

ISSUE 111
MAY
2016

SPEED

*A free e-magazine for speed coaches available from
tonylett1@gmail.com UKA Level 4 speed,
strength and conditioning coach*

RIO TRIALS

Having read the AW report on the trials I could not help but note how many athletes were sighing with relief when they just scraped through with a marginal qualifying time that in reality will be lucky to get them through the first round, and probably puts them on a par with Vanuatu, then they say they have a month to improve their performance. Come on, surely the idea is to be well qualified by late June!

While I am talking about Rio here, surely the same principal applies to league fixtures, where the athlete tries to get in some higher quality performances earlier in the year to ensure they can turn it on when required, rather than think 'I know I have a better performance in me'.

RIO

Can I suggest that if you have any younger athletes in your group you ask them to watch the starts at Rio along the following lines

- Round 1 pick on no more than two adjacent athletes and assess the position of their hips in the set position, then see if this has any effect of when they reach 30m
- Round 2 pick two more athletes and watch the position of their arms/ shoulders to see if they are vertical, ahead or behind the line. Assess how this effects them at 30m
- Round 3 Similar to the above but observe their arm action

HAMSTRING INJURY

This really applies if you have international athletes in your squad, however, it could be modified but the recovery will obviously take longer.

In 2002, Bath High Performance Centre issued the following advice at their May Conference and is based on a hypothetical injury time of 2pm with the aim of keeping the injury active but without pain, to minimize the formation of scar tissue. The muscle should work through the stretch/relax process with minimal work done by the muscle itself and this is judged to speed up the recovery process.

- **DAY 1** Immediately after the injury apply ice for 10 minutes
- For the next 50 minutes, apply compression bandages to overlap the injured area then carry out light cycle spinning. The pain level should not change and it is worth fiddling with the seat adjustment of altering the load on the bike.
- 3pm Repeat the above cycle of ice and spinning, **three more times** (yes, 3 more x)

OK, so you may not have a bike available, therefore continuous none load bearing exercise, and where possible the coach can assist by applying gentle bending of the limb

- **DAY 2** use the stationary bike again
- Try to increase range of motion, stretching without pain
- Isometric work that puts tension through the muscle group. Remember; no pain
- Try to get 120 degrees of extension if possible

- **DAY 3** If the target of 120° is reached the athlete can start jogging (*otherwise repeat day 2*)
- Accelerate easily (40m), hold for 20m then decelerate over 40m
- Keep pain free. – never more than 70% max effort –
- Repeat as it feels, but not to the point of tiredness, since this is when the danger of re-injury occurs
- Work am and pm. Little and often – progress

running from here in the above format while not forgetting to maintain basic conditioning





Hamstring stretching should stop at the first sign of pain.

The Chimp Management Company

Developing Self Confidence in Athletes

We are passionate about helping people live life fully, with confidence, happiness and success. To do this, we specialise in the psychological mind, with an in-depth approach that is grounded in neuroscience. This approach was developed by Dr. Steve Peters and is captured in the Chimp Model and accompanying Mind Management Programme. It helps people understand their mind and through the process, become more empowered and equipped to enhance performance and quality of life.

Within this approach, we view the mind as an extraordinary machine that can be our greatest asset or our biggest liability depending on whether we understand how it works and know how to operate it optimally. Whilst the mind is remarkably complex and sophisticated, our working model is highly practical and can be great fun to work with. By gaining insight and developing mental skills, you can learn how to manage the machine that is the mind effectively.

In all situations we are faced with a choice for building confidence.

a **Option 1: 'the more I believe I can do something then the more confident I am.'**

This option results in varying levels of confidence depending on the situation that we are in. It is also likely to influence other areas as well including determination, commitment, anxiety levels, and enjoyment.

b **Option 2: 'base my confidence on doing my best (given the circumstances)'**

This option results in confidence levels staying at 100% at all times in any situation that we are in. It is also likely to influence other areas as well including determination, commitment, anxiety levels, and enjoyment but in a more positive way.

Questions often asked

c **"But what if I could have done better?"**

Logically: you cannot do better than your best
Doing your best is different to achieving your best

"But what if I fail to achieve?"

In either situation you will have to deal with the consequences of the outcome

d **"So why choose the human basis for confidence?"**

When it is over you will be able to hold your head up and smile. You are also more likely to have a better outcome if you are smiling and relaxed

e **"What If I don't do my best?"**

Not doing your best is when you are deliberately not trying.

How can you apply this information to yourself, to your coaching, and to those in your squad.