

# Session of the Month

## “Mona Fartlek”

**What:** “Mona Fartlek” was developed when Chris Wardlaw (Rabs) suggested that Steve Moneghetti (Mona) go out and do 15-20 minutes of fartlek. Mona who is just a little bit obsessive-compulsive and who likes to do things exactly to the letter delved for a few more specifics. Rabs suggested that he should do 20 minutes and off the top of his head offer two 90 second efforts, four 60 second efforts, and four 30 second efforts, all with equal recovery. Mona replied that this only totalled to 18 minutes and Rabs added an additional four 15 second efforts to the end and this is Mona Fartlek and the story of how it was created.

**When to use:** Similar to the quarters sessions outlined in Issue 3, this session can be used all year round and there are a large number of elite Australian runners who will do this session at least once a fortnight at any stage in the year. Given it is a ‘fartlek’ session it is easy to manipulate the intensity of the session to suit your needs and the time of year. It is a great session to assist in sharpening up for the next competition, but can also be used as a ‘rolling’ session during weeks of high volume or intensity.

**What pace:** Mona Fartlek is most popularly run with a float recovery, rather a jog recovery. A ‘float’ is a pace that is slower than your effort, but still much faster than what you could term a recovery jog. A good solid float would be run at close to your half marathon or marathon pace. Depending on your goal from the session, the pace of the efforts will vary from your 1500m pace (if you are after a high intensity workout) to your 10km pace (is using it as a ‘recovery’ session). At times, Mona Fartlek has been criticised by some coaches as being too short, but when run strongly it is a great session to assist in building your speed and endurance.

**Event best suited to:** This is an ideal session for 5km through to marathon and for road, trial or cross-country running. It trains you to run at a good tempo with minimal recovery between efforts. In a race situation it will allow you to increase your effort on hills or for surges and then be able to recovery with minimal or no decrease in your pace. It can also add some great quality for half marathon and marathon training. The session was originally developed to be run in an unstructured way where the distances of each effort were not necessarily recorded, but if the session is conducted over the same course, comparisons between the total distance covered can make for a good litmus test of your current form. The session can be used on grass fields, roads or trails.



Mona in the 2005 City to Surf

## Where are they now?



1983 - Pat gives Rob de Castella and Derek Froude some advice – Image from Australian Sports Commission

## Pat Clohessy

**Born:** 16<sup>th</sup> May 1933

### History

‘Clo’ as he is known, has been one of the stalwarts of Australian distance running for 50 years. In his youth, he was educated and spent time in Armidale (NSW), Houston (USA) and Melbourne. Amongst Pat’s achievements is the NSW 3-mile record of 13.48 he set in 1955. Whilst attending university in the US, Pat won the NCAA and US Open 2-mile championships. He also toured with Arthur Lydiard’s New Zealand athletes, Peter Snell and Murray Halberg, where he learnt the philosophy of 8 x 400 instead of the 20 x 400 he was being prescribed while on scholarship. He suggested to his good friend Billy Mills, who was complaining of fatigue, to try this reduced training, and Mills came out and won the 1964 Olympic 10,000m completely unexpectedly. Afterward Ron Clarke addressed a letter semi in jest to Pat - “To Pat Clohessy (Billy Mills ‘Coach’)”

Pat taught history at Xavier College in Melbourne and coached athletics. This is where he met a young Robert de Castella. Pat has coached many and has had an athlete in every Olympics and Commonwealth Games since the 1970’s. Last year he had 7 out of the top 8 places in the men’s QLD 1,500m championships.

Cloe is famous for his positive feedback to athletes, knowing full well that a happy athlete is a fast athlete. There are many stories of Cloe being positive in the face of adversity. Once Cloe was overheard telling Sydney athlete and World Student Games 5000m medalist David Evans he looked fantastic after a race. Dave’s response was, ‘Pat, I dnf’d at 3km,’ Cloe retorted, ‘Yeah, yeah, but it was the best 3km of a 5km I’ve seen in a long time!’

Currently, Cloe coaches a group of athletes of varying abilities and distances at the University of Queensland athletics centre. His athletes have been successful at winning 6 National Club Championships and 7 straight University Athletics Championships.

### Personal Bests:

1 mile – 4.03

3 miles - 13.26

5km - 13.52

Marathon – 2.22.19 (number two all-time Australian at the time)