 10x100 (1 fresh speed + 1 good speed with 5 to 7 meters between) then jog 200m and repeat.

Next 2 weeks:

Wed: on the track: warm-up + 2x600 good with 80% recovery, usually 6 to 8 minutes between. Then 80% recovery, and 1 or 2x 120m (hd speed build up) + 1 lap + 10x100 easy.

Fri: warm-up + 2 or 3x200 good speed with 200m walk & jog between + 1 lap easy + 2 or 3x200 good swing with 200m jog & walk between + warm-down.

Then we will start running one of the following workouts on Monday:

a) 600 fast good (75% to 80%) + recover + 500 fast good (80%) + warm down

b) 500 fast good + recover + 400 fast good + recover + 300 fast good + warm down

On Wednesday we may train as follows:

- a) same as the previous Wed. or**
- b) 2x200 gd speed with 100m between + 1 lap easy + 3x250m gd. with a 150m walk and jog between. + 90% recovery + 1 or 2x 150 fast good sp. build up. + warm down**
- c) 2 or 3x200 gd. sp. with 100m jog and walk between + 1 lap easy + 2 or 3x250 good swing with 150m jog and walk between + 1 lap easy + 2 or 3x200 gd. speed with 100m between + warm down**

For the remainder of the US season, the approximate workouts are as follows:

Mon - One of the following workouts:

- a) 1x500 fast good speed + 1x400 fast good speed + 1x300 fast good or hard (the athlete would tell me when he was at least 85% recovered between the runs)**
- b) 3x300 fast good or hard (90% & not all-out) with 85% recovery between each 300m**
- c) 1x500 fast good + 1x300 hard + 1x200 hard with 85% recovery between each run**
- d) 1x350 hard + 2x300 hard with 85% recovery between each run**
- e) 3x350 hard with 85% recovery between each 350m**

Tues: 2 miles easy + 10x100 (2 easy + 1 gd)

Wed. – One of the following workouts:

a) 3x200 gd. speed with 100m jog/walk between + jog 1 lap + 2 or 3x 250 good swing with 150 jog/walk between + 3x200 gd. with 100m between then warm down

b) Starts at 30, 40, & 50 meters hard + recovery + 3x250 (good with 150m between each 250m)

c) 3x200 fast good + 1x200 hard

Thurs: easy or a few starts

Fri. – One of the following workouts:

a) 2x150 hd with 90% recovery + 1x120 hd

b) 3x150 hd.

c) 1x180 hd. + 1x150 hd + 1x120 hd or hd speed build up

The 400m athlete usually does not run on Saturday and Sunday

Before a race, I give athletes 2, 3, or 4 days easy.

Training for the 800m:

There are different ways to train athletes successfully, but I will discuss the methods and ideas I use. I evaluate each individual during training and give the training I think is best for that individual. I do not train all runners the same way. Each athlete brings a different set of talents to the track. I watch the athlete and see how the athlete is reacting to the training and if he or she is accomplishing the purposes I desire for that day. If I see the athlete is not reacting

the way I expected in the workout, I may change the training to try and benefit the athlete. If the athlete is tired, I may shorten the workout. I also drive and watch my athletes on easy days to see if they appear to be recovering. I do the same on their longer runs to see if they are running with good mechanics and running with the effort I gave them. If they are limping or looking very tired, I will stop them or shorten their run. Obviously, I cannot follow them when they are running on trails in the hills.

When the athlete starts the training year, he or she should run easy the first few weeks, for 30 minutes to 1 hour per day, once a day. After each workout I give 10x100 (2 easy + 1 good).

- Then for approximately 2 to 4 weeks I integrate some fresh (40% effort) runs of ¼ mile, or ½ mile, or 1 mile into their runs two to three times a week and possibly fresh (40% effort) for the entire distance. An example of the fartlek runs: 1 mile easy + 3 or 4 x ½ mile (1/4 or 1/2 mile easy between each run). Then run ½ mile easy + 10x100 easy at the end of the workout. Some days, I will give a 2-mile warm-up + 10x100 (2 easy + 1 good) then I will give them 2 to 3 sets as follows: 10x100 (good) with 200 jog between each set. Then they warm down with 1 to 2 miles easy.**
- After 4 to 6 weeks of training, I give the athletes 3 to 5 days easy. After this period some athletes will begin training twice a day for 3 to 5 days a week. The 800m athletes will usually train 6 or 7 days a week.**

- **The number of repetitions and the speed they run depends on their condition and the goals I have for them for this segment of training.**
- **Between the interval runs, my athletes jog, except when they are running very fast tempos. Then they walk and jog between the runs.**
- **I begin more interval training on the track sometime in December. I will start using interval training on the track on Monday, Wednesday, plus short and faster runs on Friday. Saturday's workout may be in the park or on the track. Before the regular competition starts, I will give 4 sessions on the track during one week on Monday, Tuesday, Thursday, and Saturday for the better-conditioned athletes. The athletes then run easy on Wednesday and Friday. The number of repetitions and speed depends on the athlete's condition and the goal of this segment of training. Then the athlete will have a few easy days. This style of training will usually last 4 to 8 weeks.**
- **The following principles and concepts determine most workouts. But I believe that coaching is an art as well as being based on principles of exercise physiology and biomechanics. The following principles help dictate the use of the type of interval or fartlek training I give to my middle distance runners.**
 - 1. Fast running can build up a high pulse rate and teach the body to tolerate a high pulse rate.**
 - 2. Fartlek and interval training can cause a high demand on the circulatory and respiratory system. This type of training should help the athlete to experience some maximum Oxygen consumption**
 - 3. Most of the interval lengths I use are from 50m to 1,000m. I sometimes use a**

- 1,200m run plus a series of 400m runs as a test to determine if the athlete is progressing toward the goal I have set for him or her. I also use other distances for testing the athlete's progress.**
- 4. If the athlete appears tired, I will give him shorter interval running distances with jogging or walking between the runs because it does not always produce as much lactate. As you know more lactate can cause the following:
 - a. Reduce contractile power of muscle.**
 - b. Lead to rapid fatigue****
 - 5. Running near or above race pace helps the runners to run more efficiently at a pace the athlete's nervous & muscular systems need to function.**
 - 6. A faster pace for over 2 minutes can help develop speed stamina in the middle distance races. But running too many fast tempo runs from 3 to 8 minutes can tire many athletes so that it is difficult for them to recover.**
 - 7. I also believe that a tempo of 70% to 90% for more than one minute will help improve the lactate tolerance. In the spring and summer, I sometimes give 3x500m at hard speed with 400m to 600m recovery. For the best 800m runners this tempo could be between 60.5 sec. and 62.5 seconds for the 500m. I also sometimes give fast 600m runs for this purpose.**
 - 8. Occasionally I give a very hard run of 400m at the end of a workout (if the athlete is in good condition). My observation convinces me that the athlete makes an improvement in his speed stamina. I think this run contribute to anaerobic endurance and build more mitochondria.**

9. I believe that enough speed work (75% to 95%) in one's training can improve the speed endurance of the fast twitch fibers.

My track workouts are often divided into 3 parts with emphasis on the first & third part with the second part being easier to help recovery and add more time to the workout. An example of an easier second part is 4 to 6x150 fresh (40% effort) with a jog of 50m between each 150m + 1 or 3 laps easy. But at other times I will place the emphasis on the middle part with the first and third segments being easier. Using the three parts enables athletes to work the heart for longer periods of time.

Example for January:

Monday (usually longer intervals): 7 laps easy + 10 x 100(2 easy+1 gd) + sets of distance longer than 250m-example 2 or 3 x 600 (good speed) with 300 or 400 jog between each 600m -> then jog 2 laps + 6x150 (fresh) with 50m between each 150 + 1 jog lap easy after the set of 150m + 3x250 (2 gd & 1 hard) with 150 between each 250 or 2x400 gd with 200m between each 400m then a cool down of 2 laps +10 x 100 easy. This workout puts the emphasis on the 1st & 3rd sets

Tuesday: easy run + 10 x 100 (2 easy + 1 gd)

Wednesday: warm-up + 6 x 150(gd sp) with 50 between + 2 sets(5 x 200gd sp) with 100between the 200 runs and one lap jog between the 2 sets + one lap jog + 6 x 150(2 fresh & 1 good) with 50m between each 150m run + warm down. Here the emphasis is on the middle part.

Thursday: easy run

Friday: warm up + 4 x 150(1 fresh & 1 gd sp) with 50 between each + 2 or 3 x 400(80% effort) with 400 between each 400m run + 2 laps easy + 6 x 150(1 fr & 1 gd) with 50 between each 150m run + warm down

Saturday: easy run of 4 to 8 miles.

If the athlete has not recovered on Friday then I will give him another easy day and then a medium or hard day on Saturday. Most of the time I never to give more than 2 very hard workouts and 1 medium workout in a week.

Another example of a possible week's workouts starting at the end of May or June:

Monday: warm-up + 4x200m (good speed ~25 to 26sec.) with 100 between each 200m + 1 lap easy + 2x300m (~34.5 to 35) with 400m between + 2 or 3 laps easy + 3x200m (1 fresh, 1 good, 1 hard) with 100m between each + 2 to 3 laps easy + 10x100easy.

Tuesday: 4 to 6 miles easy + 10x100 (2 easy + 1 good)

Wed: warm up + 3x200 (good speed) with 100m between + 1 lap easy + 3x250 (good swing) with 150m between each + 1 lap easy + 2x200 (good speed) with 100 between each + 2 laps easy + 1x200m (relaxed hard) + 150m jog + 1x150 (hard speed build-up) + 1x120m jog + 1x120 (hard) + 2 to 3 laps easy + 10x100easy

Thur: easy day

Friday: easy day with a few 40m or 50m hard sp. build-up

Saturday: warm-up +10x100 (2easy + 1 good) + 3x150m (good speed) with 50m between each + 3x400 (relaxed hard...51 seconds) with 1 lap between each 400m + 3 laps easy + 10x100easy

***I give weight workouts twice a week in the fall and early spring with the emphasis on exercises to help prevent injuries. I never advise weight work for the upper body. I do not want athletes to gain too much weight. Muscle weighs more than fat. And it takes more force to run with more weight.**

***I give plyometrics at different times during the year**

***We run some hills in the fall or winter, for example 3 x 300m hill (gd sp).**

***I always ease up at least 4 days before a major championship and 3 days before other important races.**

When traveling eastward to an important race, I try to arrive early to the time zone where the competition will be held. The number of days early that we arrive will usually be the same as the number of hours in the time change from our departure city to our arrival city. For example, if we are competing in a championship meet in Europe and we are traveling from Los Angeles, we arrive at least 9 days before the race. If it is a regular meet in Europe, I want the athletes to arrive 4 to 6 days before the meet. If they have to arrive late, I try to arrange for

them to arrive in the evening of the day before their race. It is also important for the athlete to try and adjust to their time zone and stay on his training schedule.

Peaking for the Olympic Trials and reaping for the Olympic Games or World Championship!

- * After the Trials, rest for at least 1 day then run approximately 3 days easy..**
- * train a few days ~5 to 6 days with basic training sessions (using mostly good and some fresh tempo)**
- * then use Pre-Competition training (using good to hard speed) for approximately one week.**
- Then compete in 2 or 3 high level meets**
- Go to the Olympics Games or World Championships 9 to 15 days early and prepare.**
- train a few easy days (depends on the time change)**
- then train approximately one week doing some tempo and fast running. An example for a 400m runner is as follows: 8 days before the meet: warm-up + 2x150 good speed + 1 lap easy + 1x500 in approximately 61 seconds + 2 laps easy + 1x200 hard + 2 lap easy + 10x100 easy.**

Or

**Warm-up + 2x150 good speed + 1 lap + 1x350 relaxed hard + 80% recovery + 1x250 hard + 80% recovery + 1x150 hard + warm down
run 2 easy days**

Then 5 days before the race a possible workout is as follows: warm-up + 2x150 good speed + 1 lap + 1x150 hard + 1x120 hard + (maybe another 1x120 hard)

- Run mostly easy for the next 4 days (do not overtrain)**
- Run your best races of the year!**

An 800m runner might run 3x300 hard + some 150s fresh + 1x120 hard speed build-up on the 8th day before the meet.

Or

Another possible workout that works for most 800m runner is to run 2x400m (53 – 54) with 200m between then jog 300 or 400m and run a hard 400m (approximately 47) + warm down

Or

Focus on the athlete's tempo and possible run 2x600 (race tempo) with 2 ½ laps between.

The athlete should run the pre-race workout that the coach knows works for them.

Run 2 days easy

Then 5 days before the competition, Warm-up + 3x150 good speed + 1 lap easy + 1x500 (60 to 61) + 3 laps easy + 4x150 fresh + 1 lap + 1x250 (relaxed hard swing) + 2 laps easy + 10x100easy

Run mostly easy for the 4 days before the meet.

Then run your best races of your life on race days!

The situations in coaching that satisfy me the most are as follows:

- **When the dedicated athlete runs their best race. This means that they run intelligently and they run their best time.**
- **When the athlete gives his best effort in workout, stays healthy, and keeps a positive outlook and keeps improving.**
- **When a great talent with a good attitude joins the SMTC, trains well, and runs fast.**
- **When the great athlete learns to communicate well and promote the SMTC and Track & Field.**
- **When athletes are team athlete...they encourage and help other athletes to be successful. Example: Carl Lewis paid the rent for Jenny Spangler and Lamont Smith. And the result was that Jenny and Lamont made the Olympic Team.**

*** I will try to answer any question about my training or track in general if you have any questions.**