



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

This is Track & Field

TheETG Training Packets

Mission: Expand the area of what is possible for human performance in distance running. One of TheETG methods of achieving that is to proliferate applied science based information by way of –free– packets containing plain language info for “the average joe” seeking to move themselves or others forward

As you continue to acquire and apply more information you continue to expand the area of what is possible.

The functioning of brain cells, muscle cells, blood cells, -all cells- are governed by the laws of nature. The laws of nature -are- the underlying mechanisms of how everything works. The laws of nature that control human cellular function are -not- governed by your chosen belief system or the dogma you have been indoctrinated into, or the dogma you refuse to set aside.

“Nature, to be commanded, must be obeyed.” —[Francis Bacon]

Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone insuring that new information gets shouted down as pride, ego, and resistance to change supplant data, logic and reason. Put data ahead of dogma. Follow the data -not- the crowd.

“In God we trust...Everyone else must bring data.” —[W.Edwards Deming]

To be a good track coach one must **-first- be a good physiologist.**

To be a good medical doctor one must **-first- be a good physiologist..**

To be a good physiologist one must -first- be willing to.....

- put data ahead of dogma, follow the data -not- the crowd
- put science ahead of indoctrinated tradition
- put logic and reason ahead of faulty assumptions
- put mechanisms ahead of correlations and “risk factors”
- put critical thinking and clinical reasoning ahead of a memorized set of “if-then” statements
- read and apply large amounts of published research
- accept outcomes as the judge and jury of your work

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The Hurdle Events

The hurdle events can be best conceptualized broadly by grouping them in to sprint hurdles, long hurdles, and the Steeple Chase. There is only 1 sprint hurdle event. For men its 110 meters in length, for women its 100 meters. The height of the hurdles is higher for this event than for the longer race. The long hurdles event is 1 lap around the track, 400 meter hurdles. The Steeple Chase event is 3 kilometers. In this event, one of the 5 hurdles per lap is set directly in front of a pit of water. Thus, we have the.....

--- 100m hurdles [women] --- 110m hurdles [men] --- 400m hurdles --- 3000m Steeple Chase

The Multi-events, And The Walking Events

The two groups of events that are some combination of track events and field events are the multi-events [ie decathlon, and heptathlon], and the walking events, more popularly referred to as the Race Walk.

The Decathlon [for men] consists of 10 events....

- 110m hurdles - 100m dash - 400m dash - 1500m run - long jump - pole vault - high jump - shot put - discus - javelin

The Heptathlon [for women] consists of 7 events.....

- 100m hurdles - 200m dash - 800m run - long jump - high jump - shot put - javelin

The walking events will vary in distance depending on the track meet, but at the championship meets [national, world], there will be a 20 kilometer and 50 kilometer walk for men, and for women a 10 kilometer walk.

Sources of Income For Professional Track & Field Athletes

-- Track Meet [or road race] Appearance Fees

A stipend paid to athletes for showing up and competing at a meet.

-- Prize Money

A stipend paid to athletes based on place of finish in their race or field event.

-- Sponsorships

A contract with athletes by a business entity that sponsors athletes, requires the athletes to wear uniform bearing the company trademark logo, and/or wear a product made by the company [ie running shoes].

-- Endorsements

A contract with athletes by a business entity that purchases from the athletes, their individual publicity rights [ie. use of the athlete's name, photographic image, voice, etc] for use in print internet ads, or radio, and TV commercials].

-- Performance Bonuses

A stipend paid to athletes by the world governing body of the sport [IAAF] and/or a track meet director, based on performance [ie world record, meet record] in their race or field event.

-- Athlete Support Stipends

A stipend paid to athletes by a governing body of the sport [ie. USA Track & Field, IAAF, U.S.Olympic Committee] based on end of year ranking in one's event or other performance criteria.

-- Event Appearance Fees

A stipend paid to athletes by hosts of various events [ie. road race expo, kids track camp, adult running camp, etc]

Types of Track & Field Meets

In the United States, there are 3 main categories of track & field meets. These are separated based on the nature of the events offered, and the degree to which there is an elitist selection of athletes to compete.

-- Relay Meets

These are very large, very long meets that are primarily comprised of relay events. Due to the relays requiring 4 athletes each, and the fact that quite a few teams are allowed to compete, these meets tend to have thousands of athletes competing across a 2 to 3 day period. They offer a few of the individual events listed above, but the main draw are the relays. These meets are usually held fairly early in the Spring. Some of the more popular meets are the Penn Relays, Texas Relays, Drake Relays, and Mt. Sac Relays.

-- Invitational Meets

These are slightly smaller large than relay meets. Their focus is on the traditional event line-up. These meets are still large enough to take up 8 - 12 hours across a 1 to 2 day period.

-- By Invitation Only Meets

These are very small meets in terms of the number of athletes allowed to compete. Many of the athletes competing will receive appearance fees and/or prize money. Many if not most of the athletes competing will be professional athletes. The meets are usually completed within 2 - 6 hours on a single day.

"The Majors"

for American pro track athletes

--- Prefontaine Classic [Eugene Oregon]

held every year
usually in late May or early June

--- Bislett Games [Oslo, Norway]

held every year
usually in June

--- Weltklasse [Zurich, Switzerland]

held every year
usually in August or early September

--- USA Track & Field Championships

held every year
usually in late June or early July

--- World Track & Field Championships

held every 2 years.....in odd numbered years such as 2013, 2015, 2017, 2019, etc.
usually in August

Track Etiquette

For Walkers, Joggers, and Runners

Each year at local neighborhood tracks in the United States, as many high school and college track coaches can attest, folks of all ages and sizes get run over or contribute to injury of someone trying to avoid a collision.

If you didn't grow up inside the sport of Track & Field you may not have learned either by being taught or by experience about the existence of some relatively universal rules of proper etiquette to follow when you're at your local track. These can help reduce the number of experiences where you're uncertain about whether you're doing something wrong, get dirty looks, get yelps from an angry coach, or get runover as does tend to happen more frequently than you might think.

If you have a kid [especially female] that's running track as a freshman in high school or college, chances are that they will get runover or will witness a fellow freshman getting runover at track practice at some point during their freshman year of indoor or outdoor track.

There are several rules.

If you're a walker or jogger, non-elite level runner, the first rule is this.....Never feel inferior to anyone at a track.

You're as entitled to be there and walk, jog, or run as anyone else.

No big headed wrong minded athlete or coach is any more entitled to be there or to run in lane 1, than you.

----- rule #1 of Track Etiquette

See the track as you would a highway.

Lane 1 is the fast lane.

Use lane 1 for walking, jogging, or running at a pace that's fast for you. Lane 1 is the fast lane.

The outer lanes are for standing, sitting, laying down, or walking-jogging at a pace that's casual and easy for you.

----- rule #2 of Track Etiquette

Treat lane 1 like Holy ground.

Never, ever, under any circumstances walk casually, stand, sit, lay down, or do pushups--situps--jumping jacks--or other exercises in lane 1.

Lane 1 is the fast lane.

----- rule #3 of Track Etiquette

Treat lane 1 & 2 as you would a street.

Never step into lane 1 or 2 prior to looking both ways.

Never step into lane 1 or 2 with your back to oncoming traffic.

----- rule #4 of Track Etiquette

While in lane 1....if you hear someone yell "track", or hear someone yell "lane 1" immediately and without hesitation move to your right and vacate lane 1. You can return to lane 1 after the person[s] pass.

Do not turn around to see what's happening.

Do not start moving in one direction then go back in the other.

Do not move in an indecisive manner.

Get out of the way or get runover.

No matter how big or tough or how much of a tax payer you are, your legs and back will bleed when punctured by track spikes or racing flats just like everybody else. Get out of the way or get runover.

----- rule #5 of Track Etiquette

If you're running in lane 1 and are rapidly approaching someone you want to move out of that lane.....yell "track" or yell "lane 1". Do not get angry, do not yell "move", do not yell profanities.

----- rule #6 of Track Etiquette

When with a group, encourage everyone in it to observe proper track etiquette. No standing in lane 1. Yell "track" or yell "lane 1" on behalf of others that aren't in your group that you see approaching your peeps in lane 1.

To walkers & joggers....

Should you prefer to use the outer lanes, some info for you.....

A track should be 400m [about 1/4 mile] per lap so 4 laps is about 10 yards short of a mile. Relatively well measured tracks are measured about 1 foot out toward lane 2 from the inside of lane 1. So walking or jogging in the outer lanes, you add about 2 yards per lap to the distance you cover for every foot you're out from that 1 foot mark in lane 1.

Most tracks have at least 6 lanes so walking in lane 6 would add about 30 yards per lap beyond 400m to your distance covered.

So 4 laps in lane 6 would be walking about a football field more than 1 mile.

But again, if you're moving at a pace that's fast for --you--, feel encouraged to do it in lane 1. Never grant yourself permission to feel inferior to anyone at a track.

Which of the rules of proper Track Etiquette do you see being violated by experienced track athletes in these videos

<http://www.youtube.com/watch?v=m67uRPIT38c>

<http://m.youtube.com/watch?v=JmONKS9ehcs>