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# Renato Canova



201

# COMPETITIONS OF “RESISTANCE” DON’T EXIST

EVERY COMPETITIONS  
IS A COMPETITIONS OF SPEED

BECAUSE THE WINNER IS  
THE FASTEST.....

**BUT**

**IS THE FASTEST**

**AMONG THE ATHLETES**

**HAVING THE**

**SAME LEVEL OF**

**ENDURANCE**

**FOR THIS REASON  
THE FIRST GOAL  
IS  
TO INCREASE  
THE  
SPECIFIC  
ENDURANCE**

**” SPEED DEPENDS ON MECHANICAL AND  
NEUROMUSCULAR QUALITIES**

**” AND CAN BE CONSIDERED  
A BASIC NATURAL BAGGAGE**

**SO THE POSSIBILITY  
OF IMPROVEMENT  
IS PERCENTALLY  
LIMITED**

**“ THE EXTENSION OF THE SPEED  
DEPENDS ON THE BIOENERGETIC  
MECANISM**

***SO THE POSSIBILITY  
OF IMPROVEMENT  
IS PERCENTALLY  
VERY HIGH***

**“ TRAINING IS THE ANSWER OF THE  
BODY AT NEW STIMULA**

**“ STIMULA CAN BE IN TWO  
DIFFERENT DIRECTIONS**

***a) EXTENSION***

***b) INTENSITY***

**“ AN ATHLETE SPENDS 6-8 YEARS  
FOR BUILDING HIS AEROBIC HOUSE**

***“ During all this period, the main goal is  
to increase MILEAGE step by step, and  
at the same time to increase INTENSITY  
inside the mileage***



***THE FINAL METHODOLOGIC GOAL  
FOR IMPROVING  
IS  
TO INCREASE  
THE  
VOLUME OF INTENSITY***

## **DIFFERENT SPEEDS ARE DIFFERENT MEANS OF TRAINING**

<b>" General Resistance (Fundamental Period)</b>	<b>All Events</b>
<b>" Aerobic Resistance (Fundamental Period)</b>	<b>All Events</b>
<b>" Basic Aerobic Endurance (Fundamental &amp; Special Period)</b>	<b>All Events</b>
<b>" Special Aerobic Endurance (Fundamental, Special &amp; Specific Period)</b>	<b>All Events</b>
<b>" Aerobic Power (Fundamental, Special &amp; Specific Period)</b>	<b>All Events</b>
<b>" Lactic Resistance (Special &amp; Specific Period)</b>	<b>All Events</b>
<b>" Lactic Capacity (Special &amp; Specific Period)</b>	<b>800/5000m</b>
<b>" Lactic Power (Every Period)</b>	<b>800/1500m</b>

## TRAINING FLORENCE KIPLAGAT (December 2008)

" Running Sessions	n.	41	
" Total Mileage	km	589	
" Rigeneration Mileage (< 4'10")	km	309	(52.46 %)
" Basic Aerobic Mileage (4'10" >< 3'40")	km	212.5	(36.08 %)
" Aerobic Endurance Mileage (3'40" >< 3'20")	km	22.4	(3.80 %)
" Aerobic Power Mileage (3'20" >< 3')	km	40.7	(6.91 %)
" Specific Speed Endurance (3' >< 2'45")	km	0.7	(0.27 %)
" Medium Length Hills (200m >< 300m)	km	4	(0.68 %)

## TRAINING FLORENCE KIPLAGAT (January 2009)

"	<b>Competitions (Cross)</b>	<i>n.</i>	<b>2</b>	
"	<b>Running Sessions</b>	<i>n.</i>	<b>40</b>	
"	<b>Monthly Mileage</b>	<i>km</i>	<b>536</b>	
"	<b>Rigeneration Mileage (&lt; 4'10")</b>	<i>km</i>	<b>343.8</b>	<b>(64.14 %)</b>
"	<b>Basic Aerobic Mileage (4'10" &gt;&lt; 3'40")</b>	<i>km</i>	<b>129</b>	<b>(25.93 %)</b>
"	<b>Aerobic Endurance Mileage (3'40" &gt;&lt;3'20")</b>	<i>km</i>	<b>5.5</b>	<b>(1.03 %)</b>
"	<b>Aerobic Power Mileage (3'20" &gt;&lt; 3')</b>	<i>km</i>	<b>33.4</b>	<b>(6.23 %)</b>
"	<b>Specific Speed Endurance (3' &gt;&lt; 2'45")</b>	<i>km</i>	<b>9.1</b>	<b>(1.70 %)</b>
"	<b>Speed (faster than 16"5 per 100m)</b>	<i>km</i>	<b>4.4</b>	<b>(0.82 %)</b>
"	<b>Short Length Hills (60m &gt;&lt; 150m)</b>	<i>km</i>	<b>0.8</b>	<b>(0.02 %)</b>

## TRAINING FLORENCE KIPLAGAT (February 2009)

"	<b>Competitions (Cross)</b>	<i>n.</i>	<b>1</b>	
"	<b>Running Sessions</b>	<i>n.</i>	<b>46</b>	
"	<b>Monthly Mileage</b>	<i>km</i>	<b>653.5</b>	
"	<b>Rigeneration Mileage (&lt; 4'10")</b>	<i>km</i>	<b>333</b>	<b>(50.96 %)</b>
"	<b>Basic Aerobic Mileage (4'10" &gt;&lt; 3'40")</b>	<i>km</i>	<b>230.5</b>	<b>(35.27 %)</b>
"	<b>Aerobic Endurance Mileage (3'40" &gt;&lt;3'20")</b>	<i>km</i>	<b>31</b>	<b>(4.74 %)</b>
"	<b>Aerobic Power Mileage (3'20" &gt;&lt; 3')</b>	<i>km</i>	<b>48</b>	<b>(7.35 %)</b>
"	<b>Specific Speed Endurance (3' &gt;&lt; 2'45")</b>	<i>km</i>	<b>11</b>	<b>(1.68 %)</b>

## **INTERACTION BETWEEN VOLUME AND SPEED ENDURANCE**

**Athlete with AnT (4 mml) of 19 km/h (3'09" p/Km)**

### **Test 1**

- " 10 x 400m in 62" recovery 60" (Lactate at the end : 14 mm/l)**
- " 4 weeks of training with the following goals :**
- " Increase the volume of km. at speed between 90% and 100% of AnT (3'30" >< 3'10")**
- " Increase the duration of long run at speed of AnT**
- " Increase the ability in recruiting fibres using max speed climbing for short distances (60m - 80m)**
- " Increase the ability in using strength-endurance running longer distances uphill at max personal speed (150m – 300m)**

# **INTERACTION BETWEEN VOLUME AND SPEED ENDURANCE**

## **Test 2**

- “ 13 x 400m in 62” recovery 60”
- “ (Lactate at the end : 14 mml/l - Lactate after 10 : 12 mml/l)
- “ Same lactate level = same **INTERNAL LOAD**

## **Test 3**

- “ 10 x 400m in 60” recovery 60”(Lactate at the end : 14 mml/l)
- “ Same **INTERNAL LOAD** = same **PHYSIOLOGICAL EFFECT** on the body

## **INTERACTION BETWEEN VOLUME AND SPEED ENDURANCE**

**Same INTERNAL LOAD =  
same PHYSIOLOGICAL EFFECT on the body**

<b>Test 1</b>	<b>:</b>	<b>10 x 400m in 62" recovery 60"</b>
<b>Test 2</b>	<b>:</b>	<b>13 x 400m in 62" recovery 60"</b>
<b>Test 3</b>	<b>:</b>	<b>10 x 400m in 60" recovery 60"</b>

**To increase Specific Endurance means the ability to reduce, in a period of time, the level of lactate while running at the same speed**

**Consequently, the athlete can run faster at the same level of lactate, and/or can last longer at the same speed**



## ***EXAMPLES OF MODIFIED CIRCUITS***

### ***DURING FUNDAMENTAL PERIOD***

#### ***Extensive Strength – Resistance Circuit (1500 / 5000m)***

***(900m uphill, gradient 7-10 %, + 700m flat)***

" 300m fast running uphill	(duration 55.0 >< 60.0)
" 10 squat jumps	(duration 15.0 >< 18.0)
" 60m sprint uphill	(duration 10.0 >< 12.0)
" 20m skipping with strides 50cm long	(duration 30.0 >< 40.0)
" 200m moderate running uphill	(duration 45.0 >< 50.0)
" 20m heels-to-buttocks	(duration 30.0 >< 40.0)
" 300m fast running uphill	(duration 55.0 >< 60.0)
" 20 sagittal – splits	(duration 20.0 >< 25.0)
" 200m moderate running on flat land	(duration 45.0 >< 50.0)
" 30 even hops with blocked knees	(duration 20.0 >< 30.0)
" 500m fast running at 85% of max. speed	(duration 1:25 >< 1:40)

# EXAMPLES OF MODIFIED CIRCUITS

## DURING COMPETITION PERIOD

### **Specific Strength – Endurance Circuit (3000s/c / 10000m)**

**(400m uphill, gradient 7-10 %)**

"	<b>20 fast knee bends</b>	<b>(duration 10.0 &gt;&lt; 15.0)</b>
"	<b>100m moderate running</b>	<b>(duration 20.0 &gt;&lt; 25.0)</b>
"	<b>10 squat jumps at max. intensity</b>	<b>(duration 15.0 &gt;&lt; 20.0)</b>
"	<b>50m slow running</b>	<b>(duration 15.0 &gt;&lt; 20.0)</b>
"	<b>40m bounding very fast</b>	<b>(duration 10.0 &gt;&lt; 12.0)</b>
"	<b>50m slow running</b>	<b>(duration 15.0 &gt;&lt; 20.0)</b>
"	<b>20" skipping very fast</b>	<b>(duration 20.0)</b>
"	<b>20" slow running</b>	<b>(duration 20.0)</b>
"	<b>80m sprinting (max. speed)</b>	<b>(duration 10.0)</b>
"	<b>Duration</b>	<b>: 2:15 &gt;&lt; 2:40</b>
"	<b>Recovery</b>	<b>: 3:00 &gt;&lt; 5:00</b>
"	<b>Repetitions</b>	<b>: 8 – 10 times</b>

# EXAMPLES OF MODIFIED CIRCUITS

## DURING COMPETITION PERIOD

### **Specific Strength – Endurance Circuit (3000s/c / 10000m)**

**(1600m uphill, gradient 7-10 %)**

"	<b>300m fast running</b>	(duration 55.0 >< 60.0)
"	<b>100m bounding very fast</b>	(duration 25.0 >< 30.0)
"	<b>200m fast running</b>	(duration 35.0 >< 40.0)
"	<b>100m skipping with strides 50cm long</b>	(duration 50.0 >< 60.0)
"	<b>100m sprinting max. speed</b>	(duration 15.0 >< 18.0)
"	<b>10 squat jumps (max. intensity)</b>	(duration 15.0 >< 18.0)
"	<b>100m sprinting max. speed</b>	(duration 15.0 >< 20.0)
"	<b>100m skipping with strides 50cm long</b>	(duration 60.0 >< 70.0)
"	<b>200m moderate running</b>	(duration 45.0 >< 50.0)
"	<b>100m bounding very fast</b>	(duration 30.0 >< 40.0)
"	<b>300m fast running at max. speed</b>	(duration 60.0 >< 70.0)
"	<b>Duration</b> :	<b>6:45 &gt;&lt; 8:00</b>
"	<b>Recovery</b> :	<b>6:00 &gt;&lt; 8:00</b>
"	<b>Repetitions</b> :	<b>4 – 6 times</b>

## SAAEED SAIF SHAHEEN

Test : 5 x 1000m (13:10 pace - 2:38) [1:00 / 1:15]

28-04-2004 (KEN)		26-05-2004 (KEN)		29-06-2004 (KEN)		13-08-2004 (SWI)	
6.8 mmol		6.6 mmol		6.8 mmol		6.5 mmol	
9.4 mmol	+ 38.23 %	9.0 mmol	+ 36.36 %	8.6 mmol	+ 26.47 %	8.0 mmol	+ 23.07 %
11.8 mmol	+ 25.53 %	10.6 mmol	+ 17.77 %	9.6 mmol	+ 11.62 %	8.3 mmol	+ 3.75 %
13.9 mmol	+ 17.80 %	12.4 mmol	+ 16.98 %	11.2 mmol	+ 16.66 %	8.8 mmol	+ 6.02 %
15.8 mmol	+ 13.67 %	14.4 mmol	+ 16.13 %	13.8 mmol	+ 23.21 %	10.2 mmol	+ 15.91 %

## NICHOLAS KEMBOI

Test : 5 x 2000m (27:00 pace -5:24 + only last rep, 1200m free - 3:01.6) [1:00 / 1:15]

5-07-2003 (Davos)		28-07-2003 (St. Moritz)		29-08-2003 (St. Moritz)	
7.4 mmol		6.6 mmol		5.4 mmol	
8.8 mmol	+ 18.92 %	7.4 mmol	+ 12.12 %	<i>7.4 mmol</i>	+ 37.03 %
10.4 mmol	+ 18.18 %	9.6 mmol	+ 29.73 %	<i>7.7 mmol</i>	+ 4.05 %
12.8 mmol	+ 23.08 %	11.8 mmol	+ 22.92 %	<i>8.4 mmol</i>	+ 9.09 %
14.6 mmol	+ 14.06 %	14.0 mmol	+ 18.64 %	9.7mmol	+ 15.47 %
				16.6 mmol	+ 71.13 %



## JAMES KWALIA

Test : 4 x 1200m (3:09 + 1 x 800m max. speed) [1:00]

(over the 3 tests the last 800m was: 2:05.6 – 1:58.4 – 1:54.2)

26-05-2004 (KEN)		13-08-2004 (St. Moritz)		9-09-2004 (St. Moritz)	
8.4 mmol		8.3 mmol		8.7 mmol	
9.8 mmol	+ 16.66 %	9.3 mmol	+ 12.05 %	9.0 mmol	+ 3.45 %
11.8 mmol	+ 20.41 %	10.1 mmol	+ 8.60 %	9.3 mmol	+ 3.33 %
14.6 mmol	+ 23.73 %	13.3 mmol	+ 31.68 %	10.8 mmol	+ 16.13 %
14.8 mmol	+ 1.37 %	16.6 mmol	+ 24.81 %	20.6 mmol	+ 90.74 %

# FUNDAMENTAL PERIOD

TYPE OF TRAINING	800 (1'52")	1.(3'50")
<p><b>GENERAL RESISTANCE</b> <i>(after one month becomes Regeneration)</i></p>	<p><b>Pace :</b> Slower than 6'30" / Mile <b>Way :</b> Continuous even run <b>Duration :</b> 40' &gt;&lt; 60' <b>Sessions :</b> <i>2 per week during the first 4 weeks, 1 per week later</i></p>	<p><b>Pace :</b> Slower than 6'30" / Mile <b>Way :</b> Continuous even run <b>Duration :</b> 50' &gt;&lt; 1 hr 20' <b>Sessions :</b> <i>2 per week during the first 4 weeks, 1 per week later</i></p>
<p><b>AEROBIC RESISTANCE</b></p>	<p><b>Pace :</b> 5'50" &gt;&lt; 6'20" / Mile <b>Way :</b> Continuous even run <b>Duration :</b> 30' &gt;&lt; 45' <b>Sessions :</b> <i>1 per week during the first 4 weeks, 2 per week later</i></p>	<p><b>Pace :</b> 5'35" &gt;&lt; 6' / Mile <b>Way :</b> Continuous even run <b>Duration :</b> 50' &gt;&lt; 1 hr 10' <b>Sessions :</b> <i>1 per week during the first 4 weeks, 2 per week later</i></p>
<p><b>BASIC AEROBIC POWER</b></p>	<p><b>Pace :</b> 5'35" &gt;&lt; 5'50" / Mile <b>Way :</b> continuous even run <b>Duration :</b> 25' &gt;&lt; 40' <b>Sessions :</b> 1 per week</p>	<p><b>Pace :</b> 5'20" &gt;&lt; 5'35" / Mile <b>Way :</b> continuous even run <b>Duration :</b> 50' &gt;&lt; 1 hr 10' <b>Session :</b> 1 per week</p>

# FUNDAMENTAL PERIOD

TYPE OF TRAINING	800 (1'52")	1.(3'50")
<h2 style="text-align: center;">AEROBIC ENDURANCE</h2>	<p><b><i>Pace :</i></b> 5'20" &gt;&lt; 5'35" / Mile</p> <p><b><i>Way :</i></b> Continuous even run and/or long intervals</p> <p><b><i>Distance continuous :</i></b> 4-8 km</p> <p><b><i>Length of Intervals :</i></b> 1000/2000m</p> <p><b><i>Rest between Intervals :</i></b> short (no longer than 2')</p> <p><b><i>Global Volume :</i></b> 6-8 km</p> <p><b><i>Sessions :</i></b> 1 per week</p> <p><b><i>Development System</i></b></p> <ol style="list-style-type: none"> <li>1. Intervals (5x1000 in 2'55" rec 2')</li> <li>2. Continuous run (4k at 3'15")</li> <li>3. Intervals (increasing volume)</li> <li>4. Continuous run (increasing distance)</li> <li>5. Continuous run (increasing speed)</li> </ol>	<p><b><i>Pace :</i></b> 5'10" &gt;&lt; 5'20" / Mile</p> <p><b><i>Way :</i></b> Continuous even run and/or long intervals</p> <p><b><i>Distance continuous :</i></b> 6-12 km</p> <p><b><i>Length of Intervals :</i></b> 1000/3000m</p> <p><b><i>Rest between Intervals :</i></b> short (no longer than 2')</p> <p><b><i>Global Volume :</i></b> 6-10 km</p> <p><b><i>Sessions :</i></b> 1 per week</p> <p><b><i>Development System</i></b></p> <ol style="list-style-type: none"> <li>1. Intervals (3x2000 in 6'30" rec 2')</li> <li>2. Continuous run (6k at 3'25")</li> <li>3. Intervals (increasing volume)</li> <li>4. Continuous run (increasing distance)</li> <li>5. Continuous run (increasing speed)</li> </ol>

# FUNDAMENTAL PERIOD

	OF TRAINING	800 (1'52")	1.(3'50")
<h2 style="text-align: center;">Aerobic Power</h2>	<p><b><i>Pace :</i></b> 2'55" &gt;&lt; 3'05" / km</p> <p><b><i>Way :</i></b> Middle / Long intervals</p> <p><b><i>Length of intervals:</i></b> 600/1200m</p> <p><b><i>Global Volume :</i></b> 4-7 km</p> <p><b><i>Rest between tests :</i></b> 1' &gt;&lt; 3' (depending on the length of the interval)</p> <p><b><i>Sessions :</i></b> 1 per week (after the first 3,4 weeks)</p> <p><b><i>Development System</i></b></p> <p>1. To reach the volume with long intervals (for ex, 4 x 1200 in 3'30" <i>rec. 3'</i>)</p> <p>2. To reach the volume with modulation between distances and recovery, using the system of SETS (for ex, 1200 in 3'30" – <i>rec. 4'</i> – 2x800 in 2'20" <i>rec. 1'30"</i> – (<i>rec. 4'</i>) – 3x600 in 1'43" <i>rec. 1'</i> – (<i>rec. 4'</i>) – 4x400 in 68" <i>rec. 45'</i></p>	<p><b><i>Pace :</i></b> 2'50" &gt;&lt; 3' / km</p> <p><b><i>Way :</i></b> Middle / Long intervals</p> <p><b><i>Length of intervals :</i></b> 600/2000m</p> <p><b><i>Gobal Volume :</i></b> 6-10 km</p> <p><b><i>Rest between test :</i></b> 1' &gt;&lt; 3' (depending on the length of the interval)</p> <p><b><i>Sessions :</i></b> 1 per week (after the first 3,4 weeks)</p> <p><b><i>Development System</i></b></p> <p>1. To reach the volume with long intervals (for ex, 5 x 1600 in 4'45" <i>rec. 3'</i>)</p> <p>2. To reach the volume with modulation between distances and recovery, using the system of SETS (for ex, 2000 in 6' – <i>rec. 4'</i> – 2x1000 in 2'55" <i>rec. 2'30"</i> – (<i>rec. 4'</i>) – 600 (1'42")/800 (2'18")/600 (1'42") <i>rec. 1'</i> – (<i>rec. 4'</i>) – 5x400 in 68" <i>rec. 45'</i></p>	

# FUNDAMENTAL PERIOD

TYPE OF TRAINING	800 (1'52")	1.(3'50")
<p><b>Lactic Resistance</b></p>	<p><b><i>Pace :</i></b> 14" &gt;&lt; 15"5 (100m) <b><i>Global Volume :</i></b> 3-5 km <b><i>Length of Intervals :</i></b> 400m/800m <b><i>Rest between Intervals :</i></b> 3' &gt; 2' &gt; 1' (depending on the length of the test) <b><i>Sessions :</i></b> 1 every 10 days <b><i>Development System</i></b></p> <ol style="list-style-type: none"> <li>1. To reach volume using shortest intervals (ex, 10x400 in 62" <i>rec. 2'30"</i>)</li> <li>2. To increase the length of tests (ex, 4x600 in 1'33" <i>rec. 3'</i> + 6x400 in 62" <i>rec. 2'</i>)</li> <li>3. To mix tests modulating recovery (ex, 2x800 in 2'04" <i>rec. 3' - (rec. 5') - 3x600 in 1'33" rec. 2' - (rec. 5') - 4x400 in 62" rec. 1'</i>)</li> </ol>	<p><b><i>Pace :</i></b> 14"5 &gt;&lt; 15"5 (100m) <b><i>Global Volume :</i></b> 5-7 km <b><i>Length of Intervals :</i></b> 400m/1200m <b><i>Rest between Intervals:</i></b> 3' &gt; 2' &gt; 1' (depending on the length of the test) <b><i>Sessions :</i></b> 1 every 10 days <b><i>Development System</i></b></p> <ol style="list-style-type: none"> <li>1. To reach volume using shortest intervals (ex, 15x400 in 62" <i>rec. 2'30"</i>)</li> <li>2. To increase the length of tests (ex, 3x1000 in 2'38" <i>rec. 3'</i> + 5x500 in 1'16" <i>rec. 2'</i> + 5x400 in 61" <i>rec. 1'30", 4/5 between sets</i>)</li> <li>3. To reduce the duration of recovery with same volume and length of tests</li> </ol>

***This type of training start after 4 weeks in the fundamental period and can be considered the connection between Fundamental and Special Period***

## SPECIAL PERIOD

TYPE OF TRAINING	800 (1'52")	1.(3'50")
<h1>Lactic Capacity</h1>	<p><b>Speed :</b> 13" &gt;&lt; 13"5</p> <p><b>Global Volume :</b> 1500m/2000m</p> <p><b>Length of Tests :</b> 300/600m</p> <p><b>Recovery :</b> full (10'/15')</p> <p>Ex. : 3 x 600 in 1'23" <i>rec. 10'</i></p> <p><b>Not used during Fundamental period.</b></p> <p><b>We start to introduce this type of training about the half of Special Period.</b></p> <p><b>We use this training once every 2 weeks (when there are no competitions), otherwise once every 3 weeks, alternating with workouts of LACTIC POWER.</b></p>	<p><b>Lactic Power is a quality that can be tested, for everybody, during a duration between 1' and 1'30".</b></p> <p><b>That's the reason because we use the same distance not depending on the length of the event.</b></p> <p><b>Athletes of long distances DON'T NEED a high level of lactic power, so we don't use any training in that direction.</b></p> <p><b>Speaking about the competitions, a race of 400 or 800m can give the expression of the lactic power of the athlete.</b></p> <p><b>The best solution could be a test of 600m, very SPECIFIC for 800m runners, and SPECIAL for 1500m runners</b></p>

**TRAINING DURING SPECIAL AND SPECIFIC PERIOD  
FOR DIFFERENT EVENTS (SPECIFIC TRAINING)**

**800m (1'52")**

**SPEED (Volume : 500 / 600m)**

- a) 150 + 120 + 100 + 80 + 3x60m max, full recovery (6' / 8')
- b) 10x60 / 80m sprint uphill

**SPEED ENDURANCE (Volume : 1200 / 2000m) (% of max. speed)**

2x6x60m (98%) rec. 1'30" [rec. 5'] + 2x4x80m (96%) rec. 2' [rec. 5'] +  
2x100 (95%) rec. 3'  
2x200 (95%) rec. 2' [rec. 5'] + 3x150 (97%) rec. 3' [rec. 5'] +  
5x100 (98%) rec. 4'

**LACTIC CAPACITY (Volume : 1500 / 2000m)**

3x600m (97% of race speed) rec. 8' / 12'  
1000 (93%) + 500 (102%) + 200 (max) rec. 6'  
200/300/400/400/300/200 at 112% - 108% - 105%, rec. 5'  
4 x 400m at 105% rec. 5'

**Example of speed for an athlete with PB of 1'52" :**

3x600m in 1'22" (passage of the race)  
2'30" + 1'08"5 + max  
24"8 + 38"5 + 53" + 53" + 38"5 + 24"8  
4x400 in 53"2

**TRAINING DURING SPECIAL AND SPECIFIC PERIOD**  
**FOR DIFFERENT EVENTS (SPECIFIC TRAINING)**  
**LACTIC RESISTANC (Volume : 3000 / 4000m)**

8x500m (93%) rec. 3'  
10x300m (100%) rec. 3'  
1000 (88%) rec. 4' + 3x600 (96%) rec. 3' + 5x200 (104%) rec. 2'  
4 x [600 (97%) rec. 2' + 200 (104%)] rec. 5'

**Example of speed for an athlete with PB of 1'52" :**

8x500m in 1'15"  
10x300m in 41" / 42" rec. 3'  
1000 (2'36") + 3x600 (1'27") + 5x200 (27")  
4 x [600 (1'26") + 200 (27") rec. 2'] rec. 5'

**AEROBIC POWER (Volume : 4000/5000m)**

2x1000m (85%) rec. 4'/5' + 2x800 (90%) rec. 3'/4' + 2x600 (93%) rec. 2'/3' [rec. 5'/6']  
4x500m (90%) rec. 1'30"/2'30" + 5x400 (92%) rec. 1'/1'30" + 3x300 (98%) rec. 1'/1'30" [rec. 4' / 5']  
1000m (81%) rec. 3' + 800m (86%) rec. 3' + 600 (90%) rec. 2' + 2x400 (90%) rec. 1' + 4x200 (100%) rec. 40" [rec. 3'/4']  
3x300 (90%) rec. 40" [rec. 3' / 4'] + 3x300 (95%) rec. 1'20" [rec. 3' / 4'] + 3x300 (100%) rec. 2'30" [rec. 4' / 5'] + 3x300 (103%) rec. 3'  
/3'30"

**Example of speed for an athlete with PB of 1'52" :**

2x1000m in 2'42" + 2x800 in 2'04" + 2x600 in 1'30"  
4x500m in 1'18" + 5x400m in 61" + 3x300m in 43"  
1000m in 2'45" + 800 in 2'08" + 600 in 1'32" + 2x400 in 61"5 + 4x200 in 28"  
3x300m in 46" + 3x300m in 44" + 3x300m in 42"5 + 3x300m in 41"



**TRAINING DURING SPECIAL AND SPECIFIC PERIOD**  
**FOR DIFFERENT EVENTS (SPECIFIC TRAINING)**  
**1500m (3'45")**

**SPEED (Volume : 500 / 600m)**

- a) 150 + 120 + 100 + 80 + 3x60m max, full recovery (6' / 8')  
b) 10x60 / 80m sprint uphill]

**SPEED ENDURANCE (Volume : 1200 / 2000m) (% of max. speed)**

- 2x6x60m (98%) rec. 1'30" [rec. 5'] + 2x4x80m (96%) rec. 2' [rec. 5'] +  
2x100 (95%) rec. 3'  
2x200 (95%) rec. 2' [rec. 5'] + 3x150 (97%) rec. 3' [rec. 5'] +  
5x100 (98%) rec. 4'

**LACTIC CAPACITY (Volume : 1500 / 2000m)**

- 2x800m (100% of race speed) rec. 6' / 8'  
3x600m (105%) rec. 5' / 7'  
1000 (102%) + 600 (104%) + 400 (88-90% PB of the distance) rec. 6'  
200/300/400/500/400/300/200 at 115% - 111% - 109% - 107% of race speed, rec. 4' / 5'  
4 x 500m at 107% rec. 5'

**Example of speed for an athlete with PB of 1'52" :**

- 2x800m in 2' rec. 6'  
3x600m in 1'25" rec. 5'  
2'28" + 1'26" + 53" rec. 6'  
25"5 + 40" + 54"5 + 1'10" + 54"5 + 40" + 25"5 rec. 4' / 5'  
4x500 in 1'10" rec. 5'

**TRAINING DURING SPECIAL AND SPECIFIC PERIOD**  
**FOR DIFFERENT EVENTS (SPECIFIC TRAINING)**  
**1500m (3'45")**

**LACTIC RESISTANCE (Volume : 4000 / 6000m)**

8x500m (98%) rec. 2'

1x1200 (98%) [rec. 4'] + 10x300m (100%) rec. 1'

1000 (98%) [rec. 4'] + 3x600 (100%) rec. 2'30" [rec. 4'] + 4x300 (104%) rec. 2' [rec. 4'] + 5x200 (107%) rec. 1'30"

6 x [600 (100%) rec. 2' + 200 (110%)] rec. 4'

**Example of speed for an athlete with PB of 3'45" :**

8x500m in 1'17"

1200 in 3'04" + 10x300m in 45" rec. 1'

1000 (2'33") + 3x600 (1'30") + 4x300 (43") + 5x200 (28")

6 x [600 (1'30") + 200 (27") rec. 2'] rec. 4'

**AEROBIC POWER (Volume : 4000/7000m)**

3x1000m (94%) rec. 3' + 3x800 (96%) rec. 3' + 2x600 (100%) rec. 3'

6x500m (96%) rec. 1'30"/2'30" + 6x400 (98%) rec. 1'/1'30" + 6x300 (100%) rec. 1'/1'30" [rec. 4' / 5']

1600m (92%) rec. 4' + 1200m (95%) rec. 4' + 1000 (96%) rec. 4' + 800 (97%) rec. 4' + 600 (99%) rec. 3' + 400 (102% max speed in the specific period)

3x300 (92%) rec. 30" [rec. 3'] + 3x300 (98%) rec. 50" [rec. 3'] + 3x300 (102%) rec. 1'15" [rec. 3'] + 3x300 (106%) rec. 2'30" [rec. 4'] + 3x300 (110%) rec. 4'

**Example of speed for an athlete with PB of 3'45" :**

3x1000m in 2'40" + 3x800 in 2'05" + 3x600 in 1'30"

6x500m in 1'18" + 6x400m in 61" + 6x300m in 45"

1600m in 4'16" + 1200 in 3'09" + 1000 in 2'35" + 800 in 2'03" + 600 in 1'31" + 400 in 59"

3x300m in 48" + 3x300m in 46" + 3x300m in 44" + 3x300m in 42" + 3x300m in 40"5