



# Planning Your Year

Planning a year with 2 major peaks

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**January 2017**



VICTORIAN RACE WALKING CLUB



# Planning Your Year

**Sit down with your coach and decide on your major/minor competition goals**

**Target your key races**

**Periodise your year into its phases**

- **Preparation Phase 1**
- **Transition Phase 1**
- **Competition Phase 1**
  
- **Preparation Phase 2**
- **Transition Phase 2**
- **Competition Phase 2**

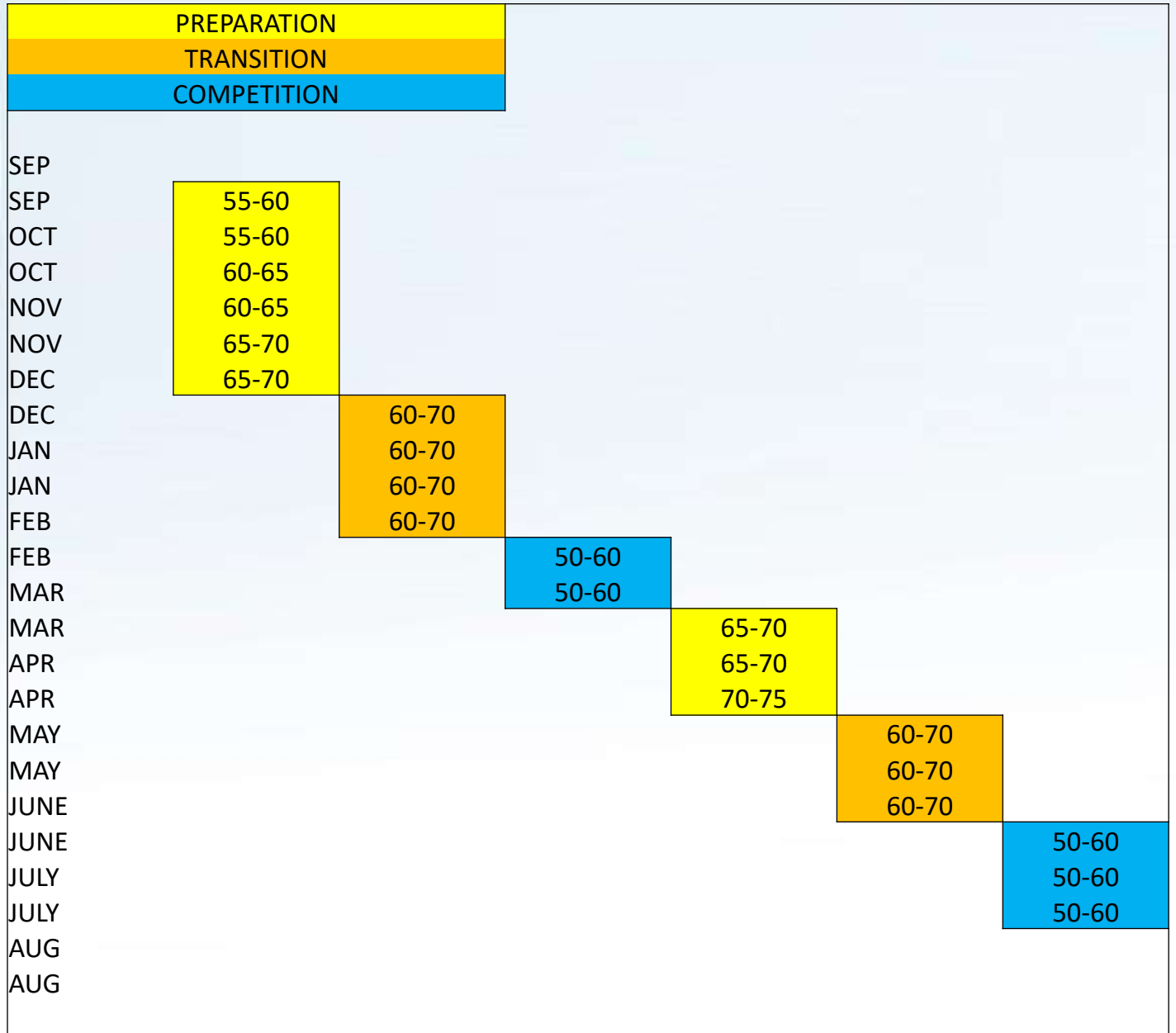
**Vary your training load and intensity accordingly**

# Athlete Profile

**For the purposes of this analysis, the walker**

- **Is a male walker with current PBs of 45:00 (10km road) and 22:10 (5km road)**
- **Is 17 years of age at the time that Phase 1 starts (September 2016) and will be 18 years of age by winter 2017.**
- **Has a good background in walking extending over 4 years of gradually increasing training**
- **Is currently used to specific walk training/racing 5 days per week with an average weekly load of 50km**
- **Has no major injuries at this time and**
- **Has a basically sound technique.**

# Month by Month



# Phase 1 - 3 month Preparation Period

- **3 week break at end of winter season**
- **Phase 1 starts mid Sept 2016, finishes mid Dec 2016**
- **General principles for this period are as follows**
  - **5 walk sessions per week (and 1 optional run)**
  - **One track and one tempo/fartlek walk session per week**
  - **One training session per day**
  - **High volume / medium intensity**
  - **Concentration on technique rather than speed - with a view to eliminating any faults and developing relaxation**
  - **2 Strength and Conditioning sessions per week early in the period, building up to 3 per week towards the end**
  - **Mobility drills as part of every training session**
  - **Total weekly mileage: 55-60km (block 1), 60-65km (block 2), 65-70km (block 3)**

# Phase 1 – Target Races

## Races to target in this period

**Dec 2016      U18 5000m, All Schools Champs**

**Dec 2016      U20 10km, Fawkner Park**

**Realistically you will not be in top racing shape. Coming at the end of the Build-up period, the races are purely pointers to 'where we are at'.**

**The aim will be to be within a few seconds of your current PB in each race.**

# Phase 2 – 2 month Transition Period

- **Start in mid Dec 2017, end in mid Feb 2017**
- **Extends for 2 months using two 4 week blocks**
- **Aim is to start to prepare specifically for racing.**
  - **Speed endurance training is added to the program, combined with the need to continue working on walking fitness and technique.**
  - **Strength training is reduced to from 3 to 2 sessions per week although mobility work should continue with all sessions.**
  - **Here the walker's fitness becomes more specific. Interclub and/or VRWC races (2000m/3000m for Shield, 5km/10km for VRWC) are used as speed endurance sessions.**
  - **All speed sessions will be monitored to ensure that faster walking does not lead to technique faults.**

# Phase 2 – General Principles

General principles for this period are as follows

- **5 walk sessions per week and 1 optional run**
- **Medium volume / increased intensity**
- **Enhanced concentration on speed, continuing concentration on technique**
- **Maximum of 2 Strength and Conditioning sessions per week**
- **Continuing mobility exercises during walk session warmup**

**Total weekly mileage 60-70 km**



# Phase 3 – 5 Week Competition Period

Extends from early Feb 2017 to mid Mar 2017.

Aim is to reach peak performance through a small number of buildup races. Example target races and target times are indicated.

A flexible approach will be needed to decide which leadup races you will target.

Training during this period must be flexible to accommodate travel and racing.

Feb	Australian 20km	U20 10km	44:00
Feb	State Junior Champs	U20 5000m	21:50
Mar	State Open Champs	Open 5000m	21:35
Mar	Aust Junior Champs	U20 10,000m	43:30
Mar	Aust Open Champs	Open 10,000m	43:00

# Phase 3 – General Principles

General principles for this period are as follows

- **Five walks and one optional run per week**
- **Low volume / high intensity**
- **Inclusion of longer speed repetitions with an emphasis on achieving and maintaining race pace**
- **Continuing concentration on technique**
- **Maximum of one Strength and Conditioning session per week**
- **Continuing mobility exercises during walk session warmup**
- **Total weekly mileage reduced to 50-60km**

# Phase 4 - Second Competition Period

The Second Competition Period extends for 6-8 weeks from early June 2017 to late July 2017.

The scope of this period is similar to that of the First Competition period with the overall training load around 60-70 km per week but with the speed interval work of a higher standard.

Key races in this period, with target times, are shown below:

June	LBG Carnival	U20 10km	43:00
July	State Champs	U20 10km	42:30
Aug	Aust Champs	U20 10km	42:30

# Phase 4 – General Principles

General principles for this period are as follows

- **Five walks and one optional run per week**
- **Low volume / high intensity**
- **Inclusion of longer speed repetitions with an emphasis on achieving and maintaining race pace**
- **Continuing concentration on technique**
- **Maximum of one Strength and Conditioning session per week**
- **Continuing mobility exercises during walk session warmup**
- **Total weekly mileage reduced to 50-60km**