

# Session Suggestion

by R4YL Coaching Staff

## COMMAND FARTLEK

**WHAT:** The Command Fartlek is an extremely versatile session that can put the fun back into running and is suitable for two or more players, aged 7 years and above. The key to this session is to find training partners who are close to your own ability. The premise of Command Fartlek is that each person has three minute intervals where they are the designated 'leader'. The 'leader' then determines the length and intensity of each effort during the course of their stint at the front. The lead rotates through all of the runners, with the rest of the pack attempting to remain close behind the leader. Exactly what each leader chooses to do during their given three minute period is entirely up to them. They can run three minutes as hard as possible, do three 100m sprints with a jog in between, or just jog the whole three minutes! After each three minute segment, the 'leader' switches to another person who then takes control. This session becomes even more fun and a bit of a social outing when your group consists of three or more evenly matched runners.

**WHEN TO USE:** This is another great session to use at any stage during the year, although given its completely unstructured nature it is probably best

suited to the 'build-up' phase. The great thing about the Command Fartlek is that it is completely unstructured and therefore athletes will only make it as hard as they feel like going on that particular day, so it can be used as a fun, recovery style session at any time. Keep in mind that you may need to be a little cautious when you are feeling tired and the rest of your training partners are jumping out of their skins.



**WHAT PACE:** Now this is really an individual thing for Command Fartlek. If you are a strong athlete you can choose to try and put the hurt on your training partners by running longer efforts. Alternatively, you may choose to run shorter efforts to improve your speed. Also, it is great to mix up the duration and speed of the efforts and recoveries. This is a great session to try all of those things you never get the chance to try in more structured training.

### EVENTS BEST SUITED TO:

Due to its flexibility, this session could be converted to suit basically any event over 1500m. R4YL suggests to start with between 4 and 6 three minute segments and move upward from there as you become more conditioned to it. When training for 5km and 10km events, completing between 6 and 8 three-minute segments will provide more than enough stimulus. If a marathon is one of your favourite meals, then building up to 10 three-minute segments will assist in building both strength and speed.

**R4YL**

## WHERE ARE THEY NOW?

## Trent Wood...

**Born:** 10th July 1974

**Background:** Anyone who followed Australian distance running in the early to mid 1990's would have been aware of the extremely talented junior, Trent Wood, hailing from the Sutherland Shire in Sydney. Trent notched up multiple Australian championships over cross country, 1500m, 3000m and 5000m and with performances such as winning the Australian Under 20 5000m at just 17 years of age and beating athletes such as Lee Troop in the process. It seemed that Trent was bound for stardom. However, chronic deep compartment syndrome in both calves prevented Trent from becoming a major force in senior athletics and after battling with injuries for several years was forced to take up cycling to curb his competitive urges. Trent continued with as much running as his body would allow and often competes in duathlons as well as cycling events. Recently Trent has purchased the Southside Runners and it is great to see him again involved in distance running. **R4YL**

**Race that you recall with the most fondness:** National Under 20 5000m at Homebush in 1994. Winning in a time of 14.28 after a thrashing duel against Kiwi Philip Starr.

**Words of wisdom you would have appreciated back then:** Don't be impatient, let things happen slowly and don't rush it.

**Major Races:** World Junior Cross 1991, Chiba World Cup Cross Country 1991 and 1992.

**Personal Bests:** 1500 - 3.47; 3000 - 8.07; 5000 - 14.10



Trent (left) on his way to winning the 1991 NSW All Schools 5000m championship

**Then:**

**Weight:** 55kg

**Weekly mileage:** 75-80km

**Residence:** Engadine

**Occupation:** Fitter and Machinist

**Now:**

**Weight:** 61kg

**Weekly mileage:** 25-30km plus 400km on Bike

**Residence:** Cronulla

**Occupation:** Owner of Southside Runners in Sutherland, Sydney

**Children:** One on the way due on the 22nd of May