



# BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB  
VOLUME 8 ISSUE 1 – SPRING 2011

Sponsored by



# Contents

3	Chairman's Report	25	Book reviews: Great Marathon Runners; Bounce, How Champions are Made; Running Anatomy, Your illustrated guide to running strength, speed, and endurance
4	Altitude training	28	World Record Evolution involving British Athlete's
8	Mehdi Baala	29	Do not let anxiety and stress affect your running
9	2010 BMC / Horwill Research Scholar – Richard Taylor	30	The need to improve
10	Ian Stewart Interview	33	Recovery
14	Michael Rimmer Interview	34	European Indoor Championships – Paris
16	Michael Rimmer Presentation	38	World Cross-Country
17	The Athletic Development of Michael Rimmer	39	2011 BMC Annual Coaches Conference and Awards Dinner
22	BMC Fixtures 2011		
24	Tactics		
25	Nick McCormick Interview		



## British Milers' Club

Founded 1963



### National Committee

President	<b>Dr. Norman Poole</b> 23 Burnside, Hale Barns, Altrincham, WA15 0SG
Chairman	<b>Tim Brennan</b> 6 Belmont Drive, Maidenhead, Berks. SL6 6JZ Tel 01628 415748 Email <a href="mailto:timbrennan@britishmilersclub.com">timbrennan@britishmilersclub.com</a>
Vice Chairman	<b>Steve Mosley</b> 95 Beale Close, Danescourt, Cardiff, CF5 2RU Tel 0292 030 6733 Email <a href="mailto:steve.mosley1@ntlworld.com">steve.mosley1@ntlworld.com</a>
Secretary	<b>David Reader</b> 18a Maidenstone Hill, Greenwich, London, SE10 8SX Tel 07929 860389 Email <a href="mailto:davidreader@britishmilersclub.com">davidreader@britishmilersclub.com</a>
Treasurer & Administrator	<b>Pat Fitzgerald</b> 47 Station Road, Cowley, Uxbridge Middlesex, UB8 3AB Tel 01895 811822 Email <a href="mailto:patfitzgerald@britishmilersclub.com">patfitzgerald@britishmilersclub.com</a>
BMC News Editor	<b>Dave Sunderland</b> Oakmore, Atching Hill Road, Rugeley, Staffs, WS15 2LW Email <a href="mailto:david.sunderland2@ntlworld.com">david.sunderland2@ntlworld.com</a>
Statistician & Webmaster	<b>Dr Tim Grose</b> 17 Old Claygate Lane, Claygate, Esher, Surrey, KT10 0ER Email <a href="mailto:timgrose@britishmilersclub.com">timgrose@britishmilersclub.com</a>

### Regional Secretaries

Midlands	<b>Paul Hayes</b> Tel 02476 464010   Email <a href="mailto:hayespaul43@yahoo.co.uk">hayespaul43@yahoo.co.uk</a>
Northern Ireland	<b>John Glover</b> Tel 02890 287246   Email <a href="mailto:john.glover@ntlworld.com">john.glover@ntlworld.com</a>
North East	<b>David Lowes</b> 07930 318651   Email <a href="mailto:coachlowes@aol.com">coachlowes@aol.com</a>
North West	<b>Mike Harris</b> 0161 437 9828   Email <a href="mailto:mikeharris500@hotmail.com">mikeharris500@hotmail.com</a>
Scotland	<b>Norrie Hay</b> Tel 01475 786092   Email <a href="mailto:norriehay@btinternet.com">norriehay@btinternet.com</a>
South	<b>Pat Fitzgerald</b> Tel 01895 811822   Email <a href="mailto:patfitzgerald@britishmilersclub.com">patfitzgerald@britishmilersclub.com</a>
South West	<b>John Knowles</b> Tel 01872 263541   Email <a href="mailto:john.knowles1500@o2.co.uk">john.knowles1500@o2.co.uk</a>
Wales	<b>Steve Mosley</b> Tel 0292 030 6733   Email <a href="mailto:steve.mosley1@ntlworld.com">steve.mosley1@ntlworld.com</a>

### Academy Contacts

Academy Chairman	<b>David Lowes</b> 2 Eggleston Close, Newton Hall, Durham, DH1 5XR Tel 07930 318651 Email <a href="mailto:coachlowes@aol.com">coachlowes@aol.com</a>
Courses	<b>Rod Lock</b> Tel 0238 078 9041   Email <a href="mailto:coachlock@fsmail.net">coachlock@fsmail.net</a>

All official correspondence to the BMC should be addressed to the National Secretary at the above address. All matters so received will be addressed by the national committee at their next meeting. All other requests should be sent to the BMC Administrator Pat Fitzgerald and will be dealt with as soon as possible. Matters concerning specific areas of the club should be sent to the relevant person from the above list.

The BMC are always looking to expand its network of people and locations that host BMC races. If you feel that you can help or want to get involved then please contact the BMC Administrator Pat Fitzgerald.

# Chairman's Report

*Mattias Claesson (Sweden, 107) wins the men's International 'A' 800m*



**BY TIM BRENNAN BMC CHAIRMAN**

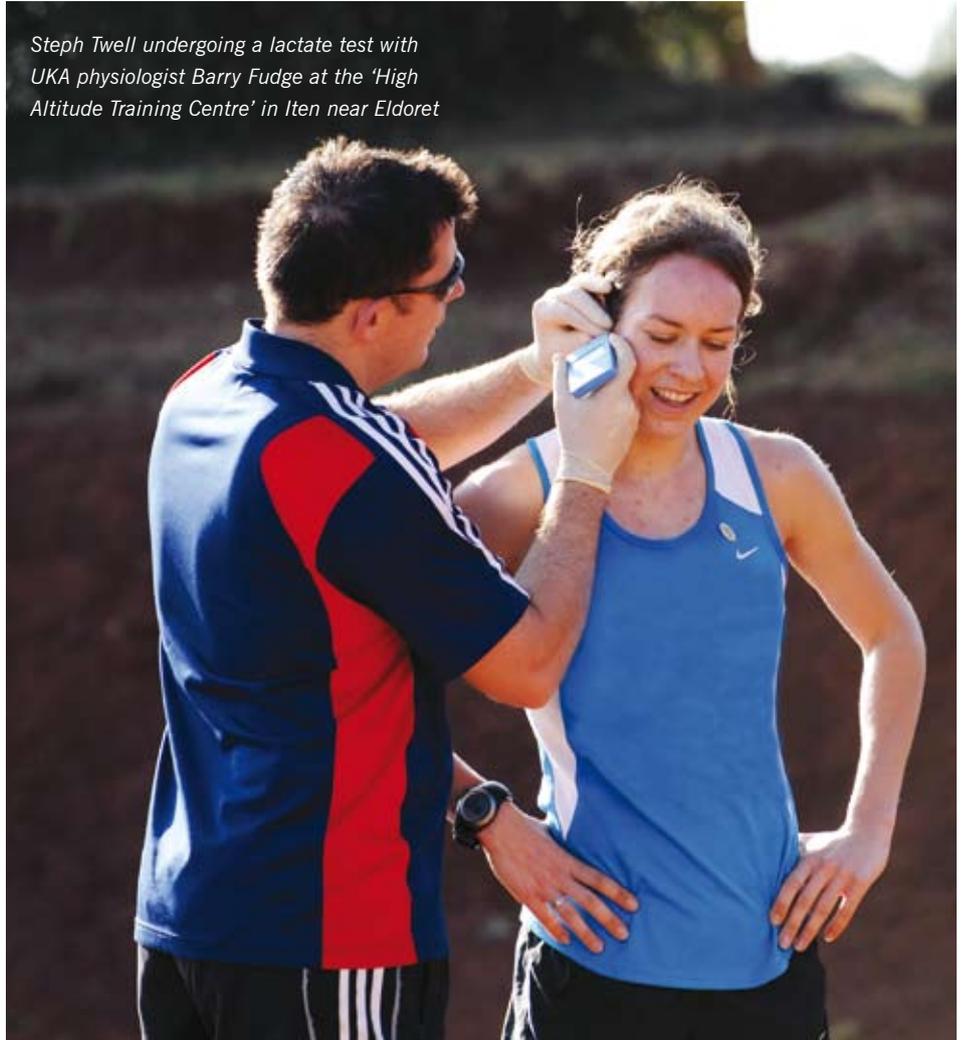
Welcome to the Spring 2011 edition of the BMC News. I hope you have all wintered well and are looking forward to the summer season as much as me. We have a strong competition list this year and ambitious plan for our international meeting

Without the right funding in place we would instead have to restrict what we do, with it in place we can move forward in our defining aim to raise the standard of British middle distance running. Consequently we were very pleased that UK Athletics have renewed their support of the BMC again this season. As part of this the Grand Prix meetings will once more be part of the McCains UK challenge. Put together with the sponsorship from our long term supporters Nike it means that we have a solid financial base to support athletes ambitious to run PBs and achieve championship qualification times.

Our Grand Prix meeting this year will all be at central and popular venues, Sport City, Watford, Solihull, Trafford and Birmingham. We anticipate large turn outs so get your entries in early!

The Watford meeting will host our international races where we invite high quality overseas athletes to provide enhanced competition for our top domestic runners. Matthew Fraser Moat has taken over the organisation of these races and

*Steph Twell undergoing a lactate test with UKA physiologist Barry Fudge at the 'High Altitude Training Centre' in Iten near Eldoret*



has been very active in getting the fields together. It is important that we keep working to make our best races event better as part of the overall aim to improve standards. Watford last year had great in depth performances in all the events so we have a strong platform to build on; there is no reason why this meeting could not become one of the best in Europe.

All the races though are as important as each other whether they are, like the international races targeting World Championship 'A' standard, or like our academy meetings targeting schools qualification times. The BMC aim is to have a competition pyramid which is as broad and as high as we can make it, providing a structure to support the growth of athletes from school to world class. With this in place the opportunity is there for all athletes to fulfil their potential. Indeed a quick study of those competing in the major championships shows that nearly all have

progressed through our competition levels in this way.

So, we believe that the race programme is in place for a great season and we expect to see athletes committing to the pace and being prepared to take the lead. Last season 46% of finishers achieved a PB, it would be great to make that even better.

Best wishes and good luck for the season.

## Cover Photograph

Helen Clitheroe, Paris 2011.

By Mark Shearman

## Printed by:

Warners Midlands Plc,  
The Maltings, Manor Lane, Bourne,  
Lincolnshire PE10 9PH.

## Photography:

Photographs by Mark Shearman  
Email: [athleticsimages@aol.com](mailto:athleticsimages@aol.com)

# Altitude training

THE TRAINING CAMP FOR UK ATHLETES  
IN ITEN WAS FUNDED BY  
UKA AND THE LONDON MARATHON

## Information and recommendations for coaches and athletes

BY DR BARRY FUDGE, ENGLISH INSTITUTE OF SPORT PHYSIOLOGIST WORKING WITH UK ATHLETICS PICTURES: MARK SHEARMAN

With the recent spate of UK athletes training at altitude we asked Barry Fudge for his views and recommendations. The following articles on altitude training are from Barry Fudge who is one of the country's leading experts on altitude training and along with Andy Jones (Exeter University) is a constant on the regular UK altitude camps to Iten (Kenya) and Font Romeu (France).

This document is designed to provide information and recommendations for coaches and athletes on the various types of altitude training and how to implement

them into their annual training plan.

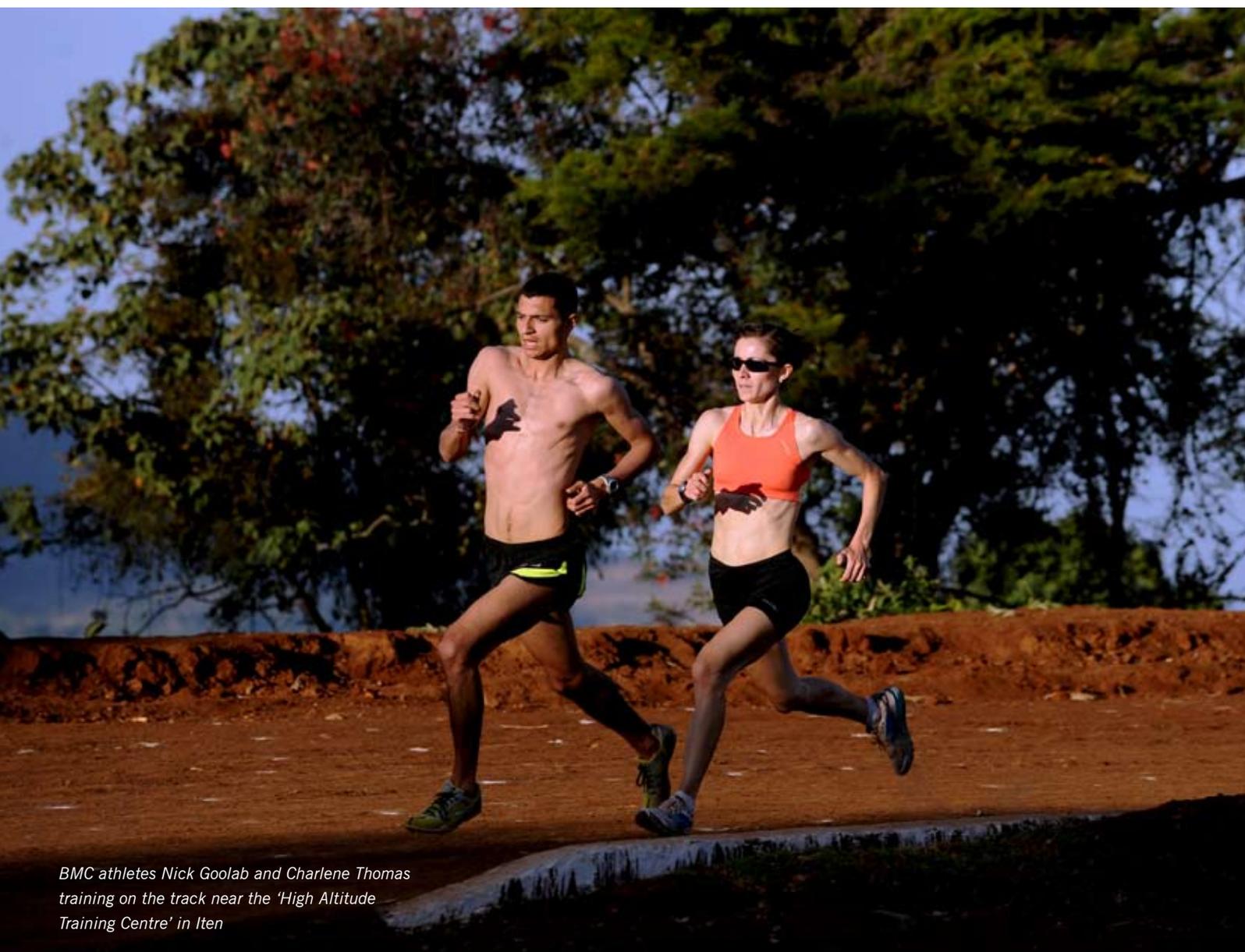
### Background

In any given year it is apparent that the top performances in middle and long distance running events are generally completed by athletes who are either resident at altitude (e.g. east African runners) or have completed a substantial block of training at altitude.

It makes sense then that athletes aspiring to be the best in the world should consider altitude training in their preparations.

From a physiological perspective the main

reason for undertaking altitude training is to increase the number of red blood cells (haemoglobin mass). Red blood cells are the vehicle by which oxygen is delivered round the body to the working muscles; in general terms the more red blood cells the greater the aerobic work capacity. There are also other physiological benefits from living and/or exercising in a low oxygen environment. For example altitude training can generally enhance many other key aerobic elements such as increased capillary number and length, increased number of mitochondria,



*BMC athletes Nick Goolab and Charlene Thomas training on the track near the 'High Altitude Training Centre' in Iten*



BMC athlete James Brewer training near the 'High Altitude Training Centre' in Iten

improved blood lactate removal and improved muscle buffer capacity to name a few.

There is quite often confusion when discussing altitude training as there are a variety of different types and a plethora of terminology. There are essentially three commonly used methods of altitude training; live high train high (LHTH), live high train low (LHTL) and intermittent hypoxic training (IHT). The following section will address each of these areas in sequence.

## Living high methods (i.e. LHTH and LHTL)

LHTH basically means living at altitude and training at altitude. This is the traditional way of completing altitude training, that is, athletes travel to an altitude location and remain there for a period of time. LHTL on the other hand is when athletes live at altitude but train close to sea level altitude; this can be either using an altitude tent to sleep in at night or athletes actually going to altitude and then travelling to sea level to do their training sessions. With help from the London Marathon, British athletes now have the unique opportunity to undertake altitude training on a regular basis throughout the training and racing year. From May to October athletes can live and train in Font-Romeu at an altitude of 1850m above sea level in the French-Pyrenees. Font-Romeu offers both LHTH and LHTL options as athletes can travel to a lower altitude to complete quality workouts. For the remainder of the year athletes can train in Iten, Kenya at an altitude of 2400m above sea level situated in the Great Rift Valley.

### Recommended Use:

#### Altitude Camps (LHTH and LHTL)

- Athletes must be in good shape i.e. adequate iron stores, past training volume (greater than 4-6 weeks), no colds/bugs etc.
- Camp ideally greater than 3 weeks in duration
- Location ideally above 1800m
- Athletes must take the first 3-5 days fairly easy

#### Altitude Tents (LHTL)

- Can be used prior to altitude camps for acclimatisation, as greater quality of training can be achieved when at altitude training camps
- Can also be used to live high and train low i.e. maintain training quality but maximise adaptations in red blood cell mass
- Athletes must be in good shape i.e. adequate iron stores, no colds/bugs etc
- Duration of greater than 6 weeks with ideally 10-12 hours exposure per night
- Altitude ideally greater than 2500m but no more than 3000m

## Training in an altitude chamber (IHT)

By completing moderate-high intensity sessions in an altitude chamber, athletes may gain aerobic adaptations at a greater rate than in a normal environment. Such aerobic adaptations may allow for increased oxygen transport and utilisation at the muscle that may result in improved running economy, a shift in thresholds and increased VO<sub>2</sub>max.

During rehab there is an opportunity to use the AlterG (or any cross training device)

and IHT simultaneously. By using the AlterG in hypoxia, the athlete will experience a reduction in body weight (i.e. reduction in mechanical loading through the legs), whilst maintaining a high degree of aerobic conditioning.

### Recommended Use:

#### IHT

- Needs to be planned longitudinally as part of an athlete's long term aerobic development strategy
- Two sessions per week directed by the coach
- Ideally replacing sessions of an equal intensity in normal training program
- Intensity needs to be at lactate turn point or above for 20-40 minutes for maximum aerobic benefits

## Planning altitude training in to your training year

There are many different strategies for placing altitude training in to an athlete's training plan in order to achieve maximum training adaptations and racing performance. The majority of the strategies employed by world class athletes can be split in to three main categories:

<b>Category A</b> Aims to improve general fitness – especially aerobic capabilities	Duration: 21-28 days
<b>Category B</b> Aims to prepare for high intensity training following altitude	Duration: 21-28 days
<b>Category C</b> Aims to improve competitive performance	Duration: 17-21 days

Generally speaking any athlete who undertakes some sort of aerobic work in the early part of the training year (i.e. winter) may benefit from category A type training. As the training year moves through the phases then category B becomes an option. Planning category B training prior to a hard intensity training block may help an athlete gain more quality from their next training phase and therefore greater training adaptation. This type of work could for example be done in early spring. A training strategy incorporating category C is the most studied in the scientific literature and is one that most people are familiar with and is normally done prior to a major competition.

When deciding what (if any) strategies to include in an athlete's training program a good rule of thumb is that the more the

athlete depends on aerobic mechanisms to get round the track the further down the category list one should consider going.

In order to maximise benefits from altitude exposure it is necessary to follow a number of key steps to consider prior to going to altitude, when at altitude and finally when returning from altitude. The following sections address each of these areas in sequence.

### Things to do pre-altitude camp:

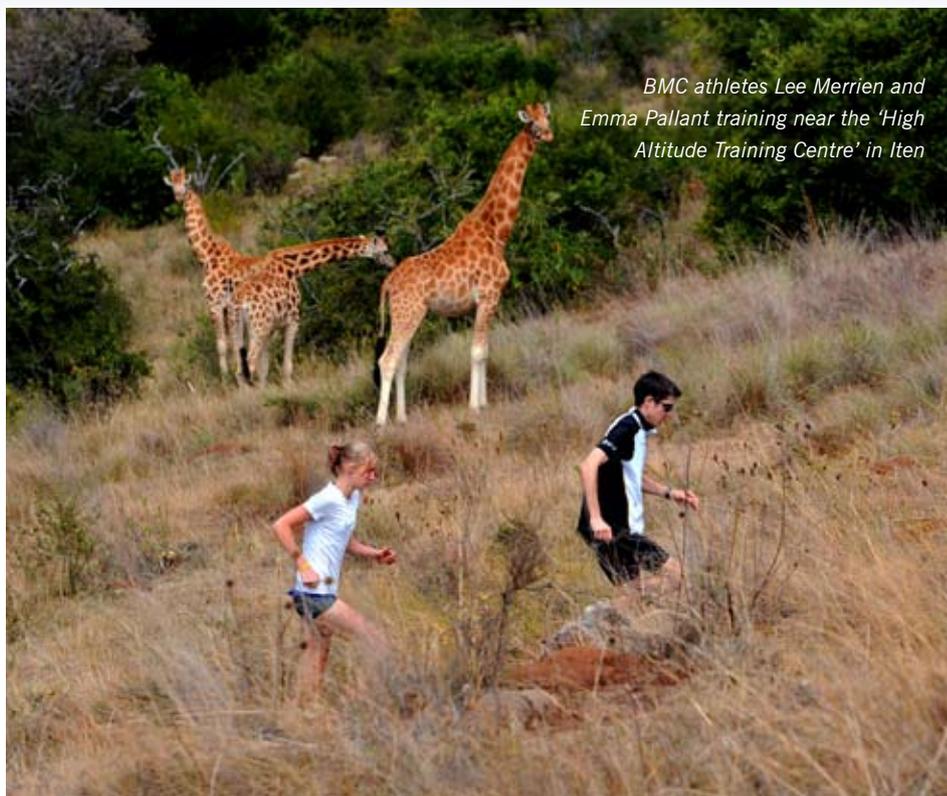
Athletes must be in "good shape" prior to going to altitude with a minimum training volume of 3-4 weeks. Anything less and the increased training stress of running plus altitude may negate any potential performance improvements and may even result in injury or illness.

#### **Obtain a baseline blood test (Ferritin, Haemoglobin, and Hematocrit)**

4-6 weeks prior to sojourning to altitude. This leaves enough time to overcome deficiencies that might negate the benefits of altitude exposure (i.e. low iron stores).

#### **Obtain a baseline physiological profile**

2-6 weeks prior to sojourning to altitude. There are a number of reasons for this type of testing: 1. It ensures athletes are in "good shape" prior to going to altitude; 2. It provides accurate heart rate/pace training zones ensuring optimised intensities for the duration of the camp; and 3. It provides baseline data on physiological parameters



*BMC athletes Lee Merrien and Emma Pallant training near the 'High Altitude Training Centre' in Iten*

that are important for endurance running performance (i.e. lactate threshold and turn point, VO<sub>2</sub>max and running economy).

### Things to do when at altitude:

#### **Control intensity and volume**

There are a number of key physiological changes happening on arrival at altitude (e.g. change in plasma volume, shift in blood bicarbonate etc) meaning it

is important to control intensity and volume in order to not "over do it" at the beginning. Failure to take it easy during this period may result in excess fatigue later on in the camp negating any potential benefits for remaining duration at altitude. The following table is a suggested strategy and will need to be adapted for each athlete's particular needs:



*BMC athlete Emma Pallant training on the track near the 'High Altitude Training Centre' in Iten*

BMC athlete James Shane training near the 'High Altitude Training Centre' in Iten



Day	Aim
1-3	Acclimatisation, initial low volume and intensity, progressive increase in volume and intensity
3-7	Increased volume, higher intensity running
Middle section	Training window, if doing high intensity allow more recovery during and after sessions
Last 1-3 days	Reduce mileage, mixed training intensities, recovery in preparation for descent to sea level

### Optimising recovery

Given the extra stress imposed on the body as a result of altitude exposure compared to sea level training, it is important to rest as much as possible between training runs and at night. Having a good night's sleep is key to maximising the benefits from altitude exposure.

### Potential risks and side effects

Athletes need to be aware of any potential risks and side effects of altitude exposure (particularly if the altitude is greater than 2500m). The main risk/side effect is acute mountain sickness. This typically occurs within 3 hours to 3 days of altitude exposure. Symptoms include headaches, nausea, vomiting, dyspnoea (shortness of breath) and insomnia. Symptoms tend to resolve after several days but they can persist for up to two weeks. If you experience any side effects when at altitude it is very important to contact the science

and/or medical team immediately.

### Things to do post-altitude camp:

#### Post-camp blood test (Ferritin, Haemoglobin, and Hematocrit)

2-3 weeks post altitude camp in order to assess effectiveness of altitude exposure and screen for any deficiencies (i.e. low iron stores).

#### Post-camp physiological profile

3-6 weeks after descending from altitude. A follow up test is important for monitoring progression in key physiological parameters as a result of the altitude camp. Additionally it will provide accurate heart rate/pace training zones ensuring optimised intensities moving forward.

A final recommendation is that athletes keep a detailed training diary of their

experiences before, during and particularly after an altitude camp (e.g. training volume and intensity, morning heart rate, any physiological measures of runs (e.g. heart rate, lactate etc), sleep quality, how they feel day to day, how running feels day to day etc). With reflective analysis a training diary may allow greater optimisation for future altitude camps, particularly when planning an altitude sojourn prior to competition.



BMC athlete James Wilkinson

To discuss any aspect of altitude training in more detail, contact UKA physiologists Barry Fudge (barry.fudge@eis2win.co.uk) and/or Andy Jones (a.m.jones@exeter.ac.uk).

**For further information regarding the UKA altitude camp programme please visit: [www.uka.org.uk/world-class/uka-endurance-2010-altitude-programme/](http://www.uka.org.uk/world-class/uka-endurance-2010-altitude-programme/)**

# Mehdi Baala

## BY LES CROUCH

In recent times the middle, and long-distance, events have seen a preponderance of Africans at the top end of annual lists. Europe in particular has found it difficult to find anybody to match their numbers.

However there is one name that stands out for consistently providing performances up with the best in the world. I refer to Mehdi Baala of France. Born in Strasbourg on April 17, 1978 he has been coached by Jean Michel Dirringer, his first club was ASPTT Strasbourg with whom he was with until 2007 when he changed to Lille Metropole Athle. His career record is listed below:-

## 1500

Year	Age	Time	in Europe	in World
1994	16	4:08.1		
1995	17	3:48.74	58th	
1996	18	3:43.50	16th	
1997	19	3:45.34	35th	
1998	20	3:41.86	15th	
1999	21	3:34.83	5th	38th
2000	22	3:32.05	2nd	11th
2001	23	3:31.97	2nd	14th
2002	24	3:32.03	2nd	9th
2003	25	3:28.96	1st	2nd
2004	26	3:31.25	1st	12th
2005	27	3:30.80	1st	4th
2006	28	3:32.01	1st	13th
2007	29	3:31.01	1st	3rd
2008	30	3:32.00	1st	7th
2009	31	3:30.96	1st	3rd
2010	32	3:34.59	5th	32nd

## Personal Bests

**800 PB:** 1:43.15 (2002),  
**1000m:** 2:13.96 (2003),  
**2000m:** 4:53.12 (2005),  
**Indoor 3k:** 8.08.06 (1998)  
**1 mile:** 3:52.51 (indoor race, 2009)

## Competitive Record:

His 1500 record at OG is 4th in 2000, 4th in 2008. Went out in heat in 2004

- At World Champs 12th in 2001, 2nd in 2003, s-f in 2005, disq in s-f in 2007 and 7th in 2009
- Euro Champs 1st in 2002 and 2006
- World Cup 3rd in 2002
- Euro Cup 1st  
2000/2002/2004/2007/2008 was also 1st 800 in 2000

The above is a very commendable record. He stands, at the present time, 30th on the 800 world all-time list and 6th on the 1500.

# Just can't shake the Habit!



Steve Cram in action at Kielder



Nick Davies - IAAF Director of Communications, Seb Coe and Portuguese marathon star Rosa Mota competing in the 'UNICEF Celebrities Race' in Punta Umbria the day before the World Cross Country Champs

## 2010 BMC / Horwill Research Scholar

# Richard Taylor

Richard Taylor was awarded our second BMC Horwill Research Scholarship in 2010 and below is an outline of his background and his research topic. Richard is currently completing his research and we hope he will be able to present his findings at our 2011 Coach Conference.

Richard is currently employed at Henley College Coventry as a lecturer and manages their HND Sport Science and Sport Therapy courses. He competes for Coventry Godiva Harriers and ran internationally at cross-country and 5km until suffering a partial rupture of his Achilles tendon. He holds a BSc Hons degree from Staffordshire University and a PGCE from Exeter University and is completing his MSc by Research in Exercise Physiology at Coventry University.

In conjunction with the BMC and NP Aerospace, Richard is undertaking a study which investigates the effect the annual training cycle has on athletes' immune function. A further aim is to develop non-invasive markers of immune system suppression to help highly trained endurance runners avoid illness.

Over the last 50 to 60 years there has been a continued increase in the number of reports from athletes and coaches that athletes following hard training and competition schedules suffer from

higher incidences of infection, particularly upper-respiratory tract infections (URTI): coughs, colds and flu (Gleeson, 2000). At present it is agreed that following competition and high intensity training athletes will experience an 'open window' to infection of up to two weeks due to a suppressed immune system (Peters, 2004). More recently it has been identified that suppression of the immune system (which can be monitored using salivary IgA levels) occurs gradually over a three to four week period prior to incidences of infection (Neville et al., 2008) suggesting that there is a potential period prior to infection which, if identified and acted on through appropriate adaptations to training could allow athletes to avoid periods of illness.

Evidence regarding athletes' responses to training in terms of infections is more anecdotal as opposed to scientific evidence. At present current research into monitoring immune function, over-reaching, overtraining and unexplained underperformance has failed to identify specific and effective psychological or physiological markers (Budget et al., 2000; Halson & Jeukendrup, 2004; Robson 2003).

The research will monitor 20 athletes over a 12 month period to show how their immune system responds to training and competition by monitoring their saliva

(Sal-IgA levels) on fortnightly basis. The athletes follow their normal training and racing schedule whilst completing training diaries which include subjective ratings of well-being (e.g. perceptions of recovery, quality of sleep), resting heart rate, as well as details of training and competition. By linking training loads with subsequent periods of infection, this research seeks to identify which components of training and competition (e.g. mileage or intensity) make athletes more susceptible to infection.

The second aim of the research is to investigate a possible link between the athletes' ratings of their well being and incidences of infection. Both objective training loads and subjective well-being ratings will be compared to Sal-IgA levels to determine if either measure is linked to the three to four week immune-suppression period. If a link is found, athletes can use these non-invasive markers to monitor their symptoms, adapt their training if necessary and therefore reduce the risk of infection.

## References

1. Budgett, R., Newsholme, E., Lehman, M., Sharp, C. et al. (2000) Redefining the overtraining syndrome as the unexplained underperformance syndrome. *Brit J. Sports Medicine*. 34(1): 67-68.
2. Gleeson, M. (2000) Mucosal immunity and respiratory illness in elite athletes. *Int. J. Sports Med*. 21:S33-S43.
3. Halson, S. and Jeukendrup, A. (2004) Does Overtraining exist? : An Analysis of Overtraining and Overtraining Research. *Sports Med*. 34(14): 967-987.
4. Neville, V., Gleeson, M. and Folland, J.P. (2008) Salivary IgA as a risk factor for upper respiratory infections in elite professional athletes. *Med. Sci. Sports Exerc*. 40(7):1228-1326.
5. Peters, M. (2004) Posttrace upper respiratory tract 'infections' in ultra-marathoners – infection, allergy or inflammation? *Sports Medicine*. 16(1):3-9.
6. Robson, P.J. (2003) Elucidating the unexplained underperformance syndrome: the cytokine hypothesis revisited. *Sports Med*. 33(10):771-81.



Watford 2010: Ross Murray (256) wins the men's 'B'1500m from Paul Robinson (246) with Harry Ellis (258) finishing third and Garry Bristow (254) fourth

# Ian Stewart Interview

## BY BY EDITOR

Just before Christmas – and his pending marriage – Ian Stewart Head of UKA Endurance and Competitions took time out of his hectic schedule to find time to talk to the editor about his own fascinating running career and how this has moulded his views on endurance running.

### How did you get involved in athletics?

After finishing 118th in the English Schools Cross-Country joined Small Heath Harriers age 15 and was coached by John Walker, training two to three times a week. Because of lack of a training group moved to Birchfield Harriers – where elder brother Peter was a member – but had to serve a suspension before he could represent them. Here he came under the coaching of Geoff Warr.

### Did you start athletics because you were particularly good or because you enjoyed it?

Was good at School although not the best and preferred Cross-Country. After returning from his suspension Ian finished 2nd in the National Youths Cross-Country behind Tony Simmons.

### What influence and effect did Geoff Warr have on you in your formative years?

Geoff was a very knowledgeable coach who helped a great deal in Ian's formative years. However, he did not grow with Ian's development and from his early twenty's Ian began to have a great input into his training programme.

### What made you believe you could be so successful?

Success in winning the Youths National Cross-Country and 2nd in Junior National Cross-Country splitting Tony Simmons and Dave Bedford, plus age bests at 2 miles and 3 miles gave Ian the confidence he was able to compete with the best.

### Did you have any heroes in your early days who inspired you?

None – Didn't know who was outstanding in the sport.

### At that time did you have any preference for track or cross country?

When Ian joined Birchfield he wanted to do cross-country all year round.

### Can you remember what frequency you were training at through your teenage years and what sort of mileage you averaged and also what sort of sessions you did?

As Ian got into training he began to train daily and averaged between 40-45 miles a week. He once did a week of 105 miles and not surprisingly got injured. A typical week would be:-

Sun	1 Hour Fartlek;
Mon	Easy Run;
Tue	10 x 200mts (Track);
Wed	easy 5 miles;
Thur	10 x 400m (Track);
Frid	Steady 4/5 miles;
Sat	9 miles (3 laps of Barr Beacon).

After the Olympic Trials (1968) Ian was shattered despite a UK Junior 5k record. He found the extra 200mts from his normal 3 mile distance too much. After a long chat with the legendary Gordon Pirie who helped raise his spirits he realised that he had to set about upping the volume of his training.

### How did your training change?

After a heated discussion with Geoff and his training partners Ian devised the following training programme which was to be the basic template of his training throughout his career:-

Sun	90 minute run (16 miles) am 1 Hour Fartlek (10 miles) pm – Like a track repetition session but in the Park
Mon	5 miles to work am 5 miles from work pm + Weights in winter 2 miles to and from weights training.
Tue	5 miles to work am 5 miles from work pm + 10 mile Club run
Wed	5 miles to work am 5 miles from work pm + Weights – (Bench Press/Dead Lifts etc.)
Thu	5 miles to work 5 miles from work + Club 10mile group run
Fri	5 mile to work 5 miles from work
Sat	10 mile club group run
	115 miles

After Christmas for the indoor season he would lose a Wednesday run and weights session and do either 16 x 400m off 1 minute recovery or 6 x 800m off 2m30s-3mts recovery on the indoor track at RAF Cosford.

In Summer he would lose the 10 mile Club runs on Tuesday and Thursdays, and replace them with 6 x 800m on Tuesdays – always the longer repetition session early in the week – and 300m or 400m repetitions on a Thursday. This was because he wanted the sharper session at the end of the week when he was likely to be fatigued. He would also replace the 2 x 5mile Wednesday runs to and from work with a 1 Hour run.

Ian described this as the tightrope system, trying to maintain a high volume and quality at the same time, if you don't do enough you fall off and if you do too much you fall off. The art in the quest for Olympic success was staying on the rope. Because of this Ian felt he was at his most vulnerable to injury and illness in April and would always ease off a little because of the volume he had been undertaking.

### In your early twenties you had great success winning both the European and Commonwealth titles? – Tell us about it.

In 1969 after setting a European Senior Record for two milea (8:32.2 secs), Ian won the European indoor 3000m in Belgrade, with a 3:51.3 last 1500m, recording a UK and Championship record of 7:55.4 secs. just twenty. However, because of his youth not expected to figure in the European Championships 5000m in Prague. His build up to these championships saw Ian become Britain's youngest 4 minute miler (3:57.3 secs), win the AAA's 5000m with his first sub 13:40s and improve it to 13:36.4 behind Dick Taylor's UK record (13:29.0). He also set his first UK outdoor senior record with his 3:39.1secs.

In Prague Ian demonstrated tactical ability beyond his years never being off the pace he produced a 56.6 seconds last lap to win by a full second (13:44.8 secs.) from Rashid Sharafetdinova (USSR)

The centre piece of Ian's 1970 season were the Commonwealth games in Scotland where Ian would represent Scotland who he qualified for on his father's side. In the build up Ian won the prestigious Emsley Carr Mile in 3:57.4 sces. He also knew he was in



shape as he reduced his normal 15 x 400 metres to 10 x 400 metres off a minute and averaged 57.8 seconds.

The 5000m in Edinburgh was the race of the games with the current world record holder (Ron Clarke), Olympic and defending Champion (Kip Keino) and European Champion (Ian) taking part. The 10000m bronze medallist Dick Taylor (England) led the field to the 4000m point in 10:52.0 secs., with five men still in contention, the three mentioned plus Allan Rushmer (England) and Ian McCafferty (Scotland). With two laps to go McCafferty hit the front, but was overtaken by Ian with 450m to go passing the bell (12:27.4) with Keino and McCafferty a metre each behind him Keino tried all he could to pass on the back straight but Ian would not be denied seeing off his challenge by the home straight only to find McCafferty attacking him. Ian was relentless and would not cede the lead no matter how close McCafferty got. Ian came home by four metres (1322.8 secs) from

McCafferty (13:23.34 secs) and Keino (13:27.6 secs). His last lap took only 55.4secs (last 200m – 26.4secs) and his winning time had only been bettered by Clarke's world record (13:16.6 secs) and was a UK < European and Championship record. It was one of the most consummate pieces of distance running of all time particularly by a twenty-one year old.

**Did you use any scientific tests?**

None

**You were involved in a famous club at the time – Birchfield – how much did this stimulate and help you?**

Initially he didn't feel wanted which made Ian more determined to show them. He would join in alternate repetitions, then 2/3 of the repetitions with the group until ultimately he was the dominant runner within the group. As he matured as an international he also found the dual International meetings a great learning

experience for future championships as it developed his tactical ability.

**What was your favourite session throughout your career that indicated where you were in your training programme?**

16 x 400m with 1 minute recovery in 58/59 seconds as it was related to the 5000m distance.

**Similarly what was your least favourite session?**

3 x 1 mile with 5 minutes recovery (Best Session - 4m 6 secs; 4m 04 secs; 4m 01 secs.!!)

**Did the depth of talent in the UK at the time in some way make you an even greater or better athlete?**

Yes there were some very good runners about such as McCafferty, Bedford, Ford, Simmons, Black and you always knew you were in for a hard race with Brendan (Foster).

**What prompted your move to 10k or was it part of a long term plan?**

A logical progression and Ian feels he should have moved to it earlier perhaps when he was 23/24 years of age.

**What/who got you involved in altitude training?**

1968 went to the Font Romeu pre-Olympic Camp for 2 weeks and roomed with Jim Hogan from whom he learned a great deal and along with Pirie it made Ian realise he needed to up his volume. He found it worked and made further visits to Font Romeu, St. Moritz (Olympic Camp 1972), Lake Tahoe (USA) and Colorado (USA). As well as the altitude effect he felt that the time to recover and rest was very beneficial when he was used to working and training daily. Feels he would have benefited more if he had had Andy Jones (UKA) and Barry Fudge (UKA) around at the time to advise him. But found Ray Watson an invaluable help whilst there. He also was surprised that how hard people worked at altitude without taking into account they were at altitude. The result being that they did themselves more harm than good. Ian also feels that the time available at a training camp to recover from sessions is also of great benefit to the athlete and is worth an extra 5%

**At your peak how much mobility and conditioning/strength did you do?**

No mobility specifically as involved in a great deal of stretching and body weight

work in his job where he was on his feet all day long. He did weight training as his training programme shows.

**Leading into major Championships when would you begin to taper for them and would this involve reducing sessions, mileage, etc?**

Ten to fourteen days out from the Championships he would ease off the volume and the sessions to come to the race fresh.

**Munich 5k what was your feeling going into, during and after the race?**

After missing most of 1971 through injury Ian put in a hard winter's training finishing third in the World Cross-Country. He trained hard into the trials without easing off in the belief that three would not beat him – he finished third. He had been at altitude (St. Moritz) prior to trials for 3 weeks and then went back to Font Romeu for 3 weeks with the Olympic team, Harry Wilson and Ray Watson. His coach (Geoff War) did not attend either camp. He knew he was in shape having run 6 x 800m off 2 minutes 30 seconds recovery in 1:58s at altitude. Ian came down to Stockholm to race a two miles prior to going to Munich and set a UK record of 8:22 secs.

Feels Geoff took the edge off him prior to games by wanting him to show his fitness to him. Ian did above session averaging 1:56 seconds, but did not need to do this just taper.

In the race it's self Puttemans took Ian off the pace approaching the bell. Despite finishing quicker than anyone else he took the bronze medal from Prefontaine, but behind Gamooudi and double winner Viren. Retrospectively he was very disappointed and feels he did not race enough after the trials - one race in Stockholm – prior to the Games.

**What happened in 1974?**

After finishing 2nd to Brendan in the previous Summer's trials Ian finished 5th (5000m) and 6th (10000m) in the Auckland Commonwealth Games held early in 1974. Ian then took a break from running and went to cycling.

**How did you manage to mix winning Indoor and World XC titles in such proximity?**

Returning refreshed he got himself in good shape to run both. In the indoor championship race, he won the 3k and for the following week did easy running at 7 minutes per mile. The World Cross-Country ( San Sebastian, Spain) was in 90 degrees heat and was held on a trotting track. No warm up was required – just stretching,



strides and hydrating. The course and temperature suited Ian after his indoor performance.

**How important in your career was your mental toughness?**

Very – but it was not something Ian worked at, as it just came naturally as he was so very competitive. An example of this attitude is his Olympic bronze medal which is in Columbus University Museum. Ian felt that he may not have been the best runner but he was a very good racer.

**You did all this as well as holding down a full time job. How did you manage this with the volume of your training?**

Not easy but you have to be committed and have good discipline and time management. He did not gain financially from the sport. When he got to world class he finished work earlier in the day to aid his training and recovery.

**If you had to pick one race that gave more satisfaction than any other, which would it be?**

He could not separate Commonwealth, European – Indoor and Outdoor – and World Cross Country successes.

**Which contemporary athlete in your events did you fear/respect the most?**

Harald Norpoth, Kip Keino, Lasse Viren, Ben Jipcho and Henry Rono – Internationally. (See earlier question re-domestic opposition)

**Looking back, did you achieve everything that you wanted to in terms of times and Championships or have you any great disappointments and/or regrets?**

Yes – Could have run quicker but his whole philosophy was about racing and competing, therefore times were always secondary.

**Would you change anything in terms of progression, development, preparation or training?**

Not really but would have enjoyed the current situation where he did not need to

work and would have good medical support and constant access to altitude camps. Feels he probably went too high (Maximum 154 miles) and eighteen weeks at 100 miles plus in training without medical supervision.

**Leading into 2012 who impresses you at the moment?**

Haile Gebraisallase, Tirunesh Diababa and Kenisa Bekele.

**If you could give one piece of advice to emerging youngsters what would it be?**  
Need to develop a good endurance base, as Kenyan youngsters have this from an early age. Therefore, more running is required. The coach should be 100% committed to you. But you also have to take responsibility too. You know how you are feeling not the coach. Don't keep repeating the same mistakes.

Other Records		
UK Age Bests	2 Miles	9:12.18 (Age 16) and 8:55.00 (Age 17) 8:46.00 (Age 18)
	3 Miles	13:59.60 (Age 17)
European Junior Records	3 Mile x 2	13:39.80 and 13:28.40
	3000m	8:01.20
	2 Miles	8:35.60
European Indoor Record	2 Miles	8:32.20 and 8:28.40
Indoor UK Record	3000m	7:55.40
Youngest Sub-4 minute miler at the time		
Winner of prestigious Emsley Carr Mile		

Event	Personal Best	
1500m	3:39.12	69 (UK Record)
Mile	3:57.30	69
2000m	5:02.98	72 (UK Record)
3000m	7:46.83	76
2 Miles	8:22.00	72 (UK Record)
5000m	13:22.85	70 (Erp Record)
10000m	27:43.03	77
10 Mile Road	45:13.00	77 (World Best)

Major Results	Event
European Gold	3000m – Indoor 1969
European Gold	5000m – Outdoor Prague 1969
Commonwealth Gold	5000m – Scotland 1970
World Cross Country – 3rd	1972
Olympic Bronze	5000m – Munich 1972
Commonwealth Games – 5th	5000m - Christchurch
Commonwealth Games - 6th	10000m - Christchurch
European Gold	3000m – Indoor 1975
World Cross-Country Gold	San Sebastian 1975
Olympic Games 7th	Montreal 1976



# Michael Rimmer

## Interview with Dave Sunderland at the BMC Symposium Manchester November 2010

BY JENNY HARRIS

- Michael was a phenomenal talent from a young age – winning English Schools. He was interested in football as a youngster, playing centre back, so was quick. His athletics career started at Southport when he was 9 years old, where he went once a week, on the encouragement of his father.
- Michael broke the UK Record at 11 for the 1500m with a time of 4 min 35 secs.
- John Bradshaw then became Michael's coach and he thought that Michael's best event then was probably the 1500m. They went to a Stretford BMC meet, but the 1500m race was on at 9.30 p.m. so Michael tried the 800m and achieved a time of 2min 01 secs. This was the event he went on to compete in at the English Schools Championships.
- Michael Johnson was Michael's hero in the mid 90's.
- Michael won titles at the AAA U15 Champs, and was champion both years at U17, and winning the English Schools equivalent age groups, despite training only 3 times a week. He was concerned at this stage with not getting injuries and staying healthy – he felt he had a weak chest and was prone to bronchitis, so was wary of training hard.
- Michael always thought he could make it as a senior athlete and was confident of achieving British Records, but his performance stagnated in his last two years as a Junior and he didn't progress. However, achieving 1 min 48 secs, while only training 3 times a week, made him realise he might be special.
- Michael was probably only running on average 20 miles a week before he joined Norman Poole. In his first year training with Norman he was probably running 40/45 miles per week and his time improved from 1 min 48 secs to 1 min 45 secs. Michael does however have a condition called Compartment Syndrome, which means he finds large mileage difficult and therefore the fact that he did so little while he was younger

could easily have protected him from injury.

- They don't do any major testing on Michael – just checking heart rates and lactate threshold pace, which is done twice a year.
- As a Junior Michael found the BMC races very important, because he was about 3 seconds faster than anyone else of his age, he was able to race the seniors at Stratford to improve his times.
- His favourite sessions were split 800m's (with a 600m in 1min 16 secs) and 4 x 400m or 5 x 300m and he kept a training diary so that he knew the key sessions he liked going into the race season.
- His least favourite session was 3 x 10 minutes on grass!

### Fact File

2002 - 16th Junior International  
2003 - 4th World Youth Championships  
2004 - 8th World Junior Championships  
2005 - 8th European Junior Championships  
2006 - 8th European Championships

In 2007 when Michael went to Osaka it was quite a shock, having been a big fish in a small pool, it was different now, but he found it a great learning curve.

**Are hill sessions important?** Michael thinks it is very much down to the individual, but for him they really suited him and would give him a psychological lift as well. He liked the feeling of gaining power, and he also likes weights in the winter. He keeps his hills going through the summer.

**Re: Dr. Steve Peters** – psychiatrist with British Cycling, who has been helping Michael. He taught Michael that when negative thoughts come into your head you should back them up with positive truths. Talk the negative aspects out of your head. Michael knows that the 'chimp' might appear at about 500m into a race to tell him he is feeling like "crap", but you would

know that it would hurt at that stage.

**Re: Tapering** – after trials Michael likes to retain quite a lot of training and doesn't really taper. He goes to the training camps two weeks before major competitions to sharpen up. If there is a time difference at a holding camp, be aware of this, and don't change your routine too much. Before Berlin he read and slept a lot so felt lethargic and felt he lost form.

**Re: Coping with process between rounds, physically and mentally** – Ensure you get a long enough warm down, about 20 minutes of active warm down and then ensure you replenish your food, electrolytes and amino acids.

**Re: Asthma** – at last Michael's doctors have discovered how to treat Michael's asthma. Before this year he could never recover properly the day after a race because his airways remained constricted.

**Re: Drills** – Michael does drills every day now (up slight hill). He does these not only to improve ground contact time, but also to prevent injury.

**Re: Weights** – In winter Michael does circuits twice a week and weights twice a week – mainly exercises like squats, cleans, front and back squats, plus on Fridays he will do single leg squats and other leg exercises. Michael pointed out that a change of pace starts with the arm action, so you need to work on your upper body as well. He keeps his circuits going until later in the year, but when he is doing more specific work he changes the weights sessions to hill sessions as he believes you recruit more muscle fibres doing hills.

**Re: Rest** – In 2005 Michael was training 3 times a week, now he does 12 sessions a week, with no rest days and with double sessions on 3 or 4 days of the week. Norman has been cautious with Michael's training over the last 4 years and not pushed unless needed.

**Re: Funding** – Michael believes that a lot of pressure comes with funding – but the main positives are the medical support.

**Re: Group environment** – Michael believes this is very important. He didn't progress as a late Junior and feels he missed out on and needed the competitive group spirit in training.

**Re: Trying a 400m or 1500m race** – Michael wants to compete in 800m races, but would like to try the other distances sometime. The third lap of the 1500m scares him at the moment!

**Re: Prior to European Championships** – They looked back and viewed European Cup races e.g. Tom McKean's races and tried to learn from where athletes made mistakes.

**Re: Barcelona** – Michael was devastated not to win. He had no negative thoughts and thought he was going to win. Michael feels 2nd and 4th are the worst positions as 2nd is “nearly man” and 4th gets nothing.

**Re: Views on other 800m runners** – Obviously Rudisha is the best on the world scene, and is probably capable of 1.40.5. Michael hopes racing him will help him to run quicker, but Rudisha has not yet been tested over a number of rounds. Kaki is also really competitive with his 1.42.2 time, but he doesn't seem to make the finals in major championships.

**Re: 2012** – Aiming for a medal, initially to get to the final and then run to win. 1 min 42 is the minimum aim as this is the sign of an elite 800m runner.

**Re: Advice for other 800m runners** – pick another event! It is the most difficult to train for as you need the endurance of a 1500m runner, and the speed of a 200m runner. 800m is like physical chess – you cannot afford even one mistake like getting clipped or boxed in. It is a very difficult race to run and you have to be very dedicated with your training. You need the complete package mentally and physically.

**Re: Time off** – Michael takes one week off and then starts again by running every other day. During the season Michael has only had 5 days off.

**Re: Commonwealth Games** – Michael has no regrets about not going. He would have loved to have been there but he was getting a few niggles towards the end of the competitive season and it would have been tough to have carried on.



**Re: Sodium Citrate/Bicarbonate** – Michael doesn't like it. He uses Beta-alanine which he takes in small doses for 3 months, not in winter. It is a lactate buffer and is found naturally in turkey and prawns.

**Re: Being a coach in the future** – When he sees Norman standing out in the pouring rain during sessions sometimes Michael thinks not! – however, he would like to put something back into the sport in the future definitely.

# Michael Rimmer Presentation

BY NORMAN POOLE

I was asked by the BMC to make a presentation, on November 11th 2010, detailing the athletic development of Mike Rimmer. I was also asked to outline what I think it takes for a promising U20 middle distance athlete to develop through to be an established top class senior.

In the following pages I have included the overheads I used for my presentation and added some explanatory notes. These are just brief notes which I hope give an insight into the thoughts, practices and ideas I have developed working with top class athletes during the last 30+ years of coaching.

In Fig 1 I have listed 12 features/ characteristics that in my opinion are required of an athlete if he/she is to develop from being a promising U20 to a top class senior. Many others could be added to this list but for the sake of not overpowering the reader I will remain with these 12.

Obviously athletic talent is a pre-requisite for success but it guarantees nothing without commitment to training and the long term athlete/coach relationship. Progressive training tailored to the individual takes time and careful planning to perfect over a number of seasons. Many of the more positive points that I have listed may seem obvious but as success arrives so can the negative effects of outside influences/ interference which the athlete has to learn to effectively deal with.

It is worth pointing out that when I first started to work with Mike in October 2005 he could only tick 50% of the 12 requirements. By 2010 he had increased this to 100%.

Fig 2 illustrates Mike's progress over 800m from 2000-2010. Although his improvement appears to have flattened during during 2004/5 he was by his own admission a lazy trainer during these early years. The backward step in 2009 is explained by injury and other health problems.

In Fig 3 I have listed 5 major elements of basic fitness which are key for the 800m athlete. At the commencement of my involvement with Mike I had to determine the level to which each of these should be developed to obtain the best results for him over 800m. I decided that the major focus should be on endurance, which in turn would enhance his speed endurance, and strength endurance

provided his speed did not suffer. When Mike commenced training with my group his pb's were 48.0/1:48.41/3:51.23 and he had only ever experienced single session per day training on 4-5 days/week. This developed to single sessions 7 days per week during 2005/6 and 2 double session days by 2006/7. Mike's current pb's are 48.0/1:43.9/3:41.1. Although Mike has not contested a 400m since his U20 days I would estimate from training that his pb would be sub 46.0 if he raced regularly over this distance.

During 2006-10 Mike's endurance capability continued to progress through the Winter phase of training as his weekly mileages advanced from 20-65/70. We introduced and developed circuit training during the same period but only commenced heavy weights during 2009/10 when I felt he was capable of handling them.

Although the aim has always been to improve Mike's ability to run fast 800m times there are other major aims. The consistency of his performance during the whole season was to be optimised as was his ability to compete well at major Games. In Fig 4 I have listed some of these aims and associated points which directly or indirectly can influence these matters. All of these factors have been addressed with Mike during 2005-present and later I will cover some of them in more detail. In preparing for competition one area which is rarely addressed in our sport is the psychological preparation. In the middle distances at World level one mistake or a moments indecision can lose the race. The importance of executing the race plan(s) is essential for success. Dr Steve Peters has made a key contribution to Mike in this area of psychological preparation for competition.

In order to develop his event, as he progressed from the junior-senior ranks, Mike had to adopt a more professional approach to many aspects of his life. In Fig 5 I have highlighted lifestyle and dedication or commitment to his chosen event and a much clearer focus on his diet. Without an improvement in these areas Mike would never have adequately handled the great increase in training volume which I planned. In order to address his finances Mike has utilised the services of top athletes agent, Ricky Simms of Pace Sports Management,

since 2006.

When planning training and the development of any athlete account has to be taken of any medical problem areas peculiar to them. Mike has many medical challenges, listed in Fig 6, all of which influence the volume/timing/regularity of particular training elements. Exercise induced asthma has probably been the most difficult medical challenge for Mike and when extreme it has limited his recovery between rounds of competition. Other problems with his left ankle also limit the amount of speedwork training he can adopt. All of these medical factors are continually assessed by Mike's medical support team and fed back to me as I plan each stage of training.

Mike follows a single periodised training and competition year with a major endurance phase from October-end of March. Due to a number of his biomechanical/injury problems Mike does not compete indoors. Fig 7 illustrates how the weekly mileage progresses during this Winter phase. Once he is approaching peak weekly mileages of 65-70 Mike will only maintain this level for a maximum of 2 weeks before easing off to an easy week of 40-45 miles.

A typical maximum weeks training is given in Fig 8. Although double session days are shown, Mike never runs more than once per day otherwise it results in shin soreness associated with his underlying compartment syndrome. The second session of the day is performed on a cross-trainer. Although this can be rather boring it does prevent the on-set of heel strike impact injuries which Mike is prone to. Circuit sessions consist of sets of 16 exercises which are executed for a max of 30secs with virtually no recovery between exercises and 60 secs between sets. The exercises are distributed between legs, abdomen and upper body and form the basis of the strength endurance aspects of training. As previously mentioned it was not until the 2009/10 Winter that Mike fully developed this aspect of his training thereby justifying his progression to a heavier weights programme.

Mike controls most of his steady runs with a pulsemeter and, as indicated in Fig 8, easy/recovery runs are at 70-75% max hr and the tempo runs are at 75-90% of max hr.

Fig 9 is a template that I use in the initial

stages of training planning during the pre-competition and early competition stages of the season. I have also detailed the actual plan for Mike in 2010. It may surprise some that a number of endurance elements are maintained for Mike, who is considered a 400/800m athlete, throughout the Summer racing period. This has proved essential if he is to race consistently and maintain fitness during these many weeks.

Fig 10 details a number of pre and early season 800m and 1500m training sessions we adopt and Fig 11 shows key mid season target sessions which really indicate what form he is in.

Fig 12 is the actual training taken from Mike's training log for the period 19/4/10-4/5/10 when he contested 2 early season races. Again it may be considered unusual that Mike began his racing season so early. At the time we considered this to be essential if he was to re-establish himself at international level and obtain invites to the various Meets after his injury/illness plagued year in 2009. It is worth mentioning that during April-June 2010 a small number of Mike's 800m paced sessions were

performed on a hill with a gradient of 1:75. These are extremely strenuous sessions and there is no point in attempting them unless in very good condition. I have listed 2 of these in Fig 12. Although Mike felt recovered and could train normally within 3 days of these sessions there is no doubt that his 'readiness to perform' was compromised for 10-12 days during which he would not compete. After this period Mike felt very good and really believed that these hill sessions did contribute something special to his ability over 800m. In his own words '800m track racing is easy compared to these hill sessions'.

As previously mentioned, Mike had suffered for many years with exercise induced asthma. The adverse effects of this were unfortunately at their extreme during the Summer racing months. After a lengthy period of treatment Mike's symptoms were cleared for the first time in February 2010. During the final stages of the 2009/10 endurance phase this resulted in a much improved performance by Mike in all of his training sessions from 1500m-10km. A greatly improved 1500m pb of 3:41.1 in

his first race of the 2010 season, see Fig 13, was therefore not a surprise as was his ability to handle the much tougher 800m hill sessions described above. An improved recovery from both competitions and training was also obvious.

Mike prepared for the 2010 Barcelona European Champs with the GB squad in Portugal. I have detailed this part of his work in Fig 14 where a number of track sessions, previously described, were performed. Since Mike was in very good form the aim of training was to maintain fitness and to introduce certain aspects, such as change of pace, related to championship racing. At this late stage there is no point in trying to improve basic fitness.

Michael's ability to change pace, off a moderate cadence, is best illustrated in the evening session of 19<sup>th</sup> July where he ran the last 100m section of a 36.1secs 300m in 10.7secs and also the last 100m of a 24.0secs 200m in 10.7secs. Mike knew after this that he was prepared and ready to compete in Barcelona at the highest level.

# The Athletic Development of Michael Rimmer

## Good Under 20 to Top Class Senior Athlete

### Athlete Requirements:

- Athletic talent
- Deep and unshakeable desire to progress and be a winner
- Commitment to the long term
- Athlete / coach relationship
- Ability to listen / learn and adopt best practices as taught by the coach and other very close team members ie medical support, psychologist, dietician etc
- Committed work ethic
- Common sense
- Maintaining a stable enhancing lifestyle
- Being totally honest with themselves and their coach during all athletics discussions
- 100% Commitment to racing plan as agreed with coach
- The ability to cope with the demands of training camp and major games
- Competition / village environments
- To allow only a minimum of

- Influence / interference from outside the very close team members
- To be medically sound and have the ability to develop the skills associated with injury avoidance

### Training Challenges

#### BASIC FITNESS

- Endurance
- Speed Endurance
- Speed
- Strength
- Strength Endurance

## Good Under 20 to Top Class Senior

### Athlete Requirements:

- Athletic talent
- Deep and unshakeable desire to progress and be a winner
- Commitment to the long term
- Athlete / coach relationship
- Ability to listen / learn and adopt best

practices as taught by the coach and other very close team members ie medical support, psychologist, dietician etc

- Committed work ethic
- Common sense
- Maintaining a stable enhancing lifestyle

### Training Challenges of Michael Rimmer

- Basic Fitness
- Endurance
- Speed Endurance
- Speed
- Strength
- Strength Endurance

### Areas to be improved.

- Consistent level of 800m performance
- Periods that are injury free
- Recovery between rounds of competition
- Tactical awareness
- Race preparation, ie psychology
- Race plan commitment

## Other areas

1. Lifestyle
2. Dedication
3. Professionalism
4. Diet
5. Finance\_

## Medical Challenges

- Fusing of left ankle
- Weak right glute
- Compartment syndrome
- Exercise induced asthma
- Vitamin D deficiency
- Magnesium deficiency
- Deep muscle stiffness

## Typical training week

### Winter

#### MON

am 20m x-trainer + weights  
pm 15m easy + 3x1800 (2m)  
+ 15m easy

#### TUE

am 20m x-trainer  
pm 40m steady run + circuits

#### WED

am 20m x-trainer  
pm 15m easy + 8x400 (1m) + 15m easy  
or  
15m easy + 35m tempo + 15m easy

#### THUR

am 20m x-trainer + small circuit  
pm 40m steady run

#### FRI

40m easy run + weights

#### SAT

am 20m easy + 3x10m (2m) on grass  
+ 20m easy  
or  
20m easy + 10x60s hill + 20m easy

pm 15-20m easy + speed drills & strides

#### SUN

80m easy

**Note:** All x-trainer and steady runs at 80% max heart rate.

Easy runs at 70-75% mhr.

Tempo runs at 75-90% mhr.

After 2 weeks max training always ease off for 5-7 days.

## PRE-EARLY SEASON 800m SESSIONS

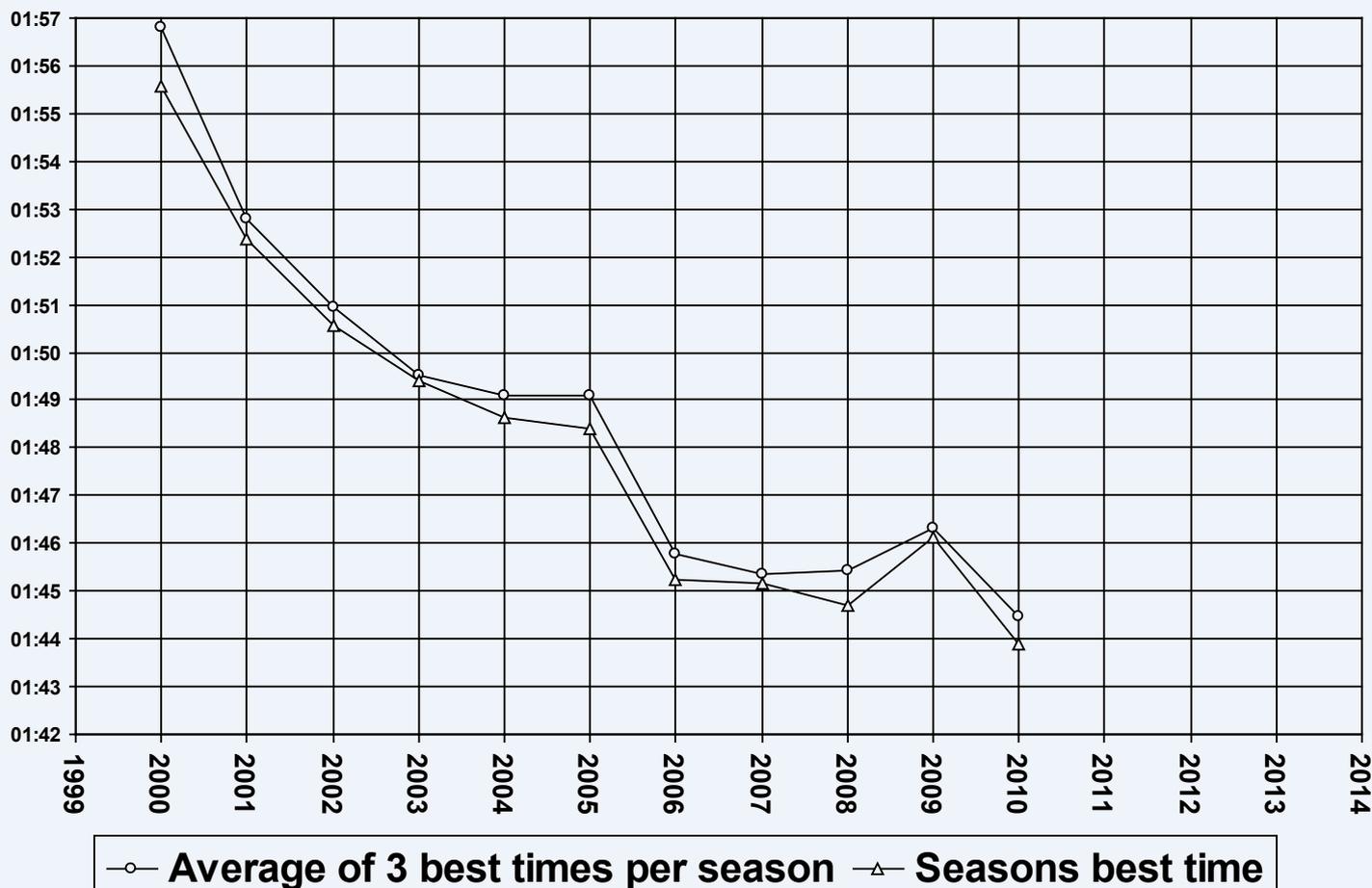
- 2 x (400 (30s) 400) (20-25mts) 1:46/7 PACE
- 2 x (500 (30s) 300) (20-25mts) 1:45/6 PACE
- 2 x (600 (30s) 200) (20-25mts) 1:45 PACE
- 5-6x 300 (3mts) 38s PACE
- 3 x (400,jog200,200) (10-12mts) 52/26 PACE

## PRE & EARLY SEASON 1500m SESSIONS

- 8-10 x 400 (60s) 59/60 PACE
- 2x 2 x 800 (3mt & 10mts) 1:58/9 PACE

## MID-SEASON 800M TARGETS

- 700 In 90.5 (25m) 500 in 59.7/60.5 (25m) 300 in 33/4
- 700 (25m) 300 (25m) 200 when closer to a competition
- The above sessions are also performed at change of pace during preparation for a Championship



Graph Showing Michaels Career Progression at 800 metres

Note: From above graph Michael commenced training with Norman in October 2005

## Training (19/04/2010/-4/05/2010)

### MON

am 20m x-trainer + light weights  
pm 1000/600/400 (20m) in 2:22/78/49

### TUE

am 20m x-trainer  
pm 35-40m steady run + small circuit

### WED

am 20m x-trainer  
pm 2x(300 (30s) 200 (30s) 100) (15m)  
in 38/25.5/12.5 ie sub max

### THUR

am 20m x-trainer  
pm 30m + 2x4x80m turn about strides  
(15m)

**FRI** 25m easy run + 4x80m turn about  
strides

**SAT** Race Dakar 800m, 2nd in 1:46.29

**SUN** 40m easy + loosening drills

### MON

am 20m x-trainer  
pm 15m easy + 20-25m tempo + 15m  
easy + fast strides

### TUE

am 20m x-trainer  
pm 35m steady run + small circuit

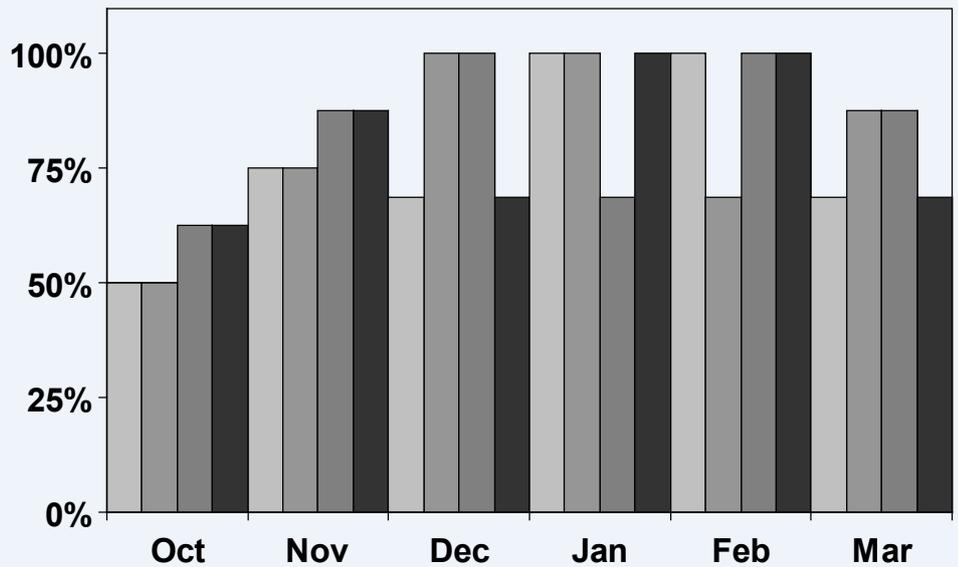
### WED

am -  
pm 3x400 (10-15m) in 48's

### THU

am 20m x-trainer  
pm 35m steady run

**FRI** 35m steady run + speed drills



Weekly Mileage

### SAT

am 2x3x200 (30s & 15m)  
pm 15m easy + speed drills and fast  
strides

### SUN

30m easy + 2x4x80mtr turn about  
strides (5m)

### MON

25m easy + 4x80m turn about strides

### TUE

Race 800m at Trafford 1:47.87

**NOTE:** During the period April-June 2010 a small number of Mike's 800m paced sessions were performed on a hill. These are extremely tough sessions. There is no point in attempting them unless in very good condition. These were

- 2 x 4 x 200 (jog back recovery in approx 70secs) (20mts) between sets performed at 1:45-6 pace
- 2 x 600 (25mts recovery) in 80 secs
- We plan to further develop this aspect of Mike's training in the future.

DATE	1	2	3	4	5	6	7	8	9	10	11	12
WEEK	08/03/2010 -	22/03/2010 -	05/04/2010 -	19/04/2010 -	03/05/2010 -							
	21/03/2010	04/04/2010	18/04/2010	02/05/2010	16/05/2010							
Tempo (continuous hard run)			1				1		1			
10K pace session on paths / grass												
5K pace session on paths / grass	2											
3K pace session on paths	1+				1		1		1			
1500 pace session on the track	1				1							
1000 pace session on the track	1		1-	1	2		1-		-			-
800 pace session on the track			2		1		2		2	1-		-
200 / 400 pace session on the track							1		1			
30 sec hill reps, jog back recovery												
60 sec hill reps, jog back recovery												
Hill sprints	1		1		1							
Weekly mileage	-		-		-		-		-			-



## Preparation for Barcelona 15-26 July 2010

### 15th July

#### THU

am 20m x-trainer  
pm 30m steady run

#### FRI

am 20m x-train  
pm 25m steady but the last 5-7m at tempo pace

#### SAT

Travel to Portugal

#### SUN

am Rest  
pm 30m easy + fast strides

#### MON

am 15-20m x-trainer  
pm 700m change of pace with splits  
26.0/28.5/26.2/12.1  
25m) 300 change of pace, splits of  
12.6/12.8/10.7  
(20m) 200 change of pace, splits  
13.3/10.7

#### TUE

am 20m x-trainer  
pm 30m easy

#### WED

am Rest  
pm 400 (jog 200) 200 48.6/24.6 (25m)  
500 with splits  
23.3/35.5/47.9/60.4  
Stopped training at this point due to calf tightness

#### THU

am 20m x-trainer  
pm 30m steady

#### FRI

am -  
pm 30m steady + fast strides

#### SAT

am 20m easy x-train  
pm 2x3x200 (30s & 15m) in 25-26 ie sub max

#### SUN

am 15m easy

### 25th July

pm travel to Barcelona

#### MON

am 25m easy + strides

#### TUE

am 25m easy + 4x80m turnabouts

#### WED

am Race

## Competition Calendar 2010

18th April	1500m	Trafford	1	3:41.10
24th April	800m	Dakar	2	1:46.29
4th May	800m	Trafford	1	1:47.87
14th May	800m	Doha	6	1:45.96
27th May	800m	Ostrava	7	1:46.47
4th June	800m	Oslo	4	1:44.98
20th June	800m	Bergen (Euro Team)	2	1:45.62
25th June	800m (Rnd 1)	Birmingham	1	1:49.79
26th June	800m (Semi)	Birmingham	1	1:48.19
27th June	800m (Final)	Birmingham	1	1:47.22
8th July	800m	Lausanne	5	1:44.49
28th July	800m (Rnd 1)	Barcelona	1	1:49.99
29th July	800m (Semi)	Barcelona	1	1:47.67
31st July	800m (Final)	Barcelona	2	1:47.17
6th August	800m	Stockholm	2	1:45.11
13th August	800m	Crystal Palace	8	1:46.51
29th August	800m	Rieti	4	1:43.89
5th September	800m	Split (Continental Cup)	6	1:45.91



# BRITISH MILERS' CLUB

## BMC GRAND PRIX SERIES 2011

See [www.britishmilersclub.com](http://www.britishmilersclub.com) for Entries, Timetables, Seedings, Information and Results

DATE	VENUE	EVENTS	CONTACT	TELEPHONE
SAT 28 MAY	Sports City	800m, Men	Mike Deegan	01457 765416 / 07887 781913
		1500m Men	Jon Wild	07947 157785
		800m & 1500m Women	John Davies	07967 651131 / 01925 710699
		5000m Men & Women includes UK U20 Womens Championship	Dave Norman	07868 783818
SAT 11 JUNE	Watford	800m, 1500m, 5000m, 3000s/c Men	Rupert Waters	07790 767433
		800m, 1500m, 5000m, 3000s/c Women	Andrew Osment	07879 678917
		International Invitations	Matthew Fraser Moat	07802 501895
SAT 9 JULY	Solihull	800m, 1500m, 5000m, Men & Women 3000 s/c Men	Steve Mosley	029 2030 6733
SAT 23 JULY	Trafford	800m, 1500m, 3000m, Men & Women	Stephen Green	07834 773706
SAT 13 AUG	Birmingham Univ	10000m Men & Women includes England Championship.	Dave Norman	07868 783818
SAT 20 AUG	Alexander Stadium, Birmingham	800m, 1500m, 5000m, 3000ms/c, Men & Women. All events include UK Challenge Final	Steve Mosley	029 2030 6733

### GRAND PRIX

Entry to Grand Prix races will be guaranteed for paid up BMC members entering at least 14 days in advance of the meeting provided they have achieved the following qualifying times.

	800m	1500m	3000m	5000m	3K Chase
<b>Men</b>	1:55.0	3:55.0	8:30	14:50	9:15
<b>Women</b>	2:15.0	4:40.0	10:00	16:45	10:45

### INTERNATIONAL RACES

International races will be staged at the Watford Grand Prix on 11th June.

These races will be paced to achieve Championship qualification standards and will include overseas athletes who have run faster than the qualification standards.

Prize money will be \$5000 for first place, \$3000 for second place and \$1500 for third place provided the championship standards are achieved. If the standards are not achieved, prizes will revert to the normal BMC prize structure.

50% of the places per event will be guaranteed for British competitors with an opportunity to achieve an automatic invite through performances in earlier BMC meetings

Invitations will be sent by the BMC international race coordinators Matthew Fraser Moat ([Matthew.FraserMoat@britishmilersclub.com](mailto:Matthew.FraserMoat@britishmilersclub.com)) and Vince Wilson ([vincewilson800m@yahoo.co.uk](mailto:vincewilson800m@yahoo.co.uk))

### PRIZES

For 2011 the top prize of £1,000 remains at each of the Grand Prix fixtures (except Watford) over 800m, 1500m, 3000m, 5000m, and 3000m Steeplechase. The prize money is determined by finishing position and time. This means a potential total prize fund of over £50,000. See website for full information.

### BMC NIKE GRAND PRIX FINAL

Men and Women 800m - Winners of the top race in the first 4 Grand Prix are guaranteed an "A"-race.

Men and Women 1500m - Winners and runners up guaranteed an "A"-race.

### PACEMAKERS

The BMC is looking for pacemakers for its 2011 race series. The BMC is able to pay fees for pacemakers.

Those interested should contact Steve Mosley on 029 2030 6733 or via the BMC website.

### OVERSEAS ATHLETES

The BMC welcomes overseas entries in its Grand Prix races particularly those of an international standard.

Contact Tim Brennan on 01628 415748 or enter via the website.



## PB CLASSICS, GOLD STANDARD, ACADEMY AND REGIONAL FIXTURES 2011

All entries should be made on our website [www.britishmilersclub.com](http://www.britishmilersclub.com)

BMC ACADEMY YOUNG ATHLETES PB CLASSICS (Age Groups U13, U15, U17 & U20)				
Entry Fee for BMC Members £3, Non Members £5.				
Mon. 2 May	Millfield	M800, 1500, 3000 mixed	Mike Down	0117 9733 407
Mon. 2 May	Millfield	W800, 1500, 3000 mixed	Steve Mosley	029 2030 6733
Sat.21 May	Milton Keynes	M & W 800, 1500, 3000, 2000s/c & 1500s/c	Jim Bennett	07779 253447
Sat.13 Aug	Birmingham Univ	M & W 800, 1500, 3000	Paul Hayes	02476 464010

Fastest of U15 & U17 PB Classic 800m and 1500m in May to be invited to Frank Horwill & Peter Coe Mile races in Solihull Grand Prix.  
**BMC Junior Virtual League. £100 for top club. See website for full details.**  
**ACADEMY RACES FOR YOUNG ATHLETES ARE INCLUDED IN REGIONAL RACES**

### OTHER BMC RACES

	DATE	VENUE	EVENTS	TIME	CONTACT	TELEPHONE	STANDARD	
APRIL	Wed 20	Birmingham Univ	600/1200	7.20	Paul Hayes	02476 464010	Regional	
	Sat 23	Parliament Hill	800/1500 & 1500s/c	4.55	Pat Fitzgerald	01895 811822	Regional	
	Tues 26	Exeter	600/1200	8.15	John Knowles	01872 263541	Regional	
MAY	Mon 2	Birmingham Univ	800/1500	1.00	Paul Hayes	02476 464010	Regional	
	Tues 3	Trafford	800/1500	8.20	Stephen Green	07834 773706	Gold Standard	
	Tues 17	Trafford	800/ 1500	8.00	Stephen Green	07834 773706	Gold Standard	
	Wed 18	Watford	800/ 1500	7.45	Rupert Waters	07790 767433	Gold Standard	
	Wed 18	Brighton	800/1500	7.45	Neville Taylor	01403 790800	Regional	
	Sat 21	Hexham	800	tbc	David Lowes	07930 318651	Regional	
	Wed 25	Eltham	800/1500	8.00	David Reader	07929 860389	Regional	
	Tues 31	Trafford	800/1500	8.20	Stephen Green	07834 773706	Gold Standard	
	Tues 31	Exeter	800/1500	8.15	John Knowles	01872 263541	Regional	
	JUNE	Wed 1	Birmingham Univ	800/1500	7.45	Paul Hayes	02476 464010	Regional
Mon 6		Jarrow	1500	tbc	David Lowes	07930 318651	Regional	
Tues 14		Trafford	800/1500	8.20	Stephen Green	07834 773706	Gold Standard	
Wed 15		Watford	800/ 1500	7.45	Rupert Waters	07790 767433	Gold Standard	
Mon 20		Jarrow	1500	tbc	David Lowes	07930 318651	Regional	
Wed 22		Crawley	800/1500	7.45	Neville Taylor	01403 790800	Regional	
Wed 22		Birmingham Univ	800/1500	8.00	Paul Hayes	02476 464010	Regional	
Wed 22		Eltham	800/1500	8.00	David Reader	07929 860389	Regional	
Tues 28		Trafford	800/1500	8.00	Stephen Green	07834 773706	Gold Standard	
Tues 28		Exeter	1500	8.15	John Knowles	01872 263541	Regional	
JULY	Tues 12	Trafford	800/1500	8.00	Stephen Green	07834 773706	Gold Standard	
	Wed 13	Watford	800/ 1500	7.45	Rupert Waters	07790 767433	Gold Standard	
	Wed 13	Birmingham Univ	800/1500	8.00	Paul Hayes	02476 464010	Regional	
	Sat 16	Lea Valley	800/1500 & 2000s/c	4.55	Pat Fitzgerald	01895 811822	Regional	
	Mon 18	Jarrow	1500	8.00	David Lowes	07930 318651	Regional	
	Wed 20	Eltham	800/1500	8.00	David Reader	07929 860389	Regional	
	Tues 26	Trafford	800/1500	8.00	Stephen Green	07834 773706	Gold Standard	
	Tues 26	Exeter	800 & 3000	8.15	John Knowles	01872 263541	Regional	
	AUGUST	Tues 9	Trafford	800/1500	8.00	Stephen Green	07834 773706	Gold Standard
		Wed 10	Watford	800/ 1500	7.45	Rupert Waters	07790 767433	Gold Standard
Sat 13		Birmingham Univ	10000	8.00	Dave Norman	07868 783818	Gold Standard	
Wed 17		Eltham	800/1500 including Sydney Wooderson 800s	8.00	David Reader	07929 860389	Regional	
Tues 23		Trafford	800/1500	8.20	Stephen Green	07834 773706	Gold Standard	
Sun 28		Hexham	1500	tbc	David Lowes	07930 318651	Regional	
Tues 30		Exeter	800 & 1500	8.15	John Knowles	01872 263541	Regional	
SEPT	Tues 6	Trafford	800/1500	8.20	Stephen Green	07834 773706	Gold Standard	
	Wed 7	Watford	800/ 1500	7.45	Rupert Waters	07790 767433	Gold Standard	

Additional races may be arranged at other venues. Check website for more details or contact the Race Organisers  
**Please enter at the latest Five days before meeting to avoid disappointment.**



# Tactics

BY BRENDON BYRNE

Any athlete when considering a race will consider how they are going to run it. In middle distance terms tactics may be defined as the means to get the best possible result for the athlete.

Sometimes the need to consider how to run a race is reduced. For example, in a number of Grand Prix races a pacemaker is employed to ensure that a fast pace is maintained for a considerable part of the race. There are obvious implications here for record attempts. In a number of BMC races a fast pace is established so that if you are fit enough you can run a personal best. For developing athletes this can increase confidence considerably and rightly so. This doesn't necessarily enable an athlete to adjust to championship races where the pace often fluctuates though.

Front running is one way of running a race, although leading all the way in a middle distance race isn't usually a successful tactic. This might perhaps be more relevant to cross country. The front runner is saying "This is how fit I am. Can you follow?" Surging in races is often a tactic used by the Kenyans. A long run for home is another tactic that can be used with considerable effect. This takes great courage and self knowledge.

Using the element of surprise can be effective. Instead of sprinting from the obvious 200m or 400m from home go a bit earlier. Doing what others don't expect or don't want you to do can be very effective.

However, championship races are often "tactical" and this means that the first part of the race is fairly slow and the final part of the race is down to a sprint finish. At the UK trials last summer a number of races became tactical and there was only one winner who could take some satisfaction from the event. Most of the other athletes in the race ended up being beaten in a relatively slow time, which is disappointing. This often applies to races in the Europa Cup too; some nations draft in a fast finisher knowing in advance that the race is likely to be a slow run affair.

Having a plan that is flexible is better than having no plan at all. Not much will be achieved if you go into a race with the view that you will just see what happens and then react.

What is the point in training hard for

months getting very fit and then losing a race in a slow time? This can only lead to disappointment. Why should the fastest finisher always dominate the race?

Consider the view of the late Peter Coe writing in 1996.

"Smart tactics depend on the athlete knowing what is happening all around them.... The successful use of tactics depends on knowing your ability and having a justified confidence built on comprehensive training and a lot of good and varied experience".

A key question according to Coe is "How fit am I?"

Two key areas for athletes are research and experiment. Look at your opposition. What do they like to do in races? What don't they like? Do they go to pieces if there is a surprise? What are their strengths and weaknesses? Similarly experiment in minor races. Try leading, try following, try mid race surges. Experimenting is very important to developing runners. It makes sense in training too to have variable pace sessions.

As Charlie Spedding says in the excellent "From Last To First" you need to take the long view and aim for the main prize and often minor races are a stepping stone to the big prize. This is an approach that Spedding developed in his career culminating in a bronze medal in the Olympic marathon in 1994.

Some athletes like to dominate minor races against poor opposition. What is the point and what do they learn?

The conventional wisdom in 800m races at international level is to run the first lap a couple of seconds faster than the second one. The real exception to that was Yuriy Borzakowsky who often ran at even pace. He appeared to lag behind the opposition on the first lap, seemingly coming through fast on the second lap. Although he was criticised for this approach and it didn't always work he won the Olympic title in 2004. It is also important for middle distance runner to have great speed. Borzakowsky had run a 400m relay in 44.75 seconds and has a flat best of 44.47 seconds. David Rudisha the new world record holder for 800m has a 400m best of 45.5 seconds. The point is made

If you want to be an outstanding 800m runner you will need to race 400m to

improve speed. In a similar way it would make sense for a 1500m runner to race 800m. As a side issue there are a few athletes such as Steve Ovett and Said Aouita who have shown amazing versatility by winning medals at major events from 800m to 5,000m.

As has been pointed out there is a difference between using tactics in a race and being tactical. Basic speed is important; the faster you are the better, whatever your event.

But then of course fatigue resistance is extremely important too.

## Further reading:

Winning Running by Peter Coe  
, Crowood 1996

High Performance Middle Distance Running  
by David Sunderland, Crowood 2005.

## Marathon Pacing

Olympic 10,000 runner, Paul Evans has some interesting comments about pacing at big city marathon events. His views are interesting because he won the Chicago marathon in 2 hours 8 minutes 52 seconds as well as having the outstanding record of finishing 3rd, 4th and 5th (twice) in the London Marathon.

Negative splits are the way to go for a fast time he maintains. That is running the second half of the race faster than the first half. In big city events the previous year's champion is often paid to come back the next year and he determines the pace that the pacemaker runs at. Evans maintains that pacing is crucial to success. If the first half of the race is run even half a minute too fast this can have a detrimental effect during the last few miles of the marathon. If the target pace for the half distance is 63 and a half minutes and you are off that pace then you can get stranded if you are off the main pack. Running your own race within your own capabilities is very important he maintains.

There is clearly little margin for error at this high level.

# Nick McCormick (March 2011)

BY ALASTAIR AITKEN

Nick McCormick came down to London to compete in the 45th Victoria Park 5 miles road race on the 26th of March, not because there was £1000 on offer for the winner but to get more valuable experience running against top Kenyans in a predictably fast race. The end result was that, out of 225 finishers, the first four finished very close together.

**Three Kenyans, led by Cimon Kasimili in 23:28 from Edwin Kipkorir (22:29), Gordon Mugi Mahugu (28:30) with Nick McCormick fourth (28:31 a personal best 5 mile time for him)**

"It was great, exactly as I wanted, a really competitive race. Seven guys—Me Nielson Hall and five Kenyans. To be quite honest that was why I did the race. I spoke to Stuart Major and he said there were a few Kenyans coming over. There was a chance it could be a fast time. Last year it was quick. The first mile was quite tactical, everyone was gauging their effort then, everyone was waiting for the last 400 where there would be a burn up. It is easy to panic when they are working together and you are in the middle wondering what is going to happen. They look about and put in little bursts which is something you have to get used to."

**McCormick who has been at Loughborough University and runs for the northern club Morpeth Harriers, the famous Jim Alder's club and is coached by Lindsay Dunn. McCormick was born on the 11th of September 1981 and took up athletics as a teenager**

"I started running when I was 16 with Tyndale Harriers. It was a local club at Hexham. I got into it and ran in the English Schools. I then went down to St Marys and ran for Woodford Green but things went wrong and so, I decided to go back north and joined Morpeth in 2003. I have won a lot of National road relay medals with them which was really good. (He showed potential as an Under 17 running 1:57.10/3:58.24 for 800/1500).

**What then were the highlights in Nick McCormick's career?**

"I feel I am coming back into a good level of form. I would like to think that my highlights are ahead of me.

Looking back to 2005 they were great times. I ran a mile in Oslo and beat Rui Silva, the year after he got third in the Olympics. I did 3:52.02 for the mile and 3:33.9 for the 1500. That is a long time ago and I think it is important to look forward"

**However there were other times where he ran well**

"Winning the AAA's 1500 in 2005 ahead of Mike East and Baddley and some other good guys in that race. in 3:37.05 (At Sports City on the 10th of July.)

"This year (2011) I won the British 1500 indoors and, outdoors in the English Championships last year at Gateshead. The English are now an official National Championship so, it was good to hold the trophy afterwards that Roger Bannister used to win and later Crammie, Seb Coe and Peter Elliot. To have won that after all those guys I look up to. I have done a lot of training with Mottram and I admire Mo as well"

**Altitude Training is good but for how long should you do it?**

"I went to Kenya in January for endurance

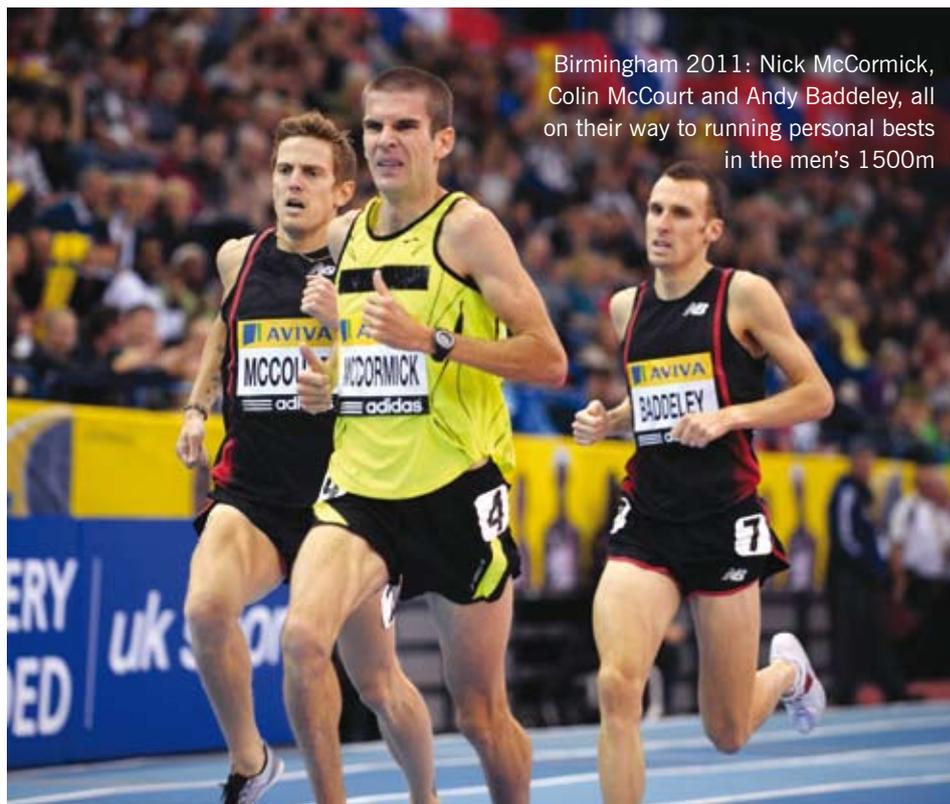
training in Iten where the Kenyan guys train. If you get the training right its OK. It is 8000 feet so its really high. Spending 31/2 to 6 weeks is enough."

"It is an eye opener because you can go down one day for a session, as I did with my coach Lindsay Dunn and we were open mouthed when we got to the track, as there were 3 or 4 groups of 50 Kenyan guys knocking out 800 metre reps or whatever. I said 'God It's amazing' Lindsay turned round and remarked " It's just like Gateshead was 30 years ago, all the groups. It was a hot bed for running as Bedford's group was in London"

"A lot of Lindsay's training ideas do come from conversations he has had over the years about those days. He tries to stick with things that he thinks work. Charlie Spedding was coached by him and Tom Mayo who ran a 3:37 more recently. Its tempo, hills. similar things Brendan used to do."

**Gives you confidence?**

"Definitely. When you run fast times in these events, like when you run with these Kenyan guys. They attack by sprinting at the end but I am a lot closer. The more you do it the more you get used to it."



Birmingham 2011: Nick McCormick, Colin McCourt and Andy Baddeley, all on their way to running personal bests in the men's 1500m

## Book reviews

# Great Marathon Runners

REVIEWED BY DAVID LOWES

Following on from the first book in the Athletics Weekly series 'Great British Runners', the second volume is entitled 'Great Marathon Runners'. The bookazine was edited by BMC's Academy Chairman, David Lowes who is the Coaching Editor for AW.

The publication is a fascinating read with the main content revolving around 10 Great British Athletes and 10 Great Overseas Athletes. The British runners include Paula Radcliffe, Steve Jones, Ian Thompson, Bill Adcocks, Joyce Smith, Ron Hill, Jim Peters, Basil Heatley, Charlie Spedding and Jack Holden while the Overseas runners include Haile Gebrselassie, Khalid Khannouchi, Rob de Castella, Frank Shorter, Abebe Bikila, Catherine Ndereba, Rosa Mota, Ingrid Kristiansen, Joan Benoit Samuelson and Grete Waitz.

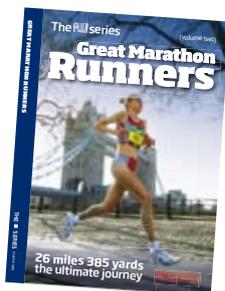
Lowes commented: "Although putting together the biographies was hard work with long working hours, perhaps one of the hardest things I had to do before I designed the pagination was deciding who to include. Eventually, I realised some stringent criteria had to be laid down and for the Overseas section that was a world record or a gold medal at a major games while for the British section an athlete had to have either held a world record, national record or a medal at a major games. This reduced the protagonists considerably and some fine tuning had to be made in the end and although I realise some great runners have been omitted, I make no apologies for their non inclusion. Perhaps if we

do another volume at some stage, I will have more than enough athletes to fill the pages."

The chapters tend to encapsulate what makes a particular athlete great with evidence of their early years, training, races and overcoming adversity. The book is littered with excellent photography of the athletes at all of their specialities including road, cross country and the Marathon and every biography has a poignant quote.

There is an excellent chapter on the history of the event from the legendary run by Pheidippides to the epic 1908 London Olympic Games with Dorando Pietri staggering to cross the line first albeit with a helping hand only to be disqualified later. The remainder of the chapter is a pot pourri of how performances have improved and what may lie ahead.

The next chapter covers Five Great Big City Marathons which are namely Boston 1982, New York 1983, London 2002, New York 2004 and Berlin 2008. It tells how the historic races unfolded blow-by-blow and each one shows what characteristics are needed to be a champion. This chapter is followed by Five Great Championship Marathons and this charts perhaps the most famous Marathon of all-time, the 1908 Olympic Games. This is followed by the incredible 1960 Olympic Games in Rome where the brilliant Abebe



Bikila succeeded without the aid of shoes. The 1982 Commonwealth Games is featured next with Rob de Castella winning in front of a home crowd and this is followed by the first Olympic Marathon for women with Joan Benoit Samuelson winning against the very best in the world. The final inclusion is the infamous 2004 Olympic Games where the greatest Marathoner of them all, Paula Radcliffe, failed to finish. For those looking for a top marathon to run the next chapter is entitled Five of the World's Top Marathons and Berlin, Boston, Fukuoka, New York and London are highlighted with an overview of the courses and their greatest moments.

The book comes to a conclusion with a section on statistics with just about everything covered. It is available at £9.99 and you can get a copy at [www.subscribe.me/to/athletics-weekly/gmr](http://www.subscribe.me/to/athletics-weekly/gmr) or by calling 01778 392018.

Volume 1 – Previewed by FWH – available from the same source and at the same price covers only the Great British Runners from 800 metres – 10,000 metres. The athlete's covered in the book are Bannister, Bedford, Brasher, Chataway, Coe, Cram, Foster, Holmes, Moorcroft, Ovet, Pirie, Wooderson. A well illustrated book, with good profiles and useful data under The Best of the Rest Section. Surprising omissions are Derek Ibbotson – World Mile Record Holder and Olympic Medalist; Ian Stewart, Commonwealth, European Champion – indoor and out – Olympic medalist; multi-world record holder Walter George and Ann Packer Olympic Champion.

There are a few inconsistencies with specimen training sessions for some but not for our greatest three runners. There are also one or two proof reading anomalies particularly regarding recorded times. But a worthwhile read.

## Bounce – How Champions are Made

REVIEWED BY ALEX BARR

**"Bounce – How Champions Are Made" by Matthew Syed, £12.99 (Fourth Estate)**

There aren't too many triple Commonwealth champions.

And there are even fewer who can write with style and authority on the key ingredients needed to get to the pinnacle of sport.

But, then, Matthew Syed is a rare combination of award-winning sports journalist and sporting great.

One of the best table-tennis players ever produced in the UK, Syed examines his

subject, "What does it take to be the best" with the same panache, brio and inventiveness that he brought to a sparkling sporting career.

And his compelling argument, liberally illustrated with case studies from football, tennis and, yes, athletics, gives the lie to the myth of 'sporting genius'.

Instead, Syed picks up where the other masterwork on the subject, Malcolm Gladwell's "Outliers", left off, to show convincingly that winners are made, not born,



that talent is over-rated and that focused hard work is the pre-eminent source of excellence, whether in sport, chess, music or business.

Gladwell's "10,000 Hour Rule" - that you require 10,000 hours of purposeful practice to become an expert (a true

expert, not just best in your club or your town, but among the best in the world) - is already well-known.

But Syed uses a host of illustrations to take the concept further, to show a myriad of examples where people we might think of

as superhuman have progresses specifically because they are willing to take the hard road to the top.

"Research across all domains shows that it is only by working at what you can't do that you turn into the expert you want to become."

He gives one example of 2006 Olympic figure skating champion Shizuka Arakawa of Japan, one of the greatest skaters of all time, who, it is calculated, fell over 20,000 times in her progression from five-year-old wannabe to Olympic gold. "Landing on your butt 20,000 times is where great performances come from."

(Interestingly, it's surely no coincidence that Haile Gebrselassie still gets up at 530am to train, despite a medal cabinet which must rival the vault at Fort Knox.)

And Syed's message for the sport of middle distance running is an eye-opening one. He demonstrates convincingly that genetics plays a far smaller part in the success of Kenyan athletes than training and environment do.

Citing various academic studies, Syed shows that Kenyan schoolchildren who had used running as a means of transport to school had a VO2 max 30-odd percent higher than those who shared their genetic makeup but took the school bus instead of running.

"When you add to this that athletics has become a national obsession in the years since the Olympic success of Kip Keino in 1968 (trained by John Velzian, a top British coach); that almost every young person aspired to emulate his success; that Kenyans are often too poor to get involved in other

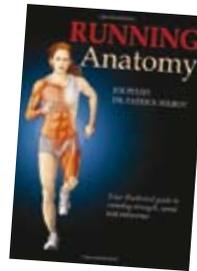
sports; that scientists have found that the traditional Kenyan diet is nutritionally optimal for running success; that Kenya has an outstanding system for nurturing top runners: put all that together and you have an alliance of forces which is extremely powerful."

Coaches and athletes looking for the 'edge' over competitors will find much thought-provoking material throughout the book - from the importance of mental rehearsal to techniques to avoid 'choking' in high-pressure competitions.

But it's in the exploding of the belief that East African 'genetics' is an unbeatable obstacle in itself that Syed may just have done more for the future of middle and long-distance running in the UK than any training manual.

# Running Anatomy

Your illustrated guide to running strength, speed, and endurance



## PUBLISHERS REVIEW

[This is a copy of the review I posted at LibraryThing. Also posted at goodreads.]

**Running anatomy: Your illustrated guide to running strength, speed, and endurance / Joe Puleo and Dr. Patrick Milroy. Champaign, IL : Human Kinetics, c2010**

Disclosure: I got a copy of this book for free via the LibraryThing Early Reviewers program.

My qualifications to review this book: Back in the day I was an Army Master Fitness Trainer and was also certified by the American College of Sports Medicine (ACSM) as a fitness trainer. I have been an on again, off again distance runner for over 35 years.

## Review

Simply stated, this is an excellent book. Back when I was actively engaged in fitness training and acquiring resources I would have paid really good money for this book, assuming I had been able to peruse it beforehand.

## The authors claim 3 goals:

1. "[T]he illustrations ... are meant to aid the runner in understanding the anatomy impacted when the runner is in motion" and "to further the runner's understanding of how" the anatomy "work[s] to move the body." (vii)

2. Show the significance of strengthening the body via strength training. (vii)
3. Provide exercises that "will improve running performance and help to keep the runner injury-free by eliminating anatomical imbalances ...." (vii).

The book does exactly what it claims and does it in a clear, comprehensive, and understandable way. The illustrations are excellent and support the text.

The opening chapters discuss "The Evolution of the Human Runner," "Cardiovascular and Cardiorespiratory Components," "The Runner in Motion," and "Adaptations for Speed and Terrain." Some resources spend more time on these topics but the presentation by the authors of this book are fully detailed, while being concise enough to leave more room for the heart of the work, which follows.

The next 5 chapters cover the "Upper Torso," "Arms and Shoulders," "Core," "Upper Legs," and "Lower Legs and Feet." Each chapter begins with a discussion of the appropriate anatomy, to include illustrations, moves into a discussion of why this area is important to a runner and what can go wrong, and then focuses on specific training recommendations. The core of each chapter is then comprised of recommended strength training exercises for the area. Each exercise

includes discussion of proper execution, the primary and secondary muscles involved, the running focus, any safety tips, and any exercise variations.

The authors have done an amazing job of bringing together all of the important and relevant knowledge about a specific exercise via their accompanying descriptions and illustrations, and they have done so clearly and concisely. Back when I was actively pursuing this field I had to synthesize this sort of knowledge from many sources and could never find it all in one source, unless it was one that was poorly arranged and inconvenient to use.

The remaining chapters cover "Common Running Injuries," "Anatomy of Running Footwear," and "Full-Body Conditioning." These chapters, while also short, adequately serve as an introduction to the topics.

The one thing that I feel is seriously missing from the text are recommended sources, especially for the opening and closing chapters which are only able to serve as introductions to their topics. The authors must be familiar with quality sources to address these areas in more detail. Human Kinetics certainly publishes many fine books which should serve the purpose adequately.

I see that this book is one of many in Human Kinetics Anatomy Series. Other books include Yoga, Stretching, Dance, Cycling, Swimming, and so on. If these books are of the same quality as this one then they ought to serve as excellent introductions to the anatomy of, and strength training for, these endeavors.

Overall I highly recommend this book to any runner interested in the anatomy of their sport and a clear and concise description of how to incorporate strength training to improve their performance.

# World Record Evolution involving British Athletes

The following lists show the evolution of the world records/bests for both the Men's and Women's 800m/880 yards, 1500 metres and above all the Mile.

## Women 800/880

The Women's 800/880 starts at 1914 with the 1500m at 1908 mile at 1921

### 880 yards

Name	Time	Year
E.Toes	3:04.2	1920
M Smithson	3:00.0	1921
G Weir	2:54.0	1921
N.Hicks	2:45.0	1922
P Hall	2:43.0	1922
<b>IAAF ERA 800m</b>		
M Lines	2:26.6Y	1922
E Trickey	2:26.6Y	1925
G Lane	2:24.8Y	1925
E. Trickey	2:24.0Y	1925
P Christmas	2:22.7Y	1929
G Lunn	2:18.2Y	1930
N.Halstead	2:15.6	1935
D Hall	2: 17.4Y	1936
V Ball	2:14.5Y	1952
D Leather	2:09.0Y	1954
J Jordan	2:06.1Y	1960
A Paker	2:01.1	1964
<b>INDOOR</b>		
K J Colebrook	2:01.12	1977

Readers will understand that with fewer races the 880 records tend to "chase" 800m times and are usually of lesser quality

### 1500m

Name	Time	Year
D. Leather	4:30.0 (u)	1955
D. Leather	4:22.2 (u)	1955
P. Perkins	4:35.4	1956
D .Leather	4:29.7	1957
<b>IAAF ERA</b>		
A. Smith	4:17.3	1967
<b>Mile</b>		
E. Atkinson	7:11.4	1921
E. Atkinson	6:13.2	1921
R. Christmas	5:27.6	1932
G. Lunn	5:24.0	1936
G .Lunn	5:23.0	1936
G .Lunn	5:20.8	1937
G .Lunn	5:17.0	1937
E. Forster	5:15.3	1939
A .Oliver	5:11.0	1952
E. Harding	5:09.8	1953
A. Oliver	5:08.0	1953
D. Leather	5:02.6	1953
D. Leather	5:00.2	1954
D. Leather	4:59.6	1954
D. Leather	4:50.8	1955
D. Leather	4:45.0	1955
A. Smith	4:39.2	1967
<b>IAAF ERA</b>		
A.Smith	4:37.0	1967

### Men's 800/880

Name	Time	Year
J. Blackwood	2:05.0 Y	1857
W. Way	2:04.0 Y	1859
C. Grey	2:03.0 Y	1861
P.Thornton	2:03.0 Y	1865
P.Thornton	2:02.5 Y	1865
F .Pelham	2:02.5 Y	1867
G.Templar	2:01.0 Y	1872
T.Christie	2:01.0 Y	1872
A. Pelham	1:59.7 Y	1873
W. Slade	1:59.5 Y	1876
W. Slade	1:58.8 Y	1876
W. Slade	1:58.2 Y	1876
F. Elborough	1:57.5 Y	1876
F. Cross	1:54.6 Y	1888
T. Hampson	1:49.8	1932
S. Wooderson	1:48.4/1.49.2 Y	1938
S. Coe	1:42.4	1979
S. Coe	1:41.73	1981

### Men's 1500m/Mile.

There are only five GB names over the last 110 years as 1500m record holders.

Name	Time	Year
C. Bennet	4.06.2	1900
H.Wilson	3.59.8	1908
S. Coe	3:32.1	1979
S. Ovett	3:31.1	1980
S. Ovett	3:31.36 (Now to 1/100ths )	1980
S. Ovett	3:30.77	1983
S. Cram	3:29.67	1985

## The One Mile.

This event has been, at least to some extent, the corner stone of the Club. More recently its position has fallen into the shadow with its place being superseded by the 1500 metres. The people in the list below are those Brits who established the World's best times. Not all were "World Record holders" as the term can perhaps only be ascribed to those whose performances were achieved after the commencement of the IAAF "Era" circa 1912. Note also that so-called professional marks for the period 1852-1886 have been omitted.

Given that the "birth" of competition is to a large extent tied up with the UK its not surprising that in the nineteenth century the majority of improvements were by British men. In fact only two non-Brits figured, both Americans.

Note the 42 years after 1895 before the UK wrested the "title" back and 17 years after 1937, 22 years after 1957 and the current 26 years ...and counting! Of further interest is the name of Walter Slade, the Seb Coe of the 1870's, who also held the best performance for the half mile. It needs to be noted that Ireland was "GB" up to well into the twentieth century.

Name	Time	Year
Marshall	4:52.0	1852
T. Finch	4:45.0	1858
V. Hammick	4:45.0	1859
G. Farrow	4:33.0	1862
W. Chinney	4:29.6	1868
W. Gibbs	4:28.8	1858
C. Gunton	4:28.6	1873
W. Slade	4:26.0	1874
W. Slade	4:24.5	1875
W. George	4:23.2	1880
W. George	4:19.4	1882
W. George	4:18.4	1884
F. Bacon	4:17.0	1895
S. Wooderson	4:06.4	1937
R. Bannister	3:59.4	1954
D. Ibbotson	3:57.2	1957
S. Coe	3:49.0	1979
S. Ovett	348.8	1980
S. Coe	3:48.53 (Now 1/100 <sup>th</sup> s)	1981
S. Ovett	3:48.40	1981
S. Coe	3:47.33	1981
S. Cram	3:46.32	1985

# Do not let anxiety and stress affect your running

BY: STAN POPOVICH

Sometimes, fear and anxiety can get the best of us in running. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a runner can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to run in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the event in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and

read those statements. This will help to manage your negative thinking before your running event.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your running event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

### Biography:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: [www.managingfear.com](http://www.managingfear.com)



# The need to improve

ATHLETICS IS A FANTASTIC SPORT PROVIDING EXCITEMENT, DRAMA, SMILES AND TEARS. BUT PERHAPS IT COULD BE EVEN BETTER IF SOME ATTITUDES ARE ADDRESSED?

**WORDS: DAVID LOWES PICTURES: MARK SHEARMAN**

THERE is an almost constant barrage in the UK from some detractors that many of our athletes and their events are not up to scratch. This may well be true in certain cases, but some of the reasons given do not necessarily do the athlete or the sport any good. After all, if someone is constantly told they are not competent at something, then eventually they will believe it!

We also have an irritating habit of being the 'first to complain and the last to congratulate' - this has to change if we are to move forward. Technology is a great thing and the world would grind to a halt without it, however there are some cynical, libellous and down-right ridiculous athletic forums which are abused by a mindless few and this doesn't help the cause. The men (or women) with 'no-names' put their diatribe to anything they fancy. What they put on the boards is usually meaningless and I'm afraid once four-letter words are used then these clowns have no credibility whatsoever. Mind you, these 'experts' not only keep their identities hidden, they like to stay anonymous out in the real world too.

Discussion and debate is always good and it should be encouraged, just as long as it is done in a meaningful and respectful way. Which brings me to social networking - all good if done for a reason. I'm not particularly interested if someone has had lasagne for lunch. If we do need to improve, then perhaps more miles need to be done with the legs rather than the fingers? Athletes can be blinkered in their way of thinking and in some cases this can be a good thing, but many are stuck inside a box with no exit because of their 'I know it all and this way is the only way' attitude and an inability to listen. This isn't an uncommon trait though and it comes about more from the reticence or even fear of change than sheer bloody-mindedness. We all need to become more analytical in our thinking and gain 'people skills'. It's amazing how much more respect you get when you become a listener and have a reasoned protocol. As an athlete you have limited windows of opportunity where maximum excellence can be achieved, so to waste these can only be described as an

opportunity missed. No one wants to look back at the end of a career and say "if only."

Then there are the 'you don't need a coach' brigade. It is generally accepted that the more technical the event, the more the reliance on a coach is required. Okay, endurance events can be managed in some instances by an educated athletic brain, but what's wrong with someone giving their lives, time and a lot of money to help smooth the pathway to success? Perhaps these people could direct their argument to the partnerships of Painter/Meadows, Poole/Rimmer, Woods/Twell to name but a few and see what answer they get from both coach and athlete!

And now for the Africans! We need to focus on matters at home first and get our own house in order. We need to concentrate on moving the base of the pyramid and get as many athletes running much quicker - after all, success breeds success. This is going to take a long time, but there are signs of improvement, if not a renaissance, with Mo Farah and Chris Thompson making huge improvements in 2010. The women are said to be doing much better with a bigger base while the younger athletes are getting ready to take over the reins. However, a look at the tables may indicate otherwise?

One of the most tired phrases used in relation to our male athletes in particular, is

that they don't train hard enough. Having interviewed many athletes in my *AW* role I know that this is not necessarily the case. The recent advent of altitude and warm-weather training camps by UKA is to be applauded, getting our best athletes to train together regularly in a disciplined environment for a decent period of time - if we can't beat the Africans at the moment, let's join them!

With 2012 just around the corner, expectations will be high. We will be judged by the media on our medal tally - in reality we should be judged by getting as many athletes into finals to give them the chance of a podium finish along with a preponderance of life-time bests. If we keep getting told that we will never beat the Africans then is there any point in continuing? Of course there is - there should always be light at the end of the tunnel - even if it is a very long one.

A look at the comparisons of four events from the 2010 rankings gives an idea of where the balance of power lies in the world of middle and long distance running and in most cases they show what a huge task lies ahead for the British athletes. It isn't a hopeless task and although athletes are judged by how fast they have run, a gold medal is always won by the athlete who is the best on a particular day and not the fastest per se (ask Seb Coe)!

Jenny Meadows  
with her husband  
Trevor Painter



## 800m (men)

Ranking	Athlete	Time
World number one	David Rudisha (KEN)	1:41.01
World number six	Amine Laálou (MAR)	1:43.71
British/European number one	Michael Rimmer (GBR)*	1:43.89
European number six	Adam Kszczot (POL)	1:45.07
British number six	Mukhtar Mohammed (GBR)	1:46.92

\*World ranked 10th

## 800m (women)

Ranking	Athlete	Time
World number one	Alysia Johnson (USA)	1:57.34
World number six	Caster Semenya (RSA)	1:58.16
European number one	Mariya Savinova (RUS)	1:57.56
European number six	Svetlana Klyuka (RUS)	1:58.89
British number one	Jemma Simpson (GBR)*	1:58.74
British number six	Celia Taylor (GBR)	2:01.16

\*World ranked 12th

## 1500m (men)

Ranking	Athlete	Time
World number one	Silas Kiplagat (KEN)	3:29.27
World number six	Nicholas Kemboi (KEN)	3:31.52
European number one	Arturo Cascado (ESP)	3:32.70
European number six	Diego Ruíz (ESP)	3:35.04
British number one	Tom Lancashire (GBR)*	3:33.96
British number six	Lee Emmanuel (GBR)	3:38.79

\*World ranked 23rd

## 1500m (women)

Ranking	Athlete	Time
World number one	Anna Alimova (RUS)	3:57.65
World number six/European number one	Hind Dehiba (FRA)	3:59.76
European number six	Natalia Rodríguez (ESP)	4:01.30
British number one	Lisa Dobriskey (GBR)*	3:59.79
British number six	Laura Weightman (GBR)	4:09.60

\*World ranked 7th

## 5000m (men)

Ranking	Athlete	Time
World number one	Eliud Kipchoge (KEN)	12:51.21
World number six	Tariku Bekele (ETH)	12:53.97
European number one	Alemayehu Bezabeh (ESP)	12:57.25
European number six	Carles Castillejo (ESP)	13:19.25
British number one	Mo Farah (GBR)*	12:57.94
British number six	John Beattie (GBR)	13:42.03

\*World ranked 13th



David Rudisha



Mo Farah

## 5000m (women)

Ranking	Athlete	Time
World number one	Vivian Cheruiyot (KEN)	14:27.41
World number six	Sylvia Kibet (KEN)	14:31.91
European number one	Elvan Abeylegesse (TUR)	14:31.52
European number six	Sara Moreira (POR)	14:54.71
British number one	Steph Twell (GBR)*	14:54.08
British number six	Barbara Parker (GBR)	15:39.76

\*World ranked 23rd

## 10,000m (men)

Ranking	Athlete	Time
World number one	Josephat Menjo (KEN)	26:56.74
World number six	Ibrahim Jeylan (ETH)	27:12.43
European number one/British number one	Mo Farah (GBR)*	27:28.86
European number six	José Martínez (ESP)	28:13.82
British number six	Michael Skinner (GBR)	28:58.43

\*World ranked 17th

## 10,000m (women)

Ranking	Athlete	Time
World number one	Meselech Melkamu (ETH)	31:04.52
World number six	Jessica Augusto (POR)	31:19.15
European number one	Elvan Abeylegesse (TUR)	31:10.23
European number six	Sara Moreira (POR)	31:25.55
British number one	Jo Pavey (GBR)*	31:51.91
British number six	Claire Hallissey (GBR)	33:24.15

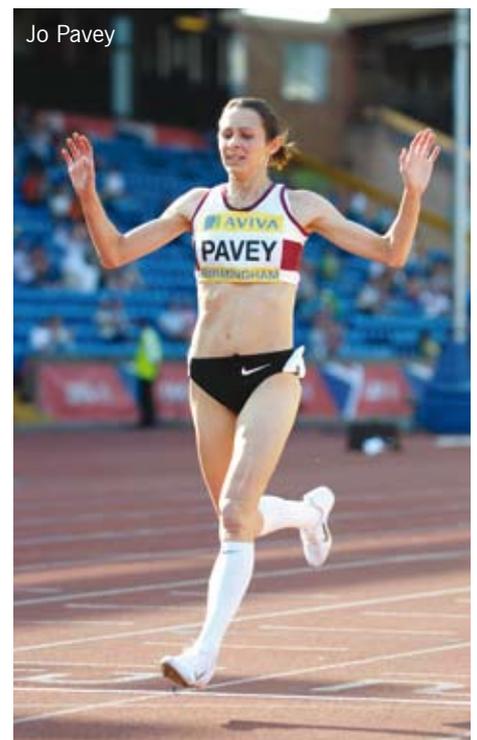
\*World ranked 22nd

Athletes are always looking to shave vital seconds off their PBs, but I wonder if they realise how much they can improve with hard training, good coaching and ergogenic aids? Recently, Mo Farah announced that he has changed his coaching set-up and is now under the tutelage of Alberto Salazar to glean his knowledge and train with his group of fine US athletes (detractors note, he deems he needs a coach). He mentioned that he felt he needed to try something different to advance his career and was looking for that extra one to two per cent. That being the case, it is worth looking at his improvements since he was 18 over 5000m to 2010 (7 per cent). Another one per cent would reduce his PB to 12:50 and two per cent would take it down to 12:43. The former is certainly attainable, but the latter will take something special. It is worth noting that to capture Kenenisa Bekele's world-record of 12:37.35 it would take a three per cent improvement. Over 10,000m after making his debut in 2008 he has made a one per cent improvement to date and Bekele's standard would take more than a four per cent advancement.

More importantly, if everyone can improve one to three per cent and that doesn't mean just athletes, then athletics will be a far better and enjoyable sport, but that is only possible if we all try something different and try to be affable and more receptive people. Then and only then, may the limits be boundless.



Vivian Cheruiyot



Jo Pavey

# Recovery

## What recovery during a repetition track session and the development of 5 paced training

BY FRANK HORWILL

Founder of the BMC Frank Horwill is also acknowledged as the coach who came up with the training method known as the "5 Tier System". This is a system which is used by a great many coaches today. The following is a rationale of how Frank arrived at and devised this particular form 'of over and under distance training', and the correct recoveries for each level of training, and how it fits into a training programme.

The former national coach, John Le Masurier, told an amusing story about a candidate taking the old oral first stage coaching exam in middle-distance in the late 1950s. Asked to state a standard repetition session for the mile, the candidate replied 10 x 440 yards in 60 seconds. Asked what recovery he would give after each rep. He replied 440yds jog (As per AAA manual on middle-distance) He was then asked what time limit he would impose on the jog. The novice replied ninety seconds. At this point, John spotted a GB international warming up and asked him if he wouldn't mind running some 440yds laps in 60secs. He managed three reps, but could not jog on time. The candidate failed. He might have got away with it if he has suggested a 220yds jog in 90secs.

Since Gerschlers interval training (100 and 200 metres) was based on the pulse dropping to 120 beats a minute within 90 seconds this became widely used for all repetition running. However, in 1976 Fox and Matthews suggested this was too long and upped the figure to 130bpm however long it took to reach that state.

Bruce Tulloh in an article suggested that all repetition running should involve the athlete achieving the required times with difficulty. This meant that either the reps. should be fast or the recovery period short.

Soviet coaches engaged in recovery research in the 1970s which answered some questions but raised many more. A group of PE students (female) were divided into two groups, one group were asked to run 10 x 400m in 80secs with 90secs recovery four times a week. The other group were asked to do the same except they were allowed 3 minutes recovery. They were not permitted to

run faster than 80secs/400m. Both groups were VO2 max tested before and after the three months regime. The group with a 90secs recovery improved the most. The problem with this experiment is that it is not known what the result would be if the 3mins rest group were permitted to run faster than 80sec/400. This also applies to the short rest group who may after a few weeks could run faster than 80secs per 400metres.

There are many examples of illogical use of recovery times. Take for example, an athlete wishing to do a session at 64secs/400 x 10 with 200 jog in 90secs to get used to 4mins for 1500 metres. On another day he does an over-distance session for endurance, 20 x 400 in 68secs with 200 jog in 90secs. The first thing to note is that the 400s are 4-seconds slower than the 10 x 400 session. Also, if the session is aimed at improving the 3k time the athlete has to get used to running 7.5 laps without respite. The recovery period can be reduced to 100 metres jog in 45secs. (This is 12mins/mile pace, Bannister jogged at 8mins/mile pace)

In 1972 the BMC founder, Frank Horwill, suggested a table for rest times during track sessions at DIFFERENT PACES. His logic being that an athlete doing 4 x 800 at 1500m pace would require more rest than doing 8 x 800 at 5k pace, the latter being about 8-seconds slower than the first.

See table below for example

The recovery times in the table can be halved when using sets of repetitions. equal to the distance of the event eg 2 x (2 x 800) at 1500m pace, 200 jog after 800 and 400 jog after second 800 or 4 x (1 x 400 + 1 x 800 + 1 x 300), 45secs after 400, 90secs after 800 and 5 mins after the 300.

PACE	SESSION	JOG RECOVERY	MAXIMUM RECOVERY TIME
10k	6 X 1600	100	45secs (one sixteenth distance of rep)
5k	5 x 1200	150	60secs (one eight distance of rep)
3k	16 x 400	100	45secs (one quarter distance of rep)
1500	4 x 800	400	3mins (one half distance of rep)
800	4 x 400	400	3mins (equal distance of rep)
400	8 x 200	400	3mins (double distance of rep)

Depending on the athletes track event he could ensure that the 5 paced system was employed with 2 over and 2 under distance training sessions to complement the event specific session.

These sessions would take place systematically over a one or two week cycle so that all the over and under-distance work and recoveries could all be utilised. This was a method used by Peter Coe with Seb, with out using the 10k sessions. He ensured that there were two over distance training sessions – 5000m/3000 -and 2 under distance sessions – 800m/400m – as well as one at the required distance for his 1500 metre training.

In an article in PEAK PERFORMANCE Owen Anderson wrote about 'VARYING PACE' for the marathon in which the athlete runs one lap at his best 5k pace and then goes straight into a lap at marathon pace. This alternating of pace continues until 10k in total is recovered. On similar lines, Peter Thompson, wrote in AW about NEW INTERVAL TRAINING. This involves the following:-

1. There is no rest or jogging recovery after a repetition instead there is a 'roll-over'
2. The roll-over can be likened to cycling for a period and then free-wheeling for a time. In practical terms, an athlete accustomed to doing 10 x 400 with 200 jog (90secs) would run the 200m in half that time or faster (45secs/200 is 6-minute mile pace)

When the target pace cannot be achieved a good rest is given. The aim being that the benefit of this regime is the recycling of lactic acid as an energy source.

One of the sessions he uses is 3 x 500 at 5k speed with 100m roll-over immediately followed by 3 x 500 at 3k speed with 100 roll-over then 3 x 500 at 1500m speed with the same roll-over. An interesting occurrence in the Australian 10k championships was when Benita Johnson ran the first 200 metres of each lap in 33secs and the second 200m of each lap in 45secs giving a winning time of 32mins 30secs. The full implications of this type of running with roll-over running may see the demise of jogging as part of repetition running.

# European Indoor Championships – Paris

BY DAVE SUNDERLAND

At the recent European Indoor Championships Briton were represented in all the endurance events, with a mixed set of results. The highlights being the three medals won by Helen Clitheroe 3k gold, Mo Farah 3k gold and Jenny Meadows 800 metre silver with 3 other finalists.

## Women

800 metres.

Both the British athletes progressed to the final Marilyn Okoro improving each round (2:03.86 and 2:02.53) and Jenny Meadows looking very impressive winning heat and semi-final in 2:02.96 and 2:00.65 respectively. In the final she employed her usual tactics leading from the gun through splits of 27.96; 58.27 (30.31) and 1:28.87 (30.60). However, she could not shake off her pursuers, and it was the Russian athlete Yegeniya Zinurova, who proved the strongest and prevailed in the home straight winning in 2:00.19 to Meadows 2:00.50. At this level Jenny needs perhaps to review her tactical approach. When leading from the front at this level you can become quite vulnerable. Okoro continued her steady winter improvement finishing 5th in a seasons best

of 2:02.46. Both girls gained consolation shortly afterwards when they were part of the silver medal winning 400 metre relay team, running legs three and four with splits of 52.82 (Okoro) and 52.39 (Meadows)

## 1500 metres

Both the British representatives must use this experience as a learning curve. Hannah England would be disappointed with her heat time of 4:13.54 in 5th position in a



Marilyn Okoro



Jenny Meadows



*Helen Clitheroe on her way to winning the women's 3000m with Dolores Checa (Spain) finishing fifth and Olesya Syreva (Russia) finishing second*

slow run race. With not training specifically for the event in a slow run race this was always likely. However, she will be pleased to have run 4:07.13 in the middle of her winter preparation. Stacey Smith performed well at this level for her first championships

narrowly missing a place in the final with 4:11.95. Yelena Arzhakova (Russia) took the gold medal (4:13.78), from Fernandez of Spain (4:14.04) team mate Matynova (4:14.16) in one of the slowest races in the last thirty years.

29.8 sec. last 200 metres to just hold off Yekatarina Syreva (Russia) by 0.03 secs to finish with 8:56.66 sec. (2:50.46s) from Syreva (8:56.69) and Choiecka (8:58.30).

Full of confidence Helen can look forward to an exciting summer.

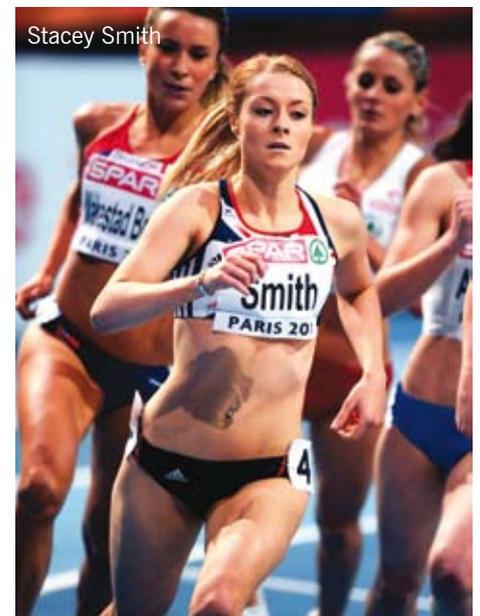


Hannah England

### 3000 metres

After a nine year wait between her only other Championship medal (Commonwealth 1500m bronze in Manchester 2002) in a long international career Helen Clitheroe in the form of her life deservedly struck gold. Moving from the 1500m and Steeplechase this event was a natural progression on her way to running 5000 metres in the summer.

The 37 year old entered the race full of confidence after sojourns at altitude in Kenya and a big personal best prior to the Championships (8:39s). Never far from the lead the first two kilometers passed in 3:07.51 and 2:58.69 (6:06.20) with most of the field still in contention. At the bell Lidia Choiecka (Poland) hit the front but Helen reacted quickly to produce a



Stacey Smith

# Men

## 800 metres

Both Britons made the semi-finals with different results. Joe Thomas qualified comfortably in 1:50.29 in his heat after making a late run, before losing out in his semi-final (1:51.44) in a tactical race. Joe must learn from his championships how events are run at this level.

Andrew Osagie looked in supreme form finishing a comfortable second in his heat (1:51.09) and dominating his semi-final winning in 1:49.02. In the final Andrew was always close to the leaders but could not quite find the legs to get into the first three running 1:48.50, just 0.15 secs. a drift of a medal. In a tight race these went to Kszczot (Poland) 1:47.87, Lewandowski (Poland) 1:48.23 and Lopez (Spain) 1:48.35. But these Championships could be the launching pad for Osagie who looks to have great potential if he stays injury free..



Joe Thomas

## 1500 metres

Similarly to their female counterparts the two British athletes failed to make the final. Both had been at altitude prior to the Championships and their performances were a little disappointing with Colin McCourt finishing last in his heat of nine in 3:52.56. Nick McCormick back to his best now he is back with Lynsey Dunn was just run out of the qualifiers running 3:48.56 for fifth position. The final was won by Manuel Olmedo (Spain) 3:41.03 from Koyuncu (Turkey) 3:41.18 and Nowicki (Poland) 3:41.48. in an exciting race but not earth shattering times.



Andrew Osagie

Nick McCormick



### 3000 metres

Mo Farah consolidated his place as Europe's main endurance runner defending his indoor title to add to his previous outdoor and cross-country titles. His next step is to now to become a major force on the World stage.

Both Britons qualified comfortably for the final. Farah controlled the first of three heats to lead the field home in 8:02.36. Andy Baddeley putting in some over distance winter racing was also comfortable finishing third in the final heat with 8:01.56.

The final opened slowly with the first kilometer being passed in 2:52. It picked up during the second kilometer (2:34) which was reached in 5:26. Here the race began to begin in earnest with both Britons looking medal contenders. Farah

looking very confident took over with 200 metres to run. But off such a slow early pace he was made to work very hard by Hayle Ibrahimov (Azerbaijan). Ibrahimov may have proved more of a handful, or pulled off a shock if he had waited until the final straight to attack, instead of trying to attack around the final bend. In the end Farah prevailed winning in 7:53.00 to 7:53.32, running the last kilometer in 2:27 secs. Just behind a fascinating battle for the bronze medal was taking place with Baddeley just being edged out, after being well placed throughout – by Hakkas (Turkey) 7:54.19. Baddeley was pleased with his 7:54.49 even though he was only 3/1000's away from the medal. Both athletes look in good shape for the summer season ahead.



*Mo Farah on his way to winning the men's 3000m with Hayle Ibrahimov (Azerbaijan) who finished second*

# World Cross-Country

Punta Umbria, Spain March 20th 2011

BY DAVE SUNDERLAND

Despite the event being dominated by the African nations both individually and team wise – only USA Senior Women's team, and the Japan Junior Women's team both bronze broke the monopoly – there were some encouraging performances particularly from the UK women. It will be interesting to see with the event reverting to only every two years from now, if the fields continue to dwindle. The following is a brief summary of the UK athlete's positions and the team results.

The Junior Ladies finished in a creditable 5th position and were led home by Emelia Gorecka in a great 15th place. She was ably supported with fine runs by Anna Gummow 22nd, Louise Small 29th and Georgia Peel closing in the team in 40th place. Beth Carter 45th and Ruth Haynes 65th completed the team.

Not to be outdone the Senior Ladies also finished in 5th position led home by Charlotte Purdue in a tremendous 14th place for one so young. Hatti Dean continued her fine season in 21st, and the other counters were Stevie Stockton 37th and a fine international debut from Naomi Taschimowitz in 46th. Gemma Steel 54th and Julia Bleasdale 59th concluded the scorers.

The Junior men were led home by Jonathan Hay 39th and finished in 10th position. The additional scorers were Ross Matheson 53rd, Ben Cooper 67th and Richard Goodman 71st. They were supported by Ian Bailey 72nd and Tom Curr in 95th place.

The Senior men were a little disappointing finishing down in 15th position, and were led home by the always reliable Andy Vernon 58th with Tom Humphries 64th, a rare international cross-country outing for Steeplechaser Luke Gunn 73rd, and James Walsh a close 77th. The team were supported by Ryan Macleod 83rd and Derek Hawkins 91st.



Charlotte Purdue



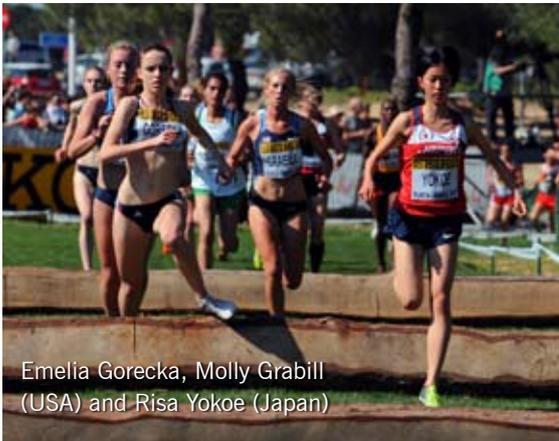
Georgia Peel and Beth Carter during the junior women's race



Naomi Tschimowitz



Andy Vernon



Emelia Gorecka, Molly Grabill  
(USA) and Risa Yokoe (Japan)

**EARLY WARNING NOTICE !!!**

# 2011 BMC Annual Coaches Conference and Awards Dinner

**18TH & 19TH NOVEMBER 2011**

**Warwick University**

Featuring David Moorcroft along with other inspirational speakers

Lectures and workshops

All BMC coaches invited

Programme and booking details to follow soon.



# NEVER RUN ALONE AGAIN.

Nike+ SportWatch GPS

POWERED BY **tomtom**

IT ACCURATELY TRACKS YOUR SPEED AND DISTANCE INDOORS OR OUT, AND MONITORS YOUR HEART RATE\*. IT ALSO REMINDS YOU TO RUN WHEN YOU'VE BEEN SLACKING, REMEMBERS YOUR LATEST RUNS AND ALL YOUR PBS, AND PLUGS YOU INTO THE WORLD'S BIGGEST RUNNING CLUB. IN OTHER WORDS, IT'S LIKE YOUR RUNNING BUDDIES—ONLY MORE USEFUL AND LESS SWEATY.

**NIKERUNNING.COM**

\*MONITORS YOUR HEART RATE WITH THE POLAR WEARLINK+ TRANSMITTER SOLD SEPARATELY