

Walk for double gold

*Robert Korzeniowski presents
a part of Sydney Olympics diary*



**Much important points in training
program
of Olympic year 2000**

by Robert Korzeniowski

gold medallist of 20 and 50 km walk in Sydney Olympics



Main goals

- ✦ Focus on both distances of Sydney Olympics
- ✦ Priority to 50 km in the early stage of season
- ✦ Perfectioning 20 km in the advanced stage of season
- ✦ Working the race walking technic to be as close as possible to technical perfection
- ✦ Keep the mind away of stress and public presure
- ✦ Build an unconditional confidence of final achevement

General Giudelines for 2000

- ✦ Obligatory recovery process after past season
- ✦ Introduction to walking training
- ✦ Aerobic capacity training
- ✦ Anaerobic capacity training
- ✦ 1st. competition period ended by 50km qualification
- ✦ 1st. Recovery period
- ✦ Specific 20km preparation
- ✦ 2nd competition period
- ✦ 2nd. Recovery period
- ✦ Direct preparation for both olypmic distances
- ✦ 3rd competition period
- ✦ Slow dawn training

Details...

Stages in specific preparation



Recovery therapy after 1999 season

3 weeks - October -main focus on:

- General recovery after season
- Treatment of little injuries
- Kinezy-therapy
- Psychological relaxation
- Definition of the next most important goals
- Searching a new motivations for training
-

1. Introduction to walking training



4 weeks November -Main Focus on:

Building-up muscular tonus

Building-up unspecific(general) force

Stretching

Overweight reduction

Exemplary week:

Mo. WE1-7, stretching (STR)

Tu. WE1-8, (STR)

*We. WE1-10, stretching,
general force- stations training
(GFST)*

Th. Jog-6 (snow)

Fr. WE1-10

Sa. 1st tr. WE1-14

2nd tr. WE1-7 -GFCT


Su. 1st tr. WE1-10

2nd tr. Jog.8- GFCT



1st Aerobic capacity training period

10 weeks: December January, first week of February- Main focus on:


- 
- A silhouette of a runner in a starting crouch on a track, positioned to the left of the list items.
- Aerobic speed increasing
 - Aerobic endurance increasing
 - Specific force work
 - Specific walking technical work

Exemplary week:

- Mo.* 1st tr. WE1-12
2nd tr. WE-6+tech1+Speed5x100
- Tu.* 1st tr. WE1-20
2nd tr. WE1-6+GFCT
- We.* 1st tr. WE1- 15
2nd tr. WE-8 witch 10x100m included.- STR
- Th.* 1st tr. WE1-2km
10X WE2-1km/WE1-1km
(LA> 2mmoll<3,5)/WE1-1(LA2 mmoll)
2nd tr. WE1- 8+ SPA, sauna, relaxation
- Fr.* 1st tr. WE1-15
2nd tr. WE1-6+tech/accelerations
- Sa.* 1st tr. WE1>2-35km
2nd tr. WE1-6km+ massage, physical care
- Su.* WE-1-12km

Anaerobic Capacity Training (indoor 5000m competition)

2 weeks, 2nd and 3rd
week of February- Main focus on:

A silhouette of a sprinter in a starting crouch on a track, positioned to the left of the text.

Indoor competition considered as a test
Technic control with competition Speed
high frequency

Anaerobic capacity- high tolerance to LA
Motivation to following training period

Exemplary week:

Mo. 1st tr. WE1-5+ SE-5km in 20:07

2nd tr. WE1-8-STR

Tu. 1st tr. WE1-15

2nd tr. WE-1-6+tech/speed by 100m

We. 1st tr. WE1-15+ 5km

with 10x100 acceleration included

Th. 1st tr. SE 10x400m (1:30-31)/200m recovery

+ 1000m same speed as 400m base

2nd tr. WE1-6+STR

Fr. WE1- 12

Sa. WE1-4+ Speed pyramid

100+200+300+200+100m/100 tech. recovery

Su. Indoor competition- 5000m



1st.Competition period ended by 50km Olympic selection

- **2 Weeks February/March-Main focus on:**
aerobic speed increasing on 2 mmoll threshold
low energetic cost of exercise by best technique
low physical cost of preparation
psychological comfort by the fact to achieve 50km
qualification early in the season
5.03.2000 in Portugal - 3h41:50

Exemplary week

Mo. 1st tr.WE-1-12km

2nd tr.WE-1-5+tech+ GFCT

Tu. 1st tr. WE1-10+WE2-15km LA<3 mmoll

2nd tr. WE1-8+ SPA, sauna, relaxation

We. 1st tr. WE1-12

2nd tr WE1-6+tech10/speed100X10

Th. WE1-1+ 9x(SE3 average 12:48 LA 2,7/

WE-1-1average 4:45)

Fr. 1st tr.WE1-10

2nd tr. WE1+tech.1

Sa. 1st tr.WE1-20(4:40)+ SE 5km

on 50km speed 4:23 LA checking <2 mmoll.

2nd tr.WE1-6+ GFCT

Su. Rest- SPA, massage, sauna

- 7days before 50km competition

Recovery training after 50 km effort

3 weeks in March - Main focus on :

Best recovery as possible after the
50km preparation and the
competition

Specific care of joins, tendons and
mussels- structure

Keeping body ready to restart the
specific 20 km training.

Exemplary week:

Mo. WE1-10, recovery therapy

Tu. 1st WE1-12 recovery therapy

2nd tr.WE1-5+tech +massage

We. Rest, Cultural activity, SPA, massage

Th. WE1-15

Fr. 1st tr.WE1-12

2nd tr. WE1- 5+ tech/speed work, recovery

therapy

Sa. WE1-18, Cultural activity

Su. WE1-6+ speed pyramid

2x(100+200+300+200+100/100m recov.)

Specific 20km preparation

Faze 1

5 weeks march / april-

Main focus on:

- 4 weeks aerobic capacity training period
- restitution of long distance endurance,
- technic improvement
- rebuilding specific and unspecific force

Exemplary week:

Mo. 1st tr. WE1-20

2nd tr. WE1-8

Tu. 1st tr. WE1-25

2nd tr. WE1-8+ GFST

We. 1st tr. WE1-18

2nd tr. WE-6+tech/speed

Th. 1st tr. WE1-25+ WE2-5 LA 2,9

2nd tr. WE1-8

Fr. 1st tr. WE1-18

2nd tr. WE1-6+GFCT

Sa. 1st tr. EW1-10+EW2-15 LA2,3 (HR175)

Su. 1st tr. EW1-15

2nd tr. EW1-8+GFST



Specific preparation to 20 km competitions

Faze 2

4 weeks, May-Main focus on:

- ◆ mixed and anaerobic work
- ◆ speed and high frequency increasing
- ◆ build-up better high lactate resistance by consequence higher anaerobic capacity
- ◆ technique supervising in the 2nd rang competition
- ◆ weak-up spirit of competition against real rivals
- ◆ felling geating up an adrenaline

Exemplary week:

Mo. 1st tr. EW1-15

2nd tr. EW1-6+100+200+300+200+200/100tech.

Recovery, STR

Tu. 1st tr. EW1-15+ EW1-5witch 10x100 included

2nd tr. EW1-7 STR

We. 1st tr. SE12x1000m/400m recov.,

aver. speed 3:58 LA 4,2

2nd tr. WE1-8

Th. EW1-15

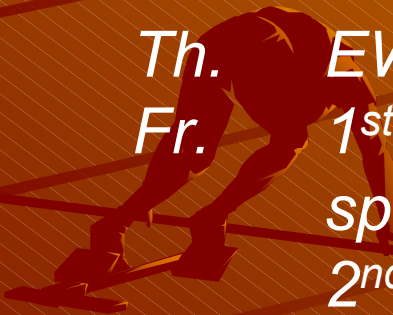
Fr. 1st tr. SE 15x400m/recov. 200m, aver.

speed 1:29-30 max LA7,7

2nd tr. WE1-8

Sa. EW1-12

Su. Competition 5000m



2nd Competition period

✦ 5 weeks June/July-Main focus on:

- Olympic 20km standard (*done*)
- Best place in European Cup (*1st*)
- To Break PB on 20(*1h18:22*) and 10km (*38:42*)
- Psychological advantage on wined rivals before main season competition
- Personal confidence

Exemplary week

*Mo. 1st tr. WE1-6+tech 1km
2nd tr. WE1-20*

*Tu. 1st tr. WE1-6+tech
2nd tr. SE 10x 400m av. 1:30/200recov/600m (2:19)/1'stop 1'*

*We. 1st tr. EW1-6
2nd tr. EW1-12*

Th. SE 10x200m/200recov/400m/200recov.

Fr. Travel to competition place WE1-8km

*Sa. 1st tr. Weak-up training before breakfast
European Cup 20km 1st place-1h18:32*

Su. Travel to Poland, 30' walk

2nd Recovery period

2 weeks from 10.07 to 23.07 Main focus on:

- get active rest after competition series during preceding 5 weeks
- take care of all body and prepare generally to higher effort (massage, hydro -massage, ,kriotherapy)
- forget all „competition noise”
- analyse positive and negative aspects of present state of physical and mental preparation
- get conclusions and final solutions for the remaining weeks preceding the olympics events.

Exemplary week:

Mo. 1st WE1-10 Kriotheraphy (KT)

2nd WE1-6 swemming

Tu. WE1-12, KT

We. 1st tr.WE1-15, KT,

2nd tr. swemming

Th. 1st tr. WE1-10, KT

2nd WE1-6+ technique/speed

Fr. WE1-6+SE 10x200m/200m, KT

Sa. 1st tr.WE1-12

2nd tr. WE1-8

Su. Rest, KT

10. Direct preparation to 20 and 50km competitions



9 weeks training since
July 21th 2000

14 days in the hypoxia conditions on 1350m altitude *Strbskie Pleso*

Main focus on:

- general adaptation to hypoxia conditions
- building-up specific and unspecific force
- developing aerobic capacity
- technic perfectioning



Exemplary week:

Mo. Arriving to training camp, WE1-8

Tu. 1st tr. WE1-12-specific force (SF)

2nd tr. WE1-8+ GFST

We. 1st tr. WE1-15-SF

2nd tr. WE1-7+tech, STR

Th. 1st tr. WE1-10-SF

2nd tr. WE1-8+ GFST

Fr. 1st tr. WE1-15+WE2-6 SF, LA 3,5

2nd tr. WE1-6+tech1, STR

Sa. 1st tr. WE1-15-SF

2nd tr. WE1-8 with speed 10x100m included

Su. 1st tr. WE1-15+WE2-10(45:10) SF

National 20km Championships – *Kraków*

4 days return to sea level

Main reasons:

- confirmation of good physical condition on 20km national championships
- last administrative formalities before Olympic Games
- medical control

Training in the hypoxia conditions

Johannesbourg 1730m alt.

24 days mixed 50/20km-Main focus on:

- short (4 days) adaptation to hypoxia conditions
- specific 50 km endurance training during first 13 days
- specific to 20 km endurance training during following 7 days



Exemplary week of 50km specific preparation

Mo. 1st tr. WE1-10+SE10x200m/200

2nd tr. WE1-8, GFT

Tu. 1st tr. WE1-25+WE2-10(44:50)

We. WE1-6+STR

Th. 1st tr. WE1-10+WE1-5 witch 10x100m acceleration

2nd tr WE-8+ tech1

Fr. 1st WE1-30

2nd WE1-8+STR

Sa. WE1-10

Su. 1st tr.8x SE3km(12:54)/WE1-1(4:45)

2nd tr. WE1-6



Exemplary week of 20km specific preparation

Mo. WE1-20

Tu. 1st SE 10x1000(3:57 av.)m/recov. 400m
2nd WE1-8

We. 1st tr.WE1-12
2nd tr.WE1-7+tech.1

Th. 1st tr. WE1-20
2nd trWE-8 witch 10x100 included

Fr. 1st tr.8x2000(8:05 av.)m/recov. 400m 2'5"
2nd tr. WE1-8

Sa. 1st tr.WE1-12
2nd tr.8+GFT

Su. 1st tr. WE1-15
2nd tr. WE1-4+SE 10x200m/200



20 days acclimatation in Australia

Gatton/ Brisbane

- Acclimatizing and adaptation to Australian weather conditions and change of time during first 8 days

Specific 20 km endurance training until the first Olympic competition

21st day after altitude training competition of 20km



Gold medal and olympic record

1:18:58

Main focus after victory and before a new challenge

- ❑ **Just 6days before to cange the history**
- ❑ recovery training between two events
- ❑ isolation of Olympic noise
- ❑ searching a new motivation to win 50km
- ❑ best concentration
- ❑ mental training
- ❑ Surching the new ,not the next victory



28th day after altitude training competition of 50km walk



Second gold medal in Sydney Olympic Games

Unbilivable is possible !

Slow-dawn training

3 weeks training in October-Main
reason:

- ◆ Progressive training reduction
- ◆ Keeping fitness during all kind of post olympics celebrations
- ◆ Not losing the sense of reality
- ◆ Being athlete not The Star

Exemplary week:

Mo. WE1-10

Tu. Rest

We. Jogging 45'

Th. WE-10

Fr. Jogging 45'

Sa. WE1-10

Su. Swimming



*After 3 weeks of recovery
therapy Ready to the next
challenge in 10 months time!*

