

L.A.P.D. ELITE 2017 BAKER TO VEGAS TRAINING

DECEMEBR-JANUARY

Hello L.A.P.D. Elite Athletes! As they say, “The cards are down and the chips are on the table”. If you have taken any short cuts up until now, it is time to synch up your belt and get totally committed. It appears that our team is fielding the same strength and excellence in our top times, but our lower qualifiers and those on the bubble to make the team appear to be needing more consistent work. So, it’s not too late to put the entire team under 39 minutes at Rose Bowl qualifications.

Remember, we are representing the finest law enforcement agency in the world. This means LAPD athletes carry the responsibility on the field of competition as you, ‘The Thin Blue Line’ do each day when stepping out of your black and white. I learned early in my career that when competing against other law enforcement teams in races around the world, my singlet depicting “LAPD” in red and blue letters brought me a great sense of pride and knowing that my competitor knew he or she was up against a great team that performs constantly with talent, courage and integrity. Here we go and “Let’s Fire It Up”.

When I asked at our Rose Bowl qualification, “How many of you follow the daily schedule I wrote in October/November?”, few raised a hand. So, I am writing a guideline for you to follow. It may give you more flexibility to do what works for you best. However, you must be cognizant that there are mandatory training days that must be exercised to put you at your best on race day and that includes rest and recovery running.

Below is a suggested 7 days per work training breakdown:

Monday: Off

Tuesday: Track

Wednesday: 60 minute recovery run

Thursday: 60 minutes fartlek, tempo run or hill repeats

Friday: 45 minutes recovery run

Saturday: Long Slow Distance

Sunday: 45 minute run

I have always suggested that an athlete should take one day per week off. I select the day off that works best that comes before track sessions. Interval training is of more value running on fresh legs.

Recovery training days does not mean you do not workout, it means you run giving your body a chance to repair after a demanding training session. If you do not, your body could develop a stress injury (over use) and just as important you can become feeling flat and tired and lose quality training on other tough days.

Fartlek, Tempo Running and Hill Repeats

These are training segments that are important ingredients for racing at your full capacity. All three compliment interval days and put you into necessary V02 max for strong cardio conditioning (obviously if your leg has high portion of upgrades, hill repeats will play a bigger role in your training). More downhill on your leg will require more focus on tempo running. Everyone should do hill repeats regardless of leg terrain.

Fartlek: (Swedish word for speed play)

Fartlek is similar to interval training but expedited differently. As you know at Oxy when you come to the 400 meter mark after 1 or 2 minute recovery, you have to go. Running fartlek is not as disciplined as doing intervals. The central purpose of fartlek training is to prepare runner for anaerobic demands that are for more structured speed workouts and racing. In other words, "fartlek" is kind of a fun run that almost duplicates interval training. If you have a fartlek session for 60 minutes the first 5-8 minutes is a warm up jog as well as the last 5-8 minutes. Running along path, just pick out an object 100-150 meter ahead and increase your velocity to that object. As you warm up, select more objects even further down the path. Your recovery between lifts are as you feel, not as disciplined as interval work.

Tempo Training:

Tempo running is once again, “anaerobic” and allows you to increase your threshold to maintain a faster pace for a longer period of time. Your pace can be 5, 10, 15 to 20 seconds below your race pace. Tempo running is best run along a park path or road that is more flat in nature. The distance for the tempo run can be one, two or three miles in distance. For example 5 1-mile repeats, 3 2-mile repeats or 3-4 miles. You can also disregard distance measurements and go by time (10-15-20 or even 30 minute repeats).

Hill Training:

Everyone on the team should do hill repeats. Obviously if your leg has a lot of up climb, the more hill training days you should do (or a long hill repeat day then normal). When I trained years ago for Police and Fire Games, especially working the at the Academy, E.P., I would do hill repeats as follows : A set would be running from the curb line of the entrance of the Academy up and past the combat range to the back gate (350 yards). Then jog back to the guard shack and back to the gate (220 yards). My third rep would be from the entrance of the track (150 yards) to the back gate or combat range(80 yards) to the back gate. My set recovery would be 3-4 minutes around the track then I would repeat the exercise. It does not have to go back to Academy Rd., you can continue from any point. Nothing works better for competitive development mentally and physically then hill repeats. There is also the added focus on your body, hills cause injury more than any other exercise, be careful.

Interval Training:

We will be eventually be doing more interval training at Oxy as the race draws near. However, you should be on the track once per week the weeks coming up to our Oxy time. Know that the only way to increase your speed and race day pace is running intervals. No way around it. Here are a couple of training sessions you can run on a track by yourself:

Warm Up 500-400-300 x 3 or 4

Warm Up 800 x 4 x 2

Warm Up 400 x 4 x 3 or 4

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Tapper Workouts:

Before any race and especially Rose Bowl time trials you need to rest the legs, store up energy and refuel your body. A taper prior to your timed event should be at least 3-4 days. Remember you cannot add more condition for a race day in the last 8-10 days prior. So, if you want to break 39 minutes or perhaps run the 20th qualifying spot and you are 23 on the list, do not do something stupid during the time period (example hard track workout or a forced 10 mile run, thinking you are going to get in one more conditioning run or make something up).

Here is an example of a taper before Rose Bowl qualification:

5 days before	Light track workout just open up heart and lungs
4 days before	30-45 minutes easy
3 days before	30 minutes easy run
2 days before	Day Off
1 day before	Day off or some strides

Breaking the record is not an impossible task and you should think on that success level every day. Training smart and racing smart on race day (or night) should be your focus. Personally I am really excited for all of you as we repeat again and again. Wow, what a way to end my 50 years of coaching at, near and around 1880 N. Academy Road. Let's go and get the job done....