

# Load Management in Running Athletes

**Scott Talpey, PhD, CSCS, ASCA LII S&C Coach**

Senior Lecturer – Exercise Sport Science

Program Coordinator – Master of Strength and Conditioning

# Fundamental training principles

Overload & Individualisation

Problem with monitoring training load in non-elite setting.

Practical discussion about ways to do it in non-elite sport.



**“An athletes greatest ability is their availability” – Tony Dungy**

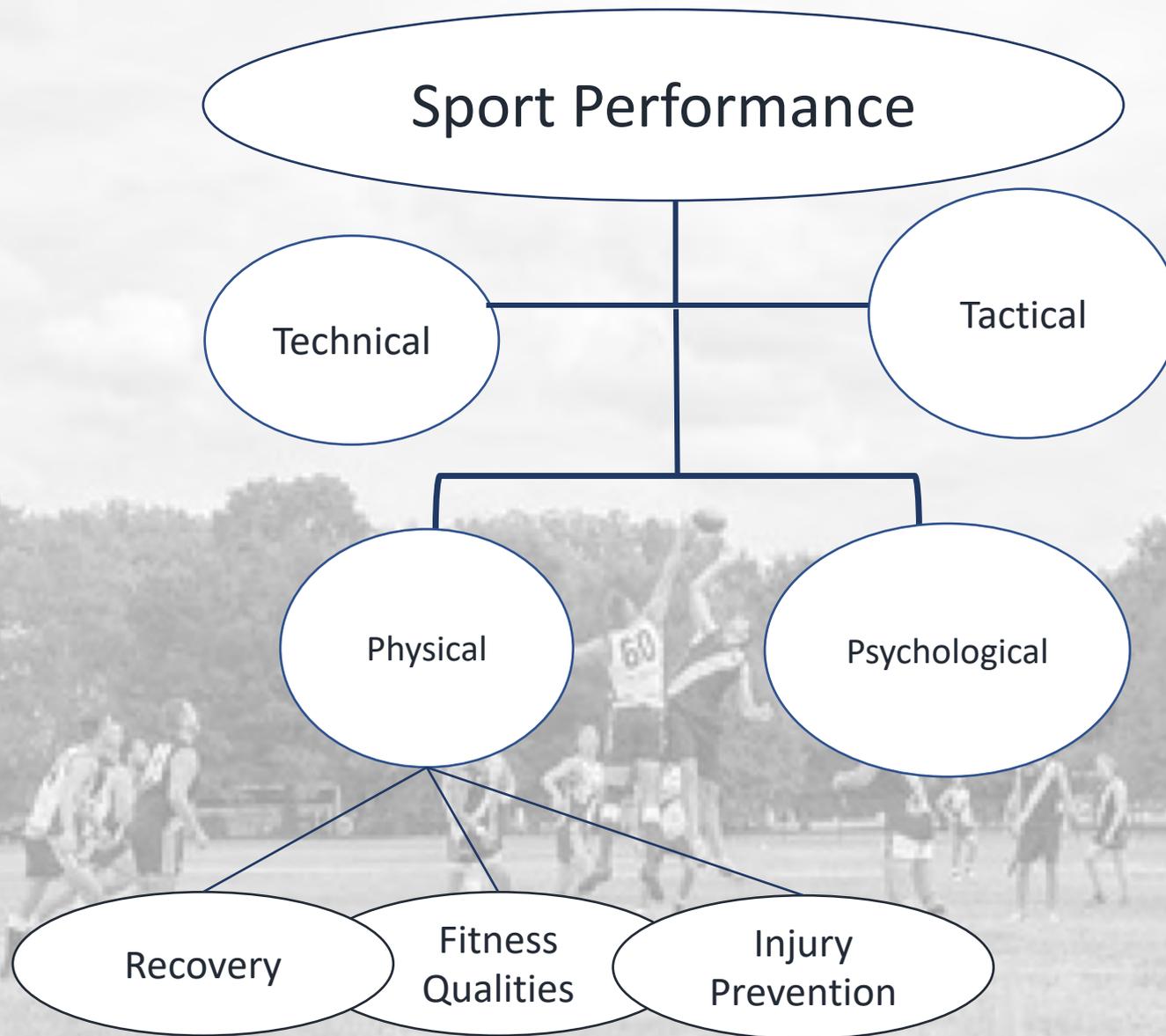


**I: At junior levels we want young people to enjoy sport & obtain physical, social and mental benefits associated with participation. Injury is a barrier to youth sport participation.**

**II: At higher levels of sport having great physical capacities is of little value if the athlete cant participate in competitions**

**III: Consistent training is necessary to enhance performance – if athlete is often injured and cant train how will they improve**

**Goal: Develop **Robust** & **Resilient** athletes**

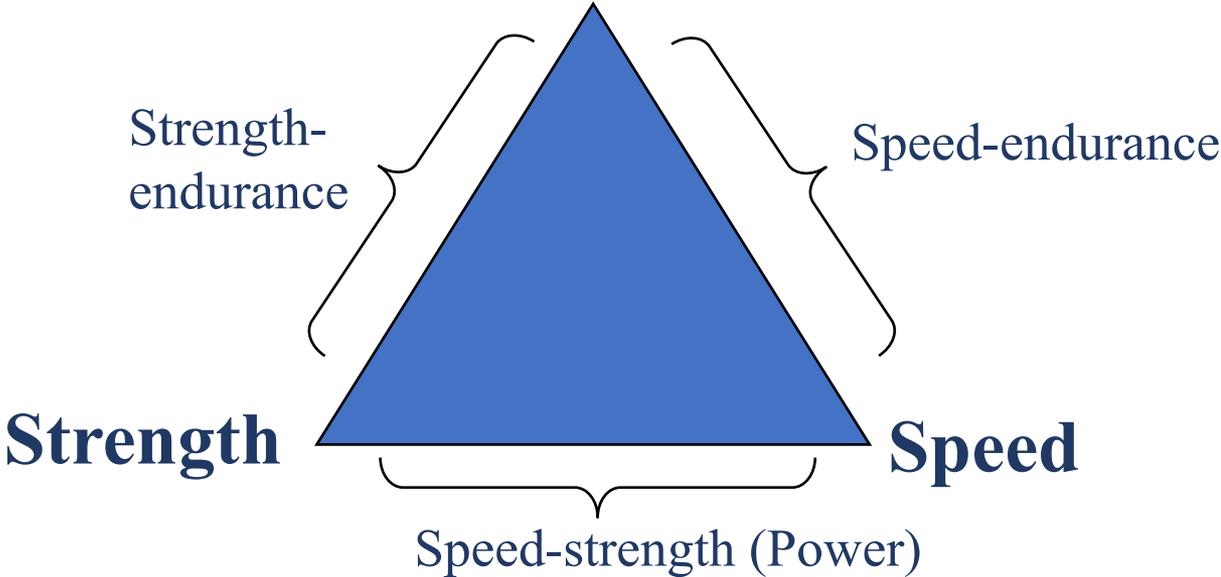


Sport Performance

Physical

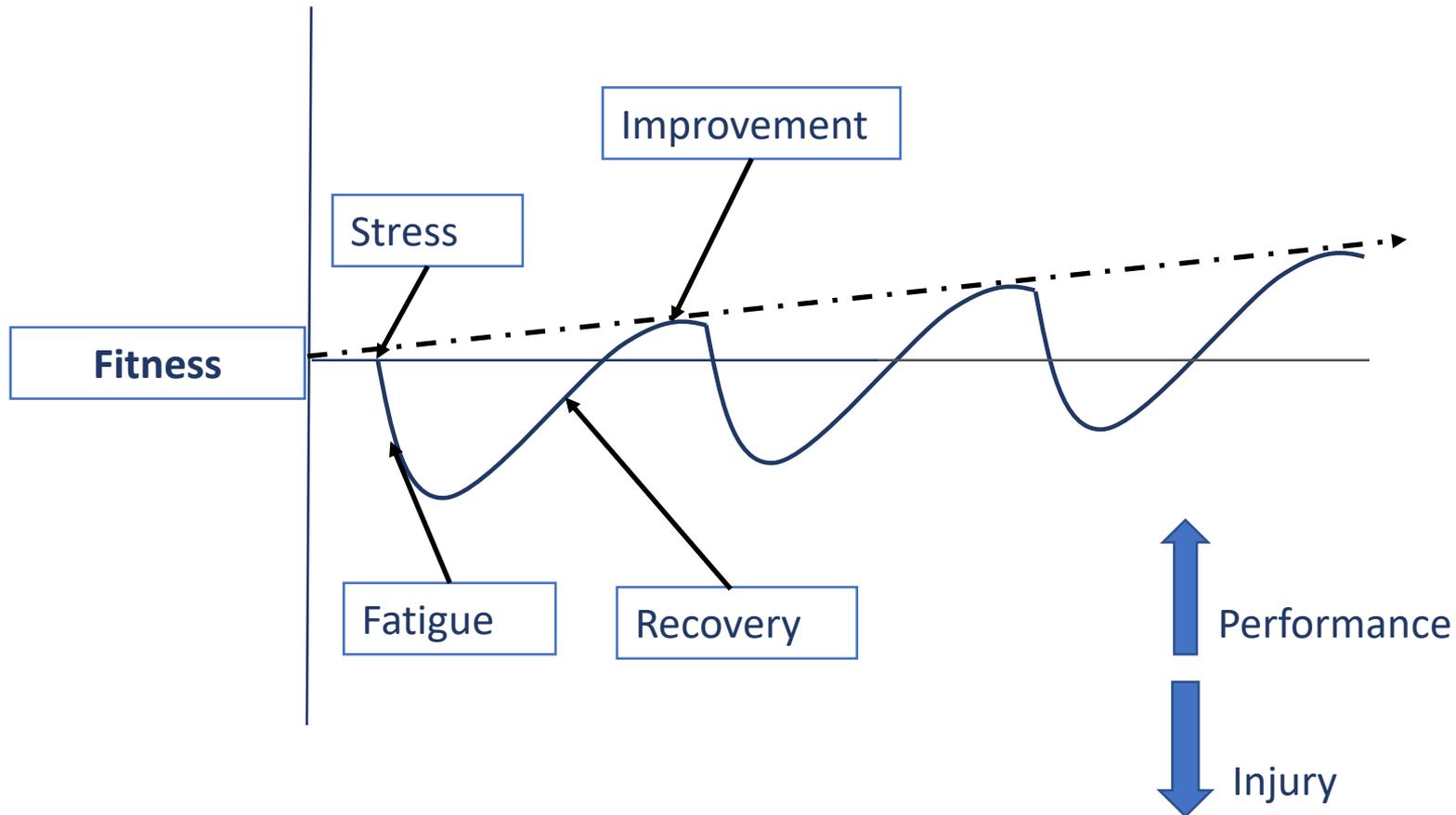
Fitness Qualities

# Endurance

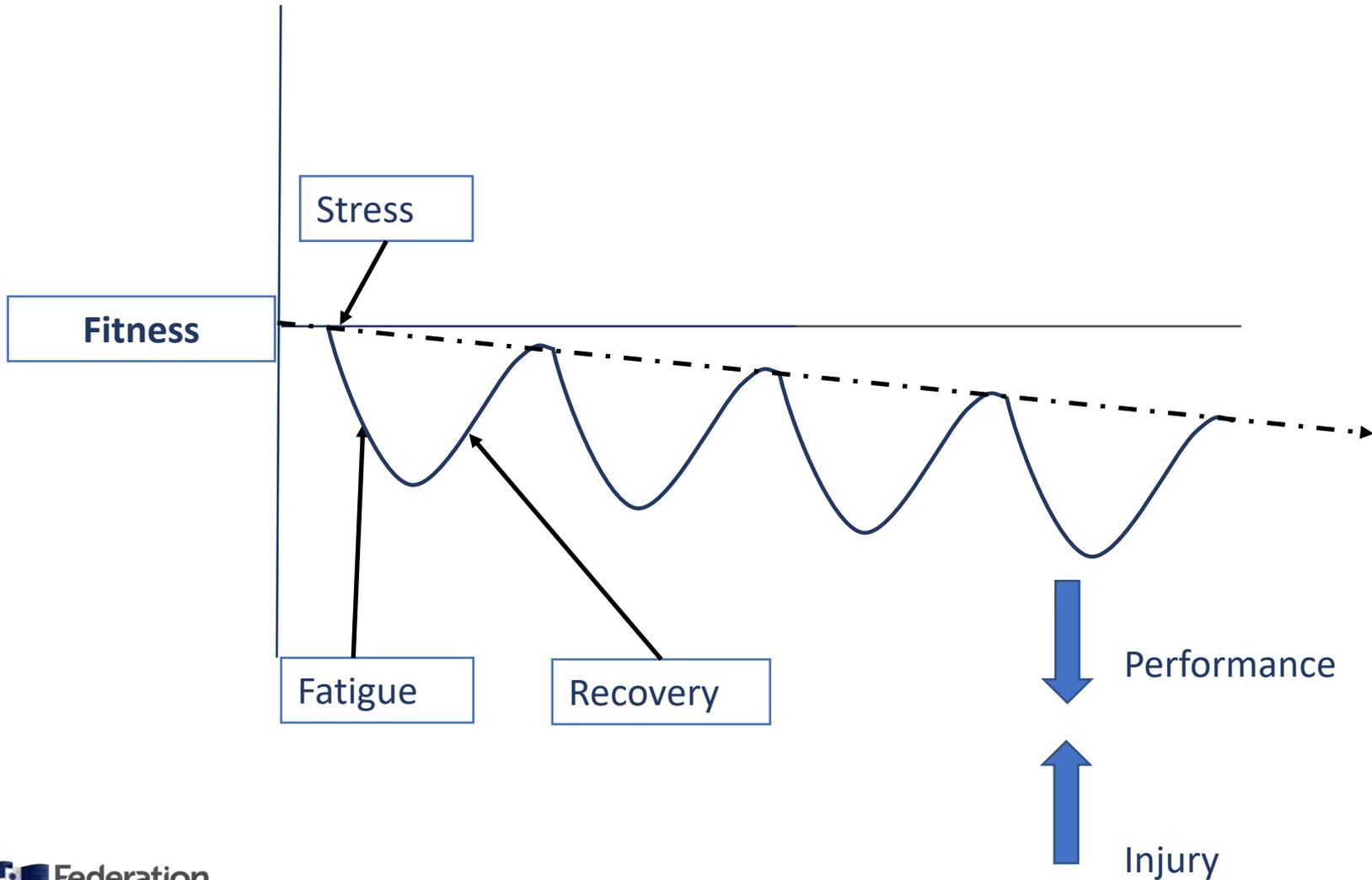


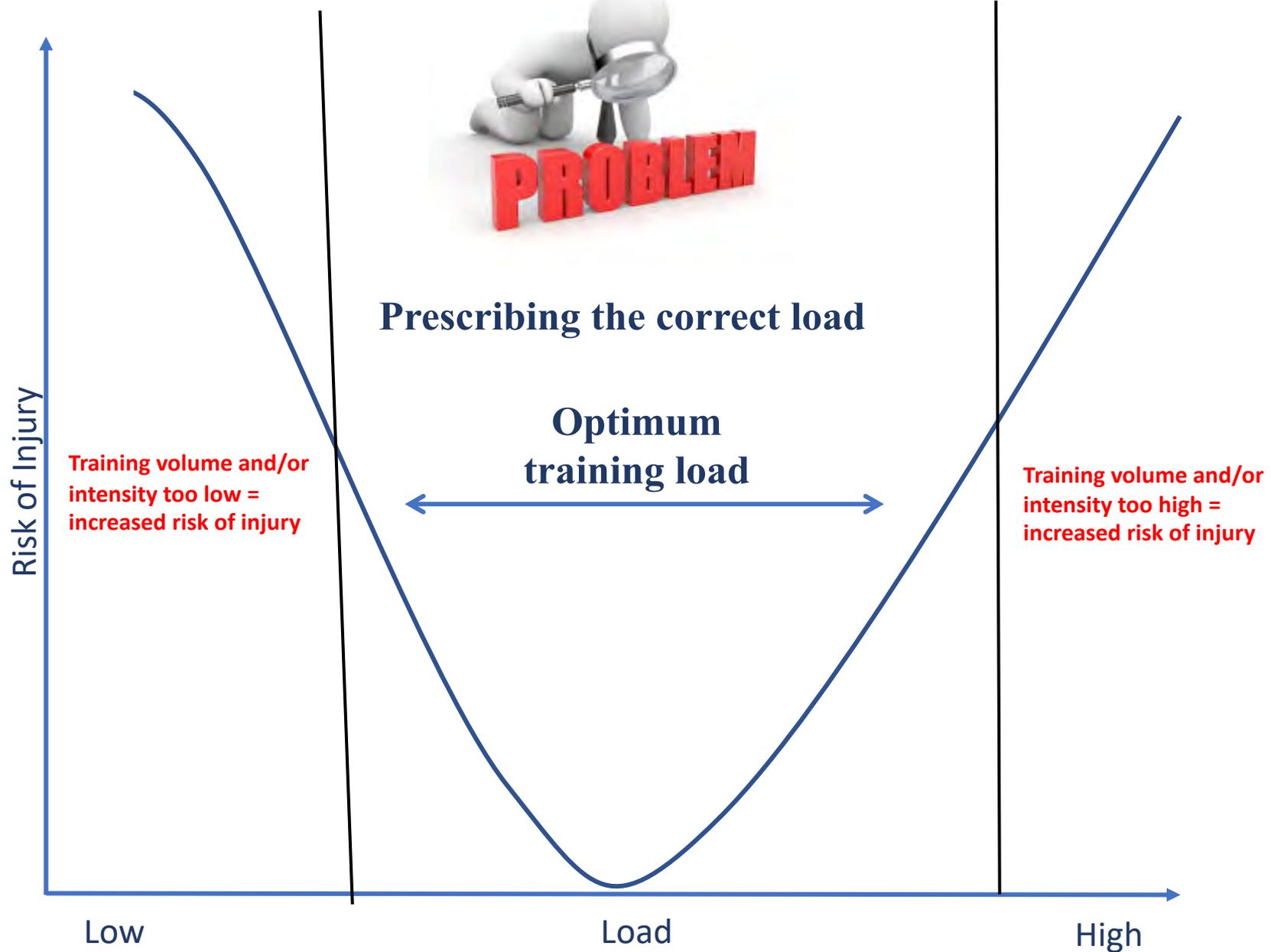
# Training principle of progressive overload

Principles apply to any setting (untrained individuals, rehab, elite athletes)



# Training principle of progressive overload



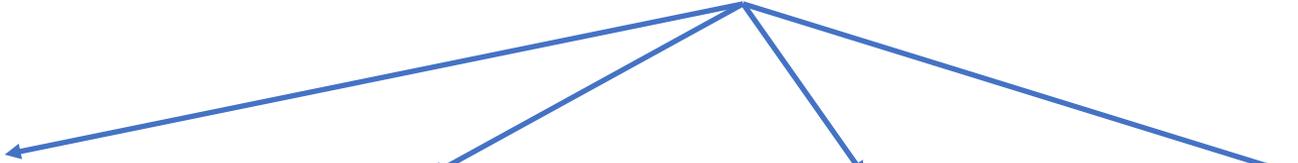




Enhanced Fitness= *Load + Recovery*



Enhanced Fitness= (*Life load + Training load*) + *Recovery*



Tradie



Office



Student



Parental

- High physical jobs
- High cognitive jobs
- High stress responsibilities



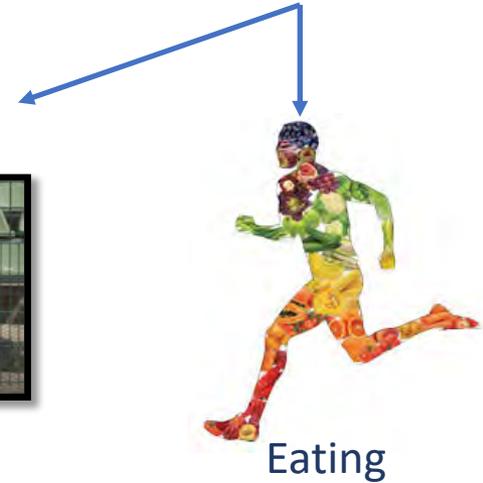
Needs to be considered when planning and modifying training



Enhanced Fitness = *Load + Recovery*



Enhanced Fitness = (*Life load + Training load*) + *Recovery*



International Journal of Sports Physiology and Performance, 2017, 12, 1273-1274  
https://doi.org/10.1123/ijsp.2017.0632  
© 2017 Human Kinetics, Inc.

Human Kinetics  
EDITORIAL

Amazing Athletes With Ordinary Habits: Why Is Changing Behavior So Difficult?

Highlight the positives of quality sleep hygiene and diet



Sleeping

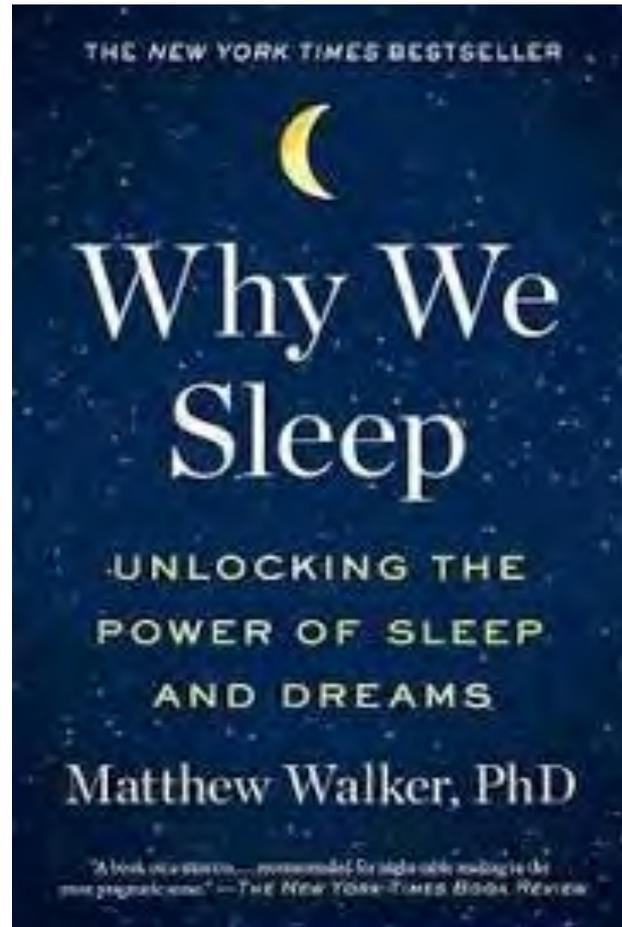
Eating

Non-negotiable

1 percenters



# Quality Resource – Recommend to Athletes for Education







# Practical approach to the problem

A method that is used at the elite level may not fit at the non-elite level



Communication

Flexible Planning

Individualisation

# Communication



Know your athletes and understand who you are coaching.



The athletes perception of how they are feeling is important information.



Understanding how the athlete is feeling doesn't need to be a formal task. Just ask them the question.

# Flexible planning



Have a plan and understand how you will modify it for individual players. Avoid large “spikes” in load



Use your time efficiently.



Have a general understanding of the physical demands of the drill you plan.



Incorporate a traffic light system. First step in monitoring



No training / rehabilitation



Modified training – decreased volume maintain intensity if possible



Full training intensity and volume

# Planning: Warm-ups as a coaching opportunity

## Can use for

- Extra conditioning
- Reinforcing technique
- Injury prevention

Warm-up  
Loosen-up  
Turn it up



Framework

## Think of it this way:

25 week season with 2 x training sessions per week (50 sessions)

15 minute warm-ups at each practice = 12.5 hours of training

opportunities!

**IMAGINE 12.5 MORE HRS TO WORK ON TECHNICAL OR  
TACTICAL DEVELOPMENT!**

# Individualisation



Consider players training history / level of fitness



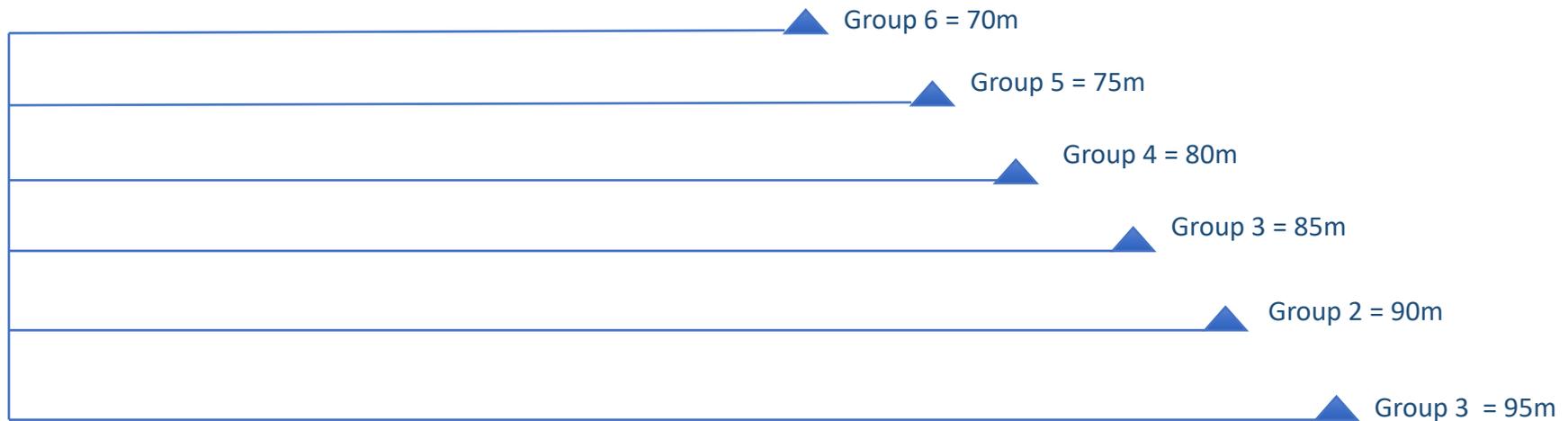
Consider “life load” demands outside of sport



Consider their personality – know the athletes and person

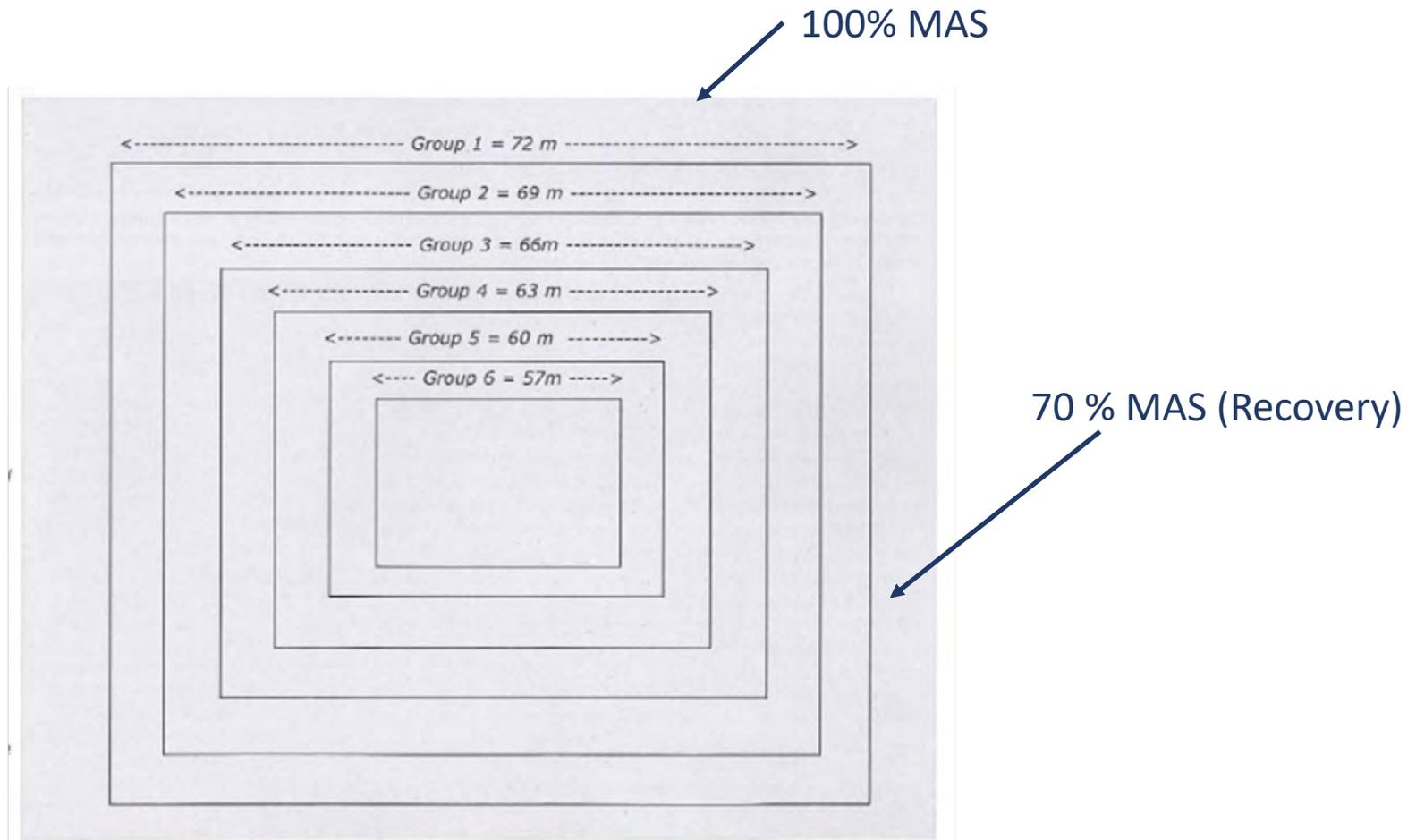
# Simple Individualised Endurance Training

Maximal Aerobic Speed – 15 second efforts at 100%



Adapted from Baker, 2011, *Journal of UK S&C Association*

# Simple Individualised Endurance Training (Fartlek)



Adapted from Baker, 2011, *Journal of UK S&C Association*

# In conclusion

Be aware of stress placed upon the athletes you coach. Doesn't only come from training and competition.

Plan and modify your plan accordingly.

Avoid large spikes in training volume and intensity.

The best monitoring tool is often asking "How are you feeling".

Attempt to individualise.

Just because a method is used at the elite level doesn't mean it will work at the non-elite level. Find what works with your club.