

SESSION SUGGESTION DOWNHILL REPETITIONS

by R4YL COACHING STAFF

WHAT: Downhill repetitions are not a session for the faint hearted; however, if performed properly, they can provide additional strength and functional gains for even the most highly trained individuals. R4YL does not have a separate category for the duration or length of downhill repetitions, and thus they can be considered to involve any concerted effort that an individual makes specifically to run fast down a hill. The session may comprise of one effort of longer duration or a number of shorter repetitions. The efforts can be performed on any gradient; however, the steeper the gradient, the greater the impact forces and therefore the more potential eccentric damage that will occur. (Eccentric exercise refers to when a muscle is under load and lengthening. It is the opposite of concentric exercise, which is when a muscle is under load and shortening). Eccentric damage is responsible for the phenomenon known as DOMS (Delayed Onset Muscle Soreness), which, as the name suggests, refers to muscle soreness that develops 24-48 hours after an exercise bout. The soreness can be very severe and can last for up to five days. One of the physiological benefits of eccentric

exercise is to increase the number of functional units, or sarcomeres, within a muscle fibre, which can produce protective adaptations for future eccentric exercise for periods of up to six months. **OUR SUGGESTION:** For those who have not performed any downhill running, R4YL would initially suggest you begin with gradients of more than 5%, a duration of 1-2 minutes, four to six repetitions and speed equivalent to your 3000m/5000m pace. Once you can perform this session without developing soreness, you can then begin to increase the speed, duration and gradient of the hill that you are using, although be cautious and introduce each additional component in isolation rather than all at once. For continued gains you do want to develop a small amount of soreness, but it should be minor and allow you to continue to train normally. **WHEN TO USE:** This is a session that should be performed fairly consistently throughout the year, but you do not want to be doing a big downhill running session within a fortnight of an important race unless you are very conditioned to this style of running. Like most adaptations within the human body, there is a use-

it-or-lose-it component of the gains that come with eccentric exercise, and so sessions should be performed at least once a month to maintain these adaptations. Over time you will be able to continue to increase the load produced in each session and therefore to enjoy an increasing gain in physiological adaptations.



EVENTS BEST SUITED

TO: This session can potentially provide benefits for all runners, however it is particularly useful for improving performance and preventing excessive soreness from races that have large portions of downhill running—e.g., City to Surf and Six Foot Track.

TOP AUSSIE PERFORMANCE



The picture says it all – Craig Mottram celebrates with Bekele so far behind it is hard to actually recognise him!
Getty Images.

THE title of this section may soon need to be modified to “The Latest From Craig Mottram”, but his sensational victory at the IAAF World Cup in Athens on the 17th of September is a stand out achievement to be remembered, even in light of magnificent performances such as Benita Johnson’s new Australian marathon record.

For a long time Craig has broadcast that each time he steps onto the start line his goal is to win the race, regardless of the nationality or exceptional standard of the competition: his tactics in many of these races have proven he was not lying. R4YL has the utmost respect for this ‘win or die’ attitude and applauds Craig for his persistence with these tactics, as they do not necessarily lead to the optimum performance in every race.

After a rollercoaster European season Mottram was initially not even going to attempt to defend his World Cup 3000m title but quickly changed his mind, as he did not want to end his season on a disappointing performance over 1500m at the Memorial Van Damme Golden League meeting in Brussels, Belgium.

The field at the World Cup is confined to just 9 athletes, and the 3000m started with Ethiopia’s 5000m and 10000m world-record holder, Kenenisa Bekele, putting in a 2.30 first km to reduce the race down to two people, Bekele and Mottram. The second km was covered in 2.34, and by this stage Mottram had just hit the front. From here, Mottram began a long kick for home that was accentuated with a vicious injection of pace with 500m to run. At this time, Mottram was doing what the largest percentage of the world’s best athletes have failed to do over the past four years: he was opening a gap and pulling away from Bekele. The gap continued to grow over the final lap, and in 7 minutes 32 seconds Mottram had defended his World Cup title, beaten arguably the best distance runner of all time when he was in his prime, and run another Australian and Oceania 3000m record.

Raucous applause and more applause. R4YL will never grow weary of having Craig Mottram as the TAP with performances such as these – outstanding!

BAYL QUIZ

THIS ISSUE'S QUESTIONS:

- 1 What year did Simon Doyle set the current Australian 1500m record?
- 2 1 mile is 1609m. How many feet is it?
- 3 How many times has Ethiopian Kenenisa Bekele won both Short and Long Course World Cross Country Titles?
- 4 Who has represented Australia on the most occasions at the Chiba Ekiden Relay?
- 5 How many National Cross Country Titles has Steve Moneghetti won?
- 6 How many times did Robert de Castella run sub 2.10 for a marathon?
- 7 Which male holds Australia’s fastest marathon time for 2006?
- 8 Which female has represented Australia the most times at the World Cross Country Championships, and how many times?
- 9 Which female has won the most Sydney City to Surfs?
- 10 The first track and field World Championships were held when and where?

LAST ISSUE'S ANSWERS:

- 1 How many times has 8 minutes been bettered for 2 miles? **Twice by Daniel Komen, 7.58.61 (Hetchel - Jul 97) 7.58.91 (Sydney - Feb 98).**
- 2 How many World Records did Seb Coe break? **8 world records, including 3 in 41 days.**
- 3 Who was the fastest Australian female marathoner last year and with what time? **Benita Johnson, 2.26.32 in the London Marathon.**
- 4 Who were the 2005 Australian Marathon Champions? **Brett Cartwright and Jackie Fairweather.**
- 5 Who was the first Australian to hold a World Marathon Record? **Derek Clayton.**
- 6 What is the longest continuous period that Australia has held claim to the World Marathon Record? **Just under 17 years, from 1967 through until 1984.**
- 7 Who has won the most number of male Australian Cross Country Championships? **Robert De Castella - 4 titles (78, 79, 80 & 88).**
- 8 Who has won the most number of female Australian Cross Country Championships? **This is shared between Kerryn McCann (92, 99, 00), Kylie Risk (95, 98, 01), and Beth Stanford (71, 72, 75) all with 3 titles.**
- 9 How many runners ran the first Sydney City to Surf race? **Just over 2000 in 1971.**
- 10 Who holds the male and female Australian Under 20 10,000m records? **Rob De Castella and Donna Gould.**

WHERE ARE THEY NOW? ALBIE THOMAS ...



Albie Thomas competing at ES Marks on the 14th December, 1955 – the newspaper added the extra portion to Albie’s shorts as they considered them to be too short!

Born: 8th February 1935

	Then	Now
Weight:	56kg (8 stone 11 pounds)	65kg (10 stone 6 pound)
Weekly mileage:	65 miles (quality and not quantity)	35km + some riding
Residence:	St George (member of St George Athletics club since 1951)	St George

Occupation: Engraver & Clerk Retired, worked 27 years for Qantas

Children: Two daughters Robyn and Patricia and four grandsons Thomas, Mark, Liam & Mathew

Races that you recall with the most fondness: All of the major games, especially the 1956 Olympics in Melbourne, where after winning my heat the crowd was going absolutely crazy. Another one of my fondest memories is setting the 3 miles World Record (8.32) in Dublin, Ireland in 1958

Any words of wisdom you would have appreciated back then: To have confidence and believe in yourself and your abilities.

Currently doing: President of St George Athletics Club as well as coaching many athletes within the club. Several of these athletes are currently part of the NSWIS emerging athletes program.

Competitive Results (PBs): 1500m - 3.41; Mile - 3.58.3; 3000 - 8.01.4; 2 mile - 8.32 (WR at the time); 3 mile - 13.10.8; 3 mile indoors - 13.26.4; 5000m - 13.50; 6 mile - 28.30.4; 10000m - 29.21; Marathon - 2.29.04

Achievements: 1956 Melbourne Olympics: 5th in 5000m; 1958 Cardiff Commonwealth Games: 3rd in 1 mile, 2nd in 3 mile; 1960 Rome Olympics: 11th in 5000m; 1962 Perth Commonwealth Games: 5th in 1 mile, 5th in 3 mile; 1964 Tokyo Olympics: 9th in heat of 1500m, 11th in heat of 5000m; World Record Holder 2 mile and 3 mile; Australian Mile Champion 1962, 1963, 1964, and 1965; Australian 3 mile Champion 1957, 1958, 1959, 1960; Part of team which set a 4 x 1 mile World Record in 1959.