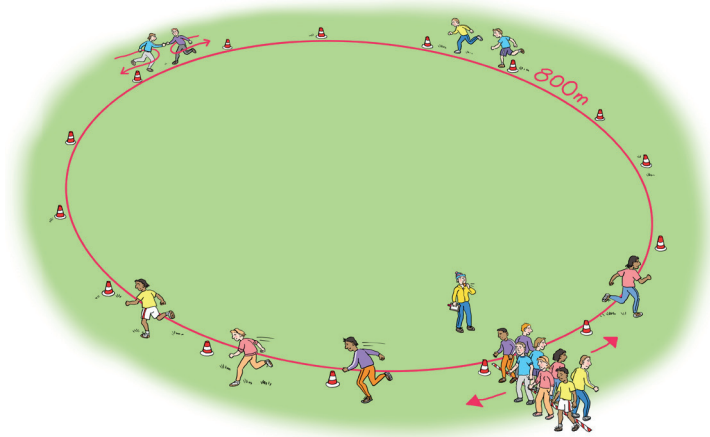


3. PHYSICAL TRAINING

3.2 THE BAFFLER



BRIEF DESCRIPTION:

Complete a number of repetitions around a circular route.

AIMS AND OBJECTIVES:

Improve anaerobic threshold with different abilities training together.

EQUIPMENT: Cones, stickers.

PREPARATION:

Mark out an appropriate route of about 800m. Number the stickers.

3.2 THE BAFFLER

ACTIVITY:

- Jog around the route to warm up and familiarise.
- Have a 1 or 2 lap race. Record the order of finishing or give out stickers in order as they finish.
- Pair up the participants. The fastest goes with the slowest e.g. 2nd fastest with the 2nd slowest etc.
- Pairs line up on the start line back to back.
- One runs clockwise and the other runs anti clock wise.
- When they meet they tag each other, turn around and run back to the start.
- Have a short rest. (e.g. 90 seconds)
- Repeat until the desired number of repetitions is completed.

COACHING POINTS:

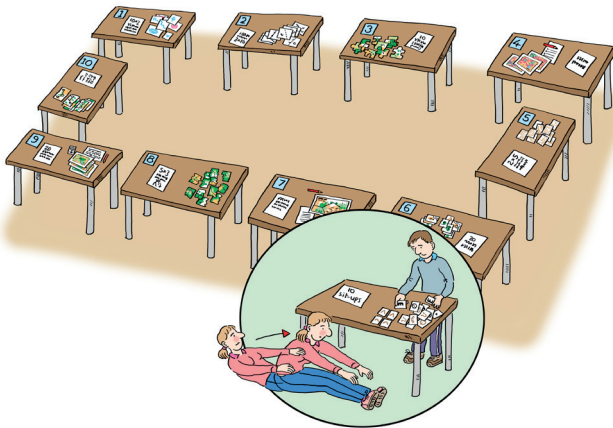
Participants can meet anywhere on the route. This enables everyone to run at their own pace.

Announce the winning pair after each rep. Challenge others to beat them next time. Alternatively, handicap the winning pair.

EXTENSION ACTIVITIES:

Vary the length of the course. Vary the rest. Progress to rough terrain.

3.3 CIRCUIT TRAINING



BRIEF DESCRIPTION:

A series of physical exercises interspersed with “technical” map training.

AIMS AND OBJECTIVES:

Strength endurance. To utilise the rest periods for technical orienteering training.

EQUIPMENT: Circuit training cards, mats, music (optional), resources for technical training, stop watch.

PREPARATION:

Decide in advance what technical training to do in the rest period (e.g. match the map, matching control descriptions or matching symbols). Lay out the circuit, ideally alternating upper body, trunk and legs.

3.3 CIRCUIT TRAINING

ACTIVITY:

1. Pair up the participants.
2. Start each pair on a different station.
3. Participants to rotate clockwise.
4. In each pair, person 1 will start with the physical training and person 2 will start with the technical training.
5. Swap over after 1 minute
6. After another minute move onto the next station.
7. Keep moving until all the stations are complete.
8. Repeat after a 5 minute rest.

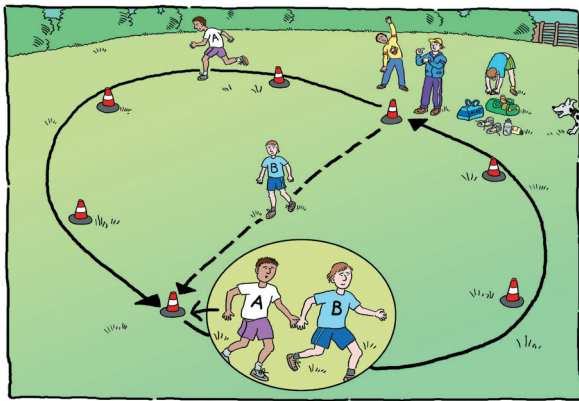
COACHING POINTS:

Putting music and possibly a bleep onto a CD would eliminate the need for a stopwatch and allow the coach to concentrate on the participants.

EXTENSION ACTIVITIES:

Vary the technical training, increase the number of exercises, the duration of the exercises and/or the number of circuits.

3.4 PAARLAUF RELAY



BRIEF DESCRIPTION:

Work in pairs running round an oval. One works hard whilst the other jogs to recover.

AIMS AND OBJECTIVES:

Speed endurance.

EQUIPMENT: Cone, whistle, stopwatch.

PREPARATION:

Mark out a 300-400m oval. (Can be varied to suit the fitness of the participants).

3.4 PAARLAUF RELAY

ACTIVITY:

Put participants into similar ability pairs. Each pair starts together. Person A runs hard round half the oval. At the same time person B jogs across the Oval to tag person A at the other side.

Person B runs hard round the other half of the Oval. Person A jogs across the oval to tag Person B. Person A runs hard round half the oval whilst person B jogs across to tag them and so on and so forth.

An average group may complete 3 X 5 minutes. Both partners would rest for 2 minutes in between each set of 5 minutes.

COACHING POINTS:

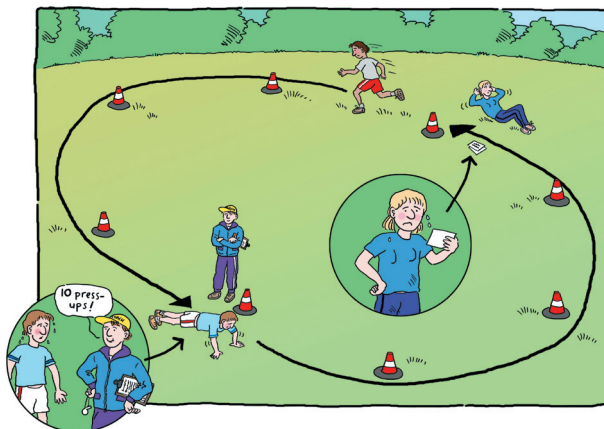
Encourage participants to pace themselves. They should be running just as fast at the end of the session as at the start.

Encourage good running technique. (See separate card 3.10).

EXTENSION ACTIVITIES:

Make the Oval longer or use more difficult terrain. Increase the number of loops.

3.5 OREGON CIRCUIT



BRIEF DESCRIPTION:

Participants complete a number of strength exercises. This is interspersed with some easy paced running.

AIMS AND OBJECTIVES:

Strength endurance.

EQUIPMENT: Cones, exercise cards, whistle, stopwatch.

PREPARATION:

Laminate the strength training cards, mark out a 200-400m oval.

3.5 OREGON CIRCUIT

ACTIVITY:

Each participant runs at an easy pace around the oval. After each half a lap, participants must complete an exercise predetermined by the coach. An average group could do 2 sets of 10 repetitions of 10 different exercises. Include a 1 lap walk between sets.

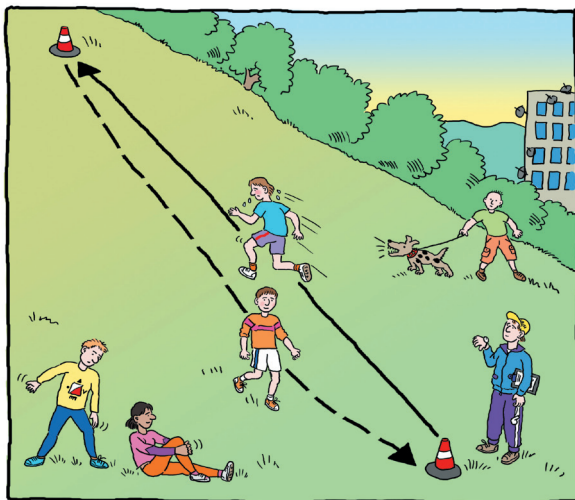
COACHING POINTS:

Try to alternate arm, trunk and leg exercises.

EXTENSION ACTIVITIES:

Increase the number of exercises, the number of loops and/or the number of repetitions per exercise.

3.6 HILL REPETITIONS



BRIEF DESCRIPTION:

Run hard up a hill and recover on the way down.

AIMS AND OBJECTIVES:

Power or strength endurance.

EQUIPMENT: Cones, whistle, stopwatch.

PREPARATION:

Choose an appropriate hill to meet the aims and objectives.

Mark out the area with cones.

3.6 HILL REPETITIONS

ACTIVITY:

- Group start together at the bottom of the hill.
- Group run hard to the finish cone.
- Group jog back to the bottom of the hill.
- Repeat until the session is complete.
- A number of finish cones allows different abilities to work together.

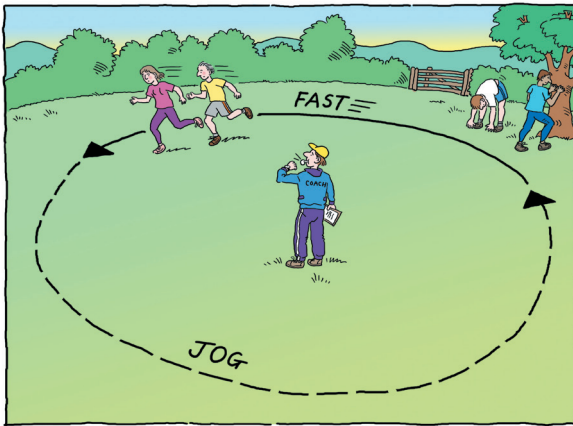
COACHING POINTS:

Consider the type of hill used. 400m long (15-20 mins of effort) for strength endurance, 50-100m (10-15mins of effort) for power. Using a time limit instead of a distance also allows different abilities to work together.

EXTENSION ACTIVITIES:

Run hard both up and down the hill and rest at the bottom. Run over rough terrain.

3.7 FARTLEK



BRIEF DESCRIPTION:

Continuous running that uses a variety of repetitions of differing speed and length.

AIMS AND OBJECTIVES:

Speed, power and strength endurance.

EQUIPMENT: Large open area, cones, whistle, stopwatch.

PREPARATION:

Decide on appropriate area.

3.7 FARTLEK

ACTIVITY:

The coach instructs participants to run around a set course where they can be seen most of the time.

The coach observes the participants and instructs them to speed up and slow down by means of a whistle.

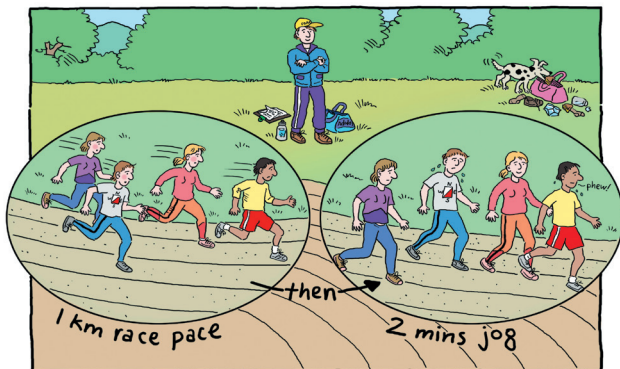
COACHING POINTS:

Consider the group. Duration could be 10-60 minutes. For speed try a 30 second sprint and a 90 second jog for 20 minutes. For speed endurance try 4 minutes hard and 2 minutes easy for 30 minutes.

EXTENSION ACTIVITIES:

Use a hilly course and/or rough terrain.

3.8 INTERVALS



BRIEF DESCRIPTION:

Using a set measured area, complete a number of efforts over a set distance, these are interspersed with rest periods.

AIMS AND OBJECTIVES:

Power or strength endurance.

EQUIPMENT: Cones and stopwatch.

PREPARATION:

Measure an appropriate area. Mark out the area with cones.

3.8 INTERVALS

ACTIVITY:

- Start together and run hard for the designated time.
- Jog to recover for the designated time.
- Run hard again for the designated time.
- Jog to recover and repeat for desired number of times.

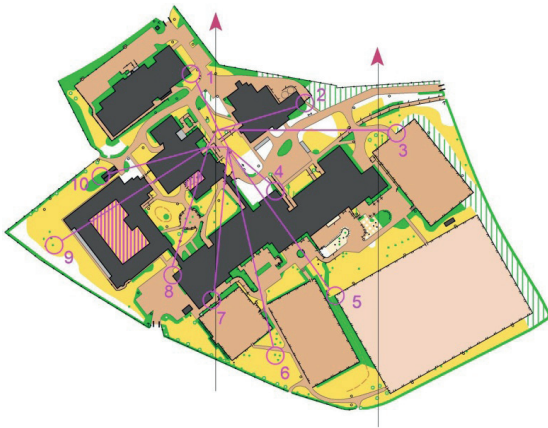
COACHING POINTS:

Consider the participant's needs. If the participant is preparing for an 8km orienteering event then 8 X 1km with a 2 minute jog may be appropriate.

EXTENSION ACTIVITIES:

Add an extra repetition each week. Decrease the rest period or increase the distance covered in the same time.

3.9 STAR INTERVALS



BRIEF DESCRIPTION:

A variation on an interval session. Combines navigation and physical training.

AIMS AND OBJECTIVES:

Speed endurance. Highlights the need to run at sub maximal pace when navigating.

EQUIPMENT: Maps, controls, control cards and pens.

PREPARATION:

Plan a star event. Place the controls out in the appropriate area.

3.9 STAR INTERVALS

ACTIVITY:

Coach gives each participant a different control to visit. Participants jog slowly to their control. The emphasis is on going slowly enough to get to the control without making mistakes.

Once participants have found their control, they run as hard as they can back to the start/finish.

Repeat until all the controls have been found or the designated time is up.

COACHING POINTS:

Works best if the control sites are fairly easy to find as the “interval” effect of the session will be lost if participants spend a long time trying to find the control.

Place controls nearer to build speed, further away to build endurance.

EXTENSION ACTIVITIES:

Plan over a hilly area / rough terrain.

3.10 GOOD RUNNING TECHNIQUE



See the 'Strength and Conditioning' DVD for ideas on how to build efficient running style.

