

# Training Technique and Philosophy for Extremely Short Track Season

*by Coach Larry Libow*

- Injury prevention is primary goal.
- Work on developing strengths rather than on diminishing weaknesses.
- Training & drills should emphasize quality rather than quantity.
- Always allow full recovery between runs. Allows the proper body/mind connection. Running when exhausted teaches the body/mind how to run slowly.

## **Slow Down and Run Faster**

- Running at slower speeds helps runner learn tempo & rhythm.
- Allows runner to do more running which will develop more endurance.
- Aids runner in perfecting technique & relaxation.
- Allows runner to take less rest between runs which develops endurance.
- Protects runner from injury.
  
- Set an event target time and work on percentages of time over distances, increasing the percentage and distance progressively.
  
- Athlete should be gradually put under stress during training.
  
- Run full out in only a few training sessions and not more than 10 seconds and 10 reps.
  
- No testing / time trials in practice - only in competition.
  
- Better to be under-trained than over-trained.
  
- Emphasize relaxed running, good body mechanics.

**Any coach who is through learning is through!**

The coach must help the athlete understand the principle of the training program.

Goal-setting is a great motivator. Goals must be realistic.

Most important is HOW the athlete expects to reach their goals.

Communication with the athlete is vital.