



The IAAF Standard Representation of Running Training

One of the factors that has hindered the communication between Middle and Long Distance running and Race Walk coaches, and their subsequent communication with athletes, has been a lack of a standardised way to represent training sessions. In light of this, *New Studies in Athletics*, the technical coaching journal of the IAAF, has adopted a standard way of representing training.

Examples of a standard form:

10 x 400 (72") [2']

this means: 10 repetitions of 400m , with each repetition run at 72 seconds and two minutes recovery between the repetitions.

3 x 4 x 300 (3000) [100m r/o & 5']

this means: 3 sets of 4 repetitions of 300m, with each repetition run at 3,000m pace, 100m active, roll-on recovery between the repetitions and 5 minutes between the sets.

Summary

sets x repetitions x distance (intensity/pace) [recovery between reps,
then recovery between sets]

For more complex sets it may be written, for example:

2 x 500 (300/48", 200/max) [8'] [15'] 8 x 200 (35") [1']

this means: 2 repetitions of 500m, with the first 300m being run at a target pace of 48 seconds and the final 200m being run at maximal effort. The recovery between the repetitions is 8 minutes. Then there is recovery of 15 minutes, probably easy running, before 8 repetitions of 200m in 35 seconds with one minute recovery.

2 x {1 x 500(1500) [1'] 1 x 700 (1500) [30"] 1 x 300 (max)} [12']

this means: that the athlete will run two sets. Each set will consist of: 1 repetition of 500m at perceived 1500m pace, a recovery of 1 minute; 1 repetition of 700m at perceived 1500m pace; 30 seconds recovery and then 1 repetition of 300m at maximum effort. There is 12 minutes recovery between the sets.