



TheETG Training Principles

Do these things and you remove the major limitations that are embedded in the design of traditional training programs in track & field distance running.

1 --- Standardization & Progressions

Think standardization.....Choose a group of workouts and stick with those workouts all year around.

In human physiology and the subject of training stimuli, variety is -not- always your friend.

Thus road workouts should be repeated on the --same-- course. Tracks or type of track surface should be the -same- from one workout to the next. Workouts, rest days, and break periods should be standardized.....rather than "making it up as you go".

And the presence of potent training stimuli should be permanent in the training program.

Never "periodize" those workouts out of the training program across the course of a season or year.

Base building workouts should be designed in a standardized manner such that over time, as the body responds via training adaptations, the target times can be reset for progression to faster target times.

Provides greater control to the coach to create a stepwise progression of the training stimulus.

This should be a permanent characteristic in workout design.

2-- Stay ahead of tissue tightening and tissue strength needs

Look to successfully address this. All is lost if you don't get this done.

Tissues tighten over time due to training!!! They lose range of motion. This major issue in our sport shows up everywhere you look in the form of muscle spasms, cramps, micro-tears, strains, pulls, all typically occurring at the worst possible time because these issues happen when your fitness level is moving forward. They happen because your fitness level is moving forward. They happen at times when things are going well. The rate of tissue tightening as your fitness level progresses may exceed the rate, frequency and/or effectiveness of your stretching protocols [range of motion exercises = ROM's]. Hamstrings, calves, quads [and in throwers = pecs, biceps].

Use long hold [5 - 10 minutes] Range Of Motion exercises to stay ahead of tissue tightening.

All is lost if you don't get this done. Also, if the level of tissue strength necessary to endure your training loads exceeds what your tissues have, the tissues that are the weakest link in the chain may require you to improve the effectiveness of your strengthening protocols or reconsider the design of your training program.

3 --- Rest Days, Stay anabolic

Nutritionally, the focus is protein and micronutrient intake....not carbo loading.

Keep the body in an anabolic state. If you get that done everything moves forward. If you don't get that done nothing else matters.

You should permanently place days off in your training program in a standardized, non-"make it up as you go along" manner.

That's days, as in the plural form of that word.

In a velocity oriented training program there should be multiple days rest between run training workouts.

In designing a training program, faulty assumptions are the mother of all screwups.

Training less requires less rest = faulty assumption.

Higher intensity training requires less training but more rest between workouts.

4 --- Most training in interval form

You get the most fit at the paces you train on the most.

Faster training increases the potential for achieving higher levels of fitness, and thus running faster times in races. At the cellular level both endurance and speed emanate from relatively high velocity aerobic training, especially when done on mega-sized hills. You'll have "speed" whether you do sprints or not, you'll have endurance whether you do "long runs" or not.

All year around do an abundance of goal pace workouts. Avoid having these workouts appear and disappear based on time of year or time of season, or relative fitness level. All year around!!!

All year around do an abundance of interval workouts and/or sustained pace workouts in and around the 5 to 10 minute corridor [plus or minus 1 – 2 minutes]. Targeting this corridor forces design of workouts containing relatively high intensity sustained effort training on courses with mega-sized hills that create an elevated demand for relatively high power output from the brain & nervous system. These types of workouts are a velocity oriented version of what is called a "tempo run", or a "long run", and/or "altitude training" in traditional training programs. In terms of physiological training adaptations, "altitude training" is more about the hills that come with being near mountains than the air at altitude.

The multitude of workouts in a traditional training program from the 8 to 12 mile fast runs, to mile repeats, to 15 mile long runs, to the 6 to 9 mile fartleks.....should -all- collectively be viewed as a multitude of different ways a personal trainer at a gym has a client do sit-ups. You don't need a multitude of different ways to do sit-ups.

You can and should choose 1 to 3 effective ways, stick with those.....and ditch everything else.