

**NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN
TRACK & FIELD COACHES ASSOCIATION**

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**NACACTFCA Set to Celebrate 20th Anniversary
of Founding in Puerto Rico!**

The 20th anniversary of the founding of this organization will be commemorated at the 19th NACACTFCA Congress in Old San Juan, Puerto Rico! Go here for information: www.nacactfca.org

Electronic Bulletin Contributions

The NACACTFCA has a rich depth of coaching knowledge covering every event area and spanning the entire region from the US and Canada to Central America and the Caribbean. As noted by Reverend Canon Clarke, Secretary General of NACAC, our region is not only talented but our athletes have begun to take over the world stage with the performance this summer in Beijing. 28 out of 32 of the finalists in the 100 meters and 200 meters for men and women were from the NACAC region, and all of the medals went to athletes from NACAC nations. NACAC athletes are making inroads into the elite levels of other events as well.

One of the basic reasons for this success is the tremendous level of coaching knowledge and commitment in our region. It is our belief that the CAC programs for coaching education, IAAF CECS, and the NACACTFCA Congresses have added to the development of coaching and athletic performance in the region. The commitment of NACAC President Teddy McCook to coaches' education has been made clear by the wonderful contribution of one scholarship for each member federation to attend the Aruba Congress this fall (all expenses paid) and continued support to future congresses!

Hopefully, the old *NACACTFCA Technical Bulletin* in print and this more recent *Electronic Bulletin* and archived files on the website www.nacactfca.org have also been of benefit to coaches in the region. Now it is time for NACAC coaches to give back their knowledge and experience by sending in articles, comments, data, etc. for publication in this forum! We are also planning to pose some questions to the presenters at the Aruba Congress by email and collect their responses in a future roundtable article.

In This Issue:

- Call for Coaching articles and information from the NACAC region!

Articles:

- Coaching 800 Meter Runners, William Wuyke (USA/VEN)
- Javelin, Juan De La Garza (USA/MEX)
- Book Review: *This Voice in My Heart*. Gilbert Tuhabonye
- 2009 Congress in Old San Juan





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Training 800 Meter Runners - William Wuyke **NACACTFCA Congress - Aruba, October 2008**

The 800 Meters

- **To be a successful runner you must have:**
 - . Genetics
 - . Training/Discipline
 - . Coach with knowledge
 - . Desire to win and competitive personality

Terminology

- **Aerobic Running:** running at a pace in which no oxygen debt is accumulated
- **Maximum VO₂:** it is a measurement of the maximum rate at which an individual can utilize oxygen for energy production.
- **Anaerobic Training:** Running at speed in which an oxygen debt is progressively accumulated.
- **Anaerobic threshold training:** the point where the body shifts from aerobic to anaerobic work. 168 bpm. (4 mmol lactate/dl)
- **Tempo Run:** Steady run of at least 20 min at a pace runner can handle for an hour but not longer
- **Hill Training:** Key part of a phase of training. Prepares runner for the transition to true speed training. It also replaces the long slow distance base approach to training.
 - . To get fast you need power. Hills alone will make you strong not fast. (speed-strength)
- **Fartlek:** runs at varying speeds in different terrain, preferably.

Terminology

- **Repetition Running:** The main objective is to develop the aerobic and anaerobic capacity of a runner. Usually Can be divide in short, medium and long distance. The relationship of intensity depends on recuperation.
- **Interval Running:** (the key is recuperation) normally 150-800 meters repetitions w varied rest. Heart rate ~120-160.
- **Anaerobic Endurance or Speed Endurance:** The ability to tolerate fatigue and maintain both pace and form while running at near maximum intensity for relatively short distance.
Example> Repeat 300-400 m training at pace to develop speed
- **Circuit Training:** variety of exercises with weights/no weights
- **Weight Training:** exercise using machines and free weights.
Apply the intensity in relationship with the training period correspondent.



Genetics

- **Muscle fiber proportions**
 - . Fast twitch fibers
 - . Basic speed capacity
 - . Lactate tolerance ability
 - . Slow Fibers
 - . VO2 Max
 - . Ability to hold pace
 - . Intermediate fibers
 - . Best ability to respond to varying types of training
- **Muscle fiber Characteristics**
- **Tolerance to training**
- **Recovery capacity**
- **High motivation**

Keys to running 800m fast:

- **Great ability to Produce Energy during the duration of the 800-m**
- **Great ability to Run Economically (getting most speed for energy produced in body)**
- **Ability to Tolerate Discomfort of running hard**
- **Great strategy to Maximize Abilities.**
- **Great Training.**
- **No injuries!**

Metabolic Aspects of 800-m

- **Anaerobic than Aerobic**
 - . Must have anaerobic power for speed
 - . Must have aerobic power to race all 800m
- **Requires optimal Balance of Anaerobic/Aerobic training> More than any race distance!**
- **Must be able to produce Maximal Energy**
 - . Maximal ability to use glycolysis and Krebs cycle
 - . Maximal ability to circulate blood and deliver oxygen to muscles

Role of lactate in 800-m

- **Lactate ALLOWS for continued energy production at a high rate**
- **Lactate level represents “borrowed” energy for running fast**
- **Finish the race with as HIGH a lactate level as possible (pay back the debt on the awards stand)**

Training/Discipline

- **Coaching Expertise**
- **Training Facilities**
- **Life Style Discipline**
 - . Nutrition
 - . Rest/sleep
 - . Bad habits

Four Phases of Training:

- . Adaptation/ Introduction
- . Basic Preparation/General and special
- **Specific preparation/pre and competitive**



Competition

- **Transitory**

Basic Preparation

- **Long Distance / continuous running**
- **Running techniques**
- **Circuit training**
- **Weight training**
- **Fartlek**
- **Long repetitions**
- **Extensive intervals**

Sample Workout

- **Warm up**
 - . **Drills**
 - . **Stretching**
 - . **Strides**
- **Main Workout**
 - . **Intervals**
 - . **Repetitions**
 - . **Speed**
 - . **Hills**
 - . **Etc...**
- **Cool down**
 - . **stretch**

Specific Training

- **Anaerobic Workouts**
- **Intervals**
- **Repetition**
- **Weight Training**
- **Hills**
- **Time on the track**
 - . **Pace judgment**
 - . **Aggressive around the corners**

Sample Workouts

- | | |
|--|---|
| <ul style="list-style-type: none">• Monday<ul style="list-style-type: none">. 40 Minute AM run. Drills and Stretch. 100 Strides. Stretch
. 30 min Fartlek PM. Drills and Stretch. 100 Strides. Stretch | <ul style="list-style-type: none">• Tuesday<ul style="list-style-type: none">. 5 x 1 mile jog. 6x80 strides. Circuit training.. Cool down and stretch |
|--|---|



Sample Workouts

- **Wednesday**
 - . 40 min run AM aerobic work
 - . 30 min cross country
 - . Drills and stretch
 - . 10x100 strides
- **Thursday**
 - . 40 min run Drills
 - . 2x8x100strides
 - . Circuit Training
 - . Stretch

Sample Workouts

- **Friday**
 - . 15 min run
 - . Drills and stretch
 - . Strides
 - . 1 mile-1200-1000-800-600-400
 - . 10 min cool down
 - . Stretch
- **Saturday**
 - . 45 min run
 - . 10 x 100 strides
 - . Circuit Training
 - . Stretch
- **Sunday**
 - Off

Pre-Competition

- **Anaerobic training**
 - . Faster repetitions
- **Speed Workout**
- **Weight training**

Sample Workouts

- **Monday**
 - . 30 Minute AM run
 - . Drills and strides
 - . Circuit Training
 - . Stretch
- **Tuesday**
 - . 30 Min bike
 - . Weight Room
 - . Stretch
- . **PM Warmup**
- . **Drills and Stretch**
- . **5 x 800 or 5 x 600 and 200**
- . **Strides**
- . **Stretch**

Sample Workouts

- **Wednesday**
 - . Warm Up
 - . 9 x 300
 - . Strides
 - . Cool Down
 - . 3 x 40 x 10 (Sit-up/Pushup)
 - . Stretch
- **Thursday**
 - . 40 Min pool or bike
 - . Stretch
 - . 2nd Practice
 - . 20 Minute warm-up
 - . Weight room
 - . (Sit-up/Pushup)
 - . Cool Down



Sample Workouts

- Friday
 - . 30 Min Run
 - . 10x100 Strides
 - . (Sit-up/Pushup)
 - . Strides
 - . 2nd Practice
 - . Warm up
 - . Ladder
 - . Cool Down
 - . Stretch
- Saturday
 - . Warm Up
 - . Drills
 - . Stretch
 - . 12 x 200
 - . 10 min cool down
 - . stretch
- Sunday
 - Off

Competition Workout

- 1 x 600
- 1 x 300
- 1 x 150
- 4 x 400 x 200
- 6 x 150 x 50

William Wuyke used videos of some of his best races to discuss strategy and to hammer home the point of training fast paces with minimal recovery to develop the ability to tolerate the lactate bath that comes with the last stretch of the 800 meters! He also showed the Pan American Games 800 meter final when he was knocked to the track off the last turn and was wheeled off to the hospital after slamming his head into the track!

William Wuyke can be reached by email at: wcwuy@conncoll.edu



William Wuyke in Aruba



Juan De La Garza, Coaching Javelin Throwers



Coach de la Garza Demonstrating in Aruba

Juan de la Garza (USA/MEX) presented his approach to developing national and international class javelin throwers by focusing on the basic strength and technical parameters requisite to achieve a high level of performance.

Periodization is vital to the training of the system and developing technical proficiency in javelin throwers. De la Garza identified the major indicators that influence world class throwing both in training the athletes with ball throws, jumps, sprints, and modified javelin throws, and in the weight room with specific lifts. He also listed the vital parameters for an 80 meter throw: standing long jump over 3 meters, standing triple Jump over 9 meters, snatch 110 kilos, squat at least 165 kilos, standing 2 kilo throw of 40 meters, standing 800g javelin throw 60 meters, etc.

The training reflects the goals of developing these specific parameters: plenty of multiple jumps and throws, sprints, olympic lifts, and special strength exercises that stress power and elastic strength along with the approach patten, cross over steps, and javelin throwing motion. Technically, the emphasis is on a lot of full approach throws with a rhythmic, progressive approach pattern, smooth cross over steps, with special attention to the impulse step and bracing stride. Overall flexibility is also vital to success and maintaining health in the javelin throw. De La Garza's notes follow...

*The importance of Periodization is divided into two parts: Conditioning and Technical.

Conditioning subdivided in Endurance work, speed, throwing ability, flexibility and weightlifting.

Technical part subdivided into Biomechanics, Video taping, estimate work, and the eye training.

Basic important key elements to develop elite javelin throwers: Standing Long Jump, Standing Triple Jump, 30 Meters Sprint, Over the Head shot throw, Between the Leg Forward throw, Standing Throws with Javelin, Med balls, Iron Shots, and any other throwing implement, Cross Overs, The Full Approach.

Key exercises in the weight room: Olympic Lifting (Snatch, Power Clean, Clean and Jerk), Different forms of Squats(single leg squat, front squat, back squats, box step up with weight), Pull Overs, and Body building circuits.

Key statistical parameters of 80 meters javelin throwers

Standing Long Jump over 3 meters / Standing Triple Jump over 9 meters / Pull Overs over 100 kilos

Snatch 110 kilos / Squat at least 165 kilos / Standing one kilo throw of 52 meters

Standing 2 kilo throw of 40 meters / Standing 800 gms javelin throw 60 meters

Standing 1 kilo javelin throw 54 meters / 30 meters dash under 4 seconds fully electronic from a block start

The Full Approach

Make sure to practice a lot of full approach throws

Work on develop smooth and progressive cross overs

Run relax and build up your run gradually

Pay attention to the impulse step and the bracing stride

Stay away from the lateral deviation

Work very hard on your over all flexibility

Practice and practice full approach throws



Book Review: *This Voice in My Heart*, Gilbert Tuhabonye

Gilbert Tuhabonye is a native of Burundi, an ethnic Tutsi, and an NCAA Division II champion distance runner at Abilene Christian University. He is also the lone survivor of one of the worst massacres of the genocidal wars on the 1990s in Burundi and Rwanda. After recovering from his injuries, he resumed running and made his way to the USA to compete. He now resides in Austin, Texas and runs Gilbert's Gazelles, a large and successful running organization. His story is chilling, heartwarming, inspirational, and gripping. While he traces the ordeal of the attack on his school in Burundi by Hutus, he weaves the story of his life in the rural mountains of east Africa, the story of his family, and the story of his faith. Gilbert Tuhabonye's life, his story, and his inspiring faith in God, in people, and in running will make an impact on any reader, but especially on those who share his passion for life, athletics, and spreading the joy of running and competing. Go here for more information about *This Voice in My Heart*, and the Gilbert's Gazelles Website:

<http://www.gilbertsgazelles.com/book/index.php>

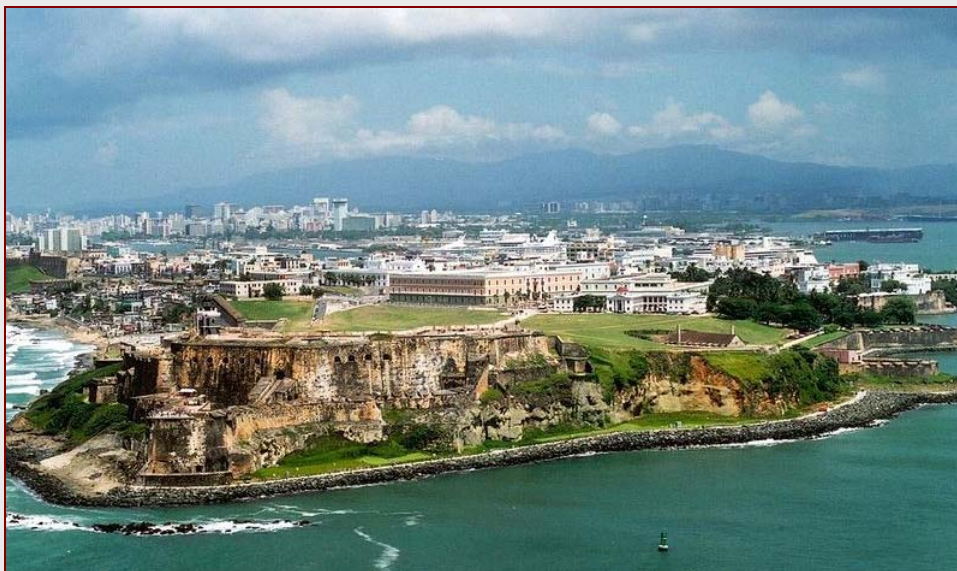
2009 NACACTFCA Congress in Old San Juan

Sheraton Old San Juan (<http://www.sheratonoldsanjuan.com/>) October 8-11, 2009

Congress Theme: *Revolutions in Athletics – Coaches and Training Principles That Have Changed the Sport Forever*

Keynote Speaker – Elio Locatelli (ITA) – IAAF Coaches' Development
Presenters - Don Babbitt (USA) – Throws Training
Vern Gambetta (USA) – Modern Functional Strength Training for Athletics
Tadeusz Kepka (MEX/POL) – Modern Distance Training
Gary Winckler (USA) – Sprint / Hurdle Training
Dr. Wolfgang Ritzdorf (GER) – IAAF World High Jump Centre Director
Dr. Klaus Bartonietz (GER) – IAAF Biomechanics Team
Special Roundtable Discussion of 21st Century Technology in Athletics

Click <http://nacactfca.org/Puerto%20Rico%20Brochure%20-%20English.pdf> for preliminary Congress Brochure (not updated) and Registration Form. email rmercado@sjc.org or victorlp8@aol.com for more info - <http://nacactfca.org/>



El Morro and Old San Juan

