

Mõtteid kiirustreeningute ülesehitusest

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Põhjaladumine?



Põhjaladumine“ ei tähenda seda, et jookseme aastaid rahulikult ja laome sellega põhja. Nii me õpime ainult aeglaselt jooksuma. Kindlasti on kestval, õige intensiivsuse ja tehnikaga jooksul väga suur roll kesk – ja pikamaajooksja ettevalmituses juba noorteklassis. Kuid noorjooksjate treeningtegevus peab olema mitmekülgne, rõhk kiirusel, liigutuslikul osavusel, tugiliikumiseaparaadi individuaalselt suunatud arendamisel.

Honore Hoedt

Treeningu ülesehitamise kriteeriumid

- Vanus
 - Intensiivsuse tõus
 - Erialase treeningu mahu kasv
- Bioloogiline vanus
- 14a noortel bioloogiline vanus +/- 3aastat
- treening ülesehitus vastavalt vanusele

Treeningu ülesehitamise kriteeriumid



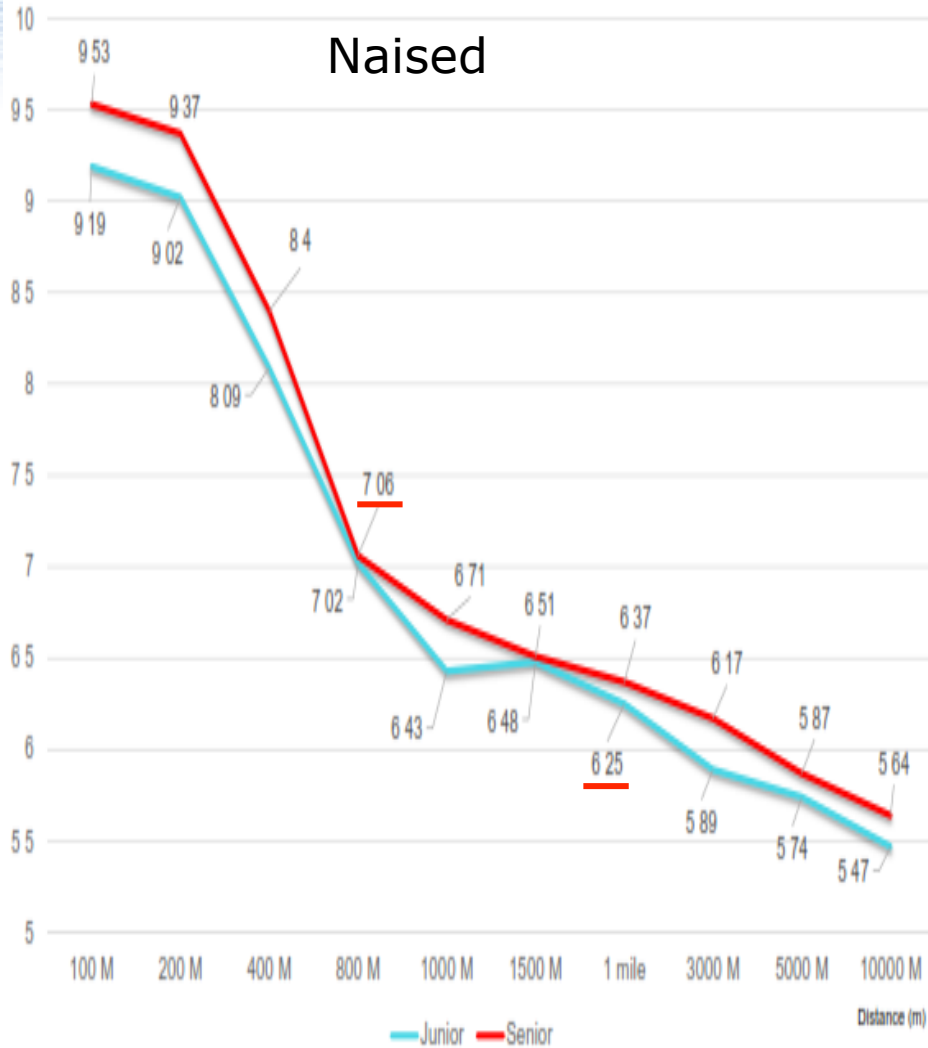
- Lihase struktuur
 - Punased lihaskiud-suurem koormustaluvus
 - Valged lihaskiud-suurem intensiivsus, pikkemad pausid
-
- Mehed vs. Naised: Naiste treeningu ülesehitus
 - rohkem stabiilseerivaid harjutusi
 - sagedasemad jõutreeningud
 - suurem maht, väiksem intensiivsus

Keskmine 100m läbimise kiirus



- 100m-9,58
- 200m-9,59
- 300m-10,26
- 400m-10,75
- 500m-11,54
- 600m-12,00
- 800m-12,50
- 1000m-13,10
- 1500m-13,73
- 1miil- 13,85
- 200m-14,20
- 300m-14,65
- 5000m15,14
- 10000m-15,77
- Maraton-17,1(1km 2.51)

Naised



Mehed



Maraton



- 100m - 17,1
- 200m -34,2
- 400m -68,4
- 800m -2.16,8
- 1000m -2.51,0

Sprinterid

RT-reaktsiooni aeg

| | Ben '88 | Carl '88 | Mo '99 | Mo '01 | Tim '02 | Asafa '05 | BOLT '08 |
|--------------------------------|---------|----------|--------|--------|---------|-----------|----------|
| RT | 0.132 | 0.136 | 0.162 | 0.132 | 0.104 | 0.150 | 0.165 |
| 0-10m | 1.83 | 1.89 | 1.86 | 1.83 | 1.89 | 1.89 | 1.85 |
| 10-20m | 1.04 | 1.07 | 1.03 | 1.00 | 1.03 | 1.02 | 1.02 |
| 20-30m | 0.93 | 0.94 | 0.92 | 0.92 | 0.91 | 0.92 | 0.91 |
| 30-40m | 0.86 | 0.89 | 0.88 | 0.89 | 0.87 | 0.86 | 0.87 |
| 40-50m | 0.84 | 0.86 | 0.88 | 0.86 | 0.84 | 0.85 | 0.85 |
| 50-60m | 0.83 | 0.83 | 0.83 | 0.83 | 0.83 | 0.85 | 0.82 |
| 60-70m | 0.84 | 0.85 | 0.83 | 0.83 | 0.84 | 0.84 | 0.82 |
| 70-80m | 0.85 | 0.85 | 0.86 | 0.86 | 0.84 | 0.84 | 0.82 |
| 80-90m | 0.87 | 0.86 | 0.85 | 0.89 | 0.85 | 0.85 | 0.83 |
| 90-100m | 0.90 | 0.88 | 0.85 | 0.91 | 0.88 | 0.85 | 0.90 |
| TIME | 9.79 | 9.92 | 9.79 | 9.82 | 9.78 | 9.77 | 9.69 |
| Courtesy of SpeedEndurance.com | | | | | | | |

Sprint lendlähtest



- 20m — 1,90-2,05
- 30m — 2,90-3,05
- 60m — 5,90-6,05
- sagedasti vanuses 12-14a. iga joostud 10m lisandub 1,4-1,5sek

jooksu ülesehitus

400 m / 48 s

200 m / 24 s

100 m / 12 s

50 m / 6 s

paus - 30 s

10 x 50 m → 6 s → 48 s = 400 m

10 x 50 m → 8 s → 64 s = 1500 m

Sügisene ettevalmistus



- Esmaspäev- 8x250m -u 35-37sek(täis taastumine pulss120)hiljem paus 4min
- Teisipäev-jooksuharjutused,sprint
- Kolmapäev- 10x1min paus 2min (u320m-igal nädalal keskmine distants 5m pikem)
- Reede-jooksuharjutused,sprint
- Laupäev-3x1000m paus4min(igal nädalal keskm 5sek kiirem)

Kevadine treening

- Esmaspäev-kiirus 5x30m(pakkudelt ajale)
- 4x150m(96%max)
- 5x50sprint(rõhutatud põlvetõste)
- Teisipäev-üldvastupidavus
500/400/300/200/100m(85%max)
- Kolmapäev -stardid+raskusega jooks
- 6x40m(püstistart)
- 6x30m madalstart kummiga
- 2x75m(kiirendus lõpus) 4x30m(max)

Kevadine treening



- Neljapäev 4x80m(40+40)
- 2x120m(30+30kerge,kiire)
- 2x100m(40kerge 60kiire)
- 1x200m(100m kerge(11,0sek,
100kiire10,6sek)
- 1x250m(50kerge,100kiire,100lõdvalt)
- 2x100m(tinavest)
- Reede- 8x60m 8x40m 8x30m(95%max)
- 1x250m(85%max)
- Laupäev- 3x1200m 4min paus

Treeningud



- 10x100m 1min paus(jaanuar)-11,2-11,6
- 10x100m 30sek(suvi 2001) 10,6-10,9
- sügis (november-detsember)7x200
- paus 3"2"1"3"2"1" —25,0-25,5
- 5-6x200m paus 1" -30sek
- 5x200m paus 2" -alla 24sek

Treeningud Lanzarote 2003



- 450- 350- 250-350-250-150 paus 6"6"12"6"6"
- Iwan 63,4- 45,1- 31,9- 44,2- 31,2- 18,0
- Erki 63,4- 45,6- 33,6- 48,3- 33,4- 17,7
- Thom 65,3- 48,1- 34,3- 48,9- 33,7- 17,9

11a.-10km



- 41min

11a-10km

Eesti Kergejõustikuliit



800m-2.47-2.50 ???

- 2.40

Tab. 6 Typical microcycles A. Reh Silver Youth Olympics 2014 3.000 m

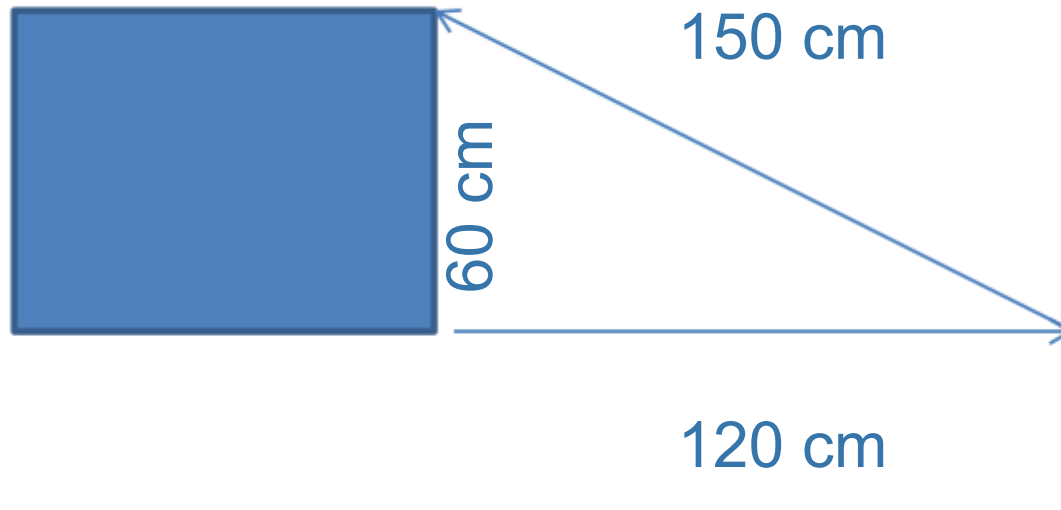
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|------------------------------------------------------------|-----------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 11.-13.7. | | | | | Warm-Up Sprint-ABC, Runs: 10 x 150m (< 23 Sek) | Warm-Up TL BA1 5 x 1030m Forest (3:30) Start all 5:30 35 Min reg DL | BE1 1 10 Km |
| 14.-20.7. | Warm-Up 15 x 300m (51 s, Start every 2 min) | BE1 10 Km | Warm-Up BE2 3 x 3 x ca. 9 Min, Break 2:30 min | BE1 10 Km | Warm-Up Sprint-ABC, Sprint: 5 x 80m, 5 x 110m, 5 x 50m | Warm-Up Runs: 10 x 400 (72 s) start every 2:30 Min 35Min easy jog | BE1 10 Km |
| 21.-28.7. | Warm-Up GA2 4x2x1030 forest, start every 7.20 Min | free | CE 800-1000-1200-1000-400, (2.24, 2.59, 3.37, 3.00, 65) Break 4 min+ | BE1 10 Km | Warm-Up Sprint-ABC, Sprint-programm | Warm-Up Runs: 10 x 500m (92 s) Start every 3 Min | BE1 10 Km |
| 29.-3.8. | free | BE1 12 Km | Warm-Up Uphill: 7 x 55 s activ break 2 min | CE 500-1000 1000-500 (80,8 - 2.57 3.00 - 81,4) break 4 min+ | BE1 10 Km | Warm-Up Sprint-ABC, Grass-runs | Warm-Up Runs 5 x 2.40 min start every 7.30 mi 35 Min easy jog |
| 4.-10.8. | BE1 10 Km | BE1 10 Km | free | Warm-Up | Competition 3000 9.05,15 | Leichtathletiktraining 8/2015 | |

Baasjõu arendamine

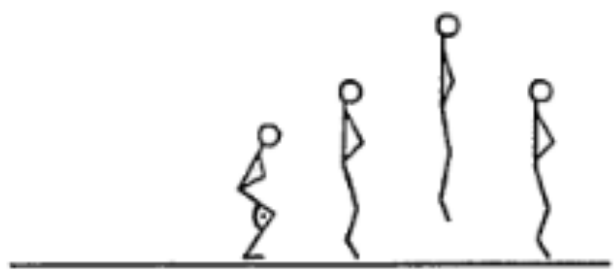
- Maksimaalne jõud
- harjutused max raskustega
- Jõuvastupidavus
- Plahvatuslik jõud

| | Jõuvastupidavus | | Plahvatuslik jõud | | Maksimaalne jõud |
|---|-----------------|-------|-------------------|-------|------------------|
| T | 12/13 | 14/15 | 14/15 | 16/17 | 18/19 |
| P | 13/14 | 15/16 | 16/17 | 17/18 | 18/19 |

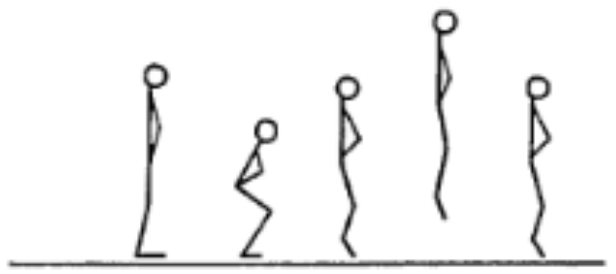
Sügavushüpped



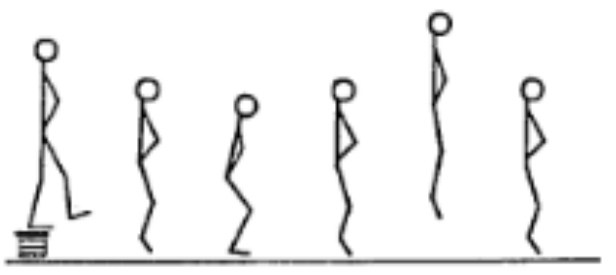
a)



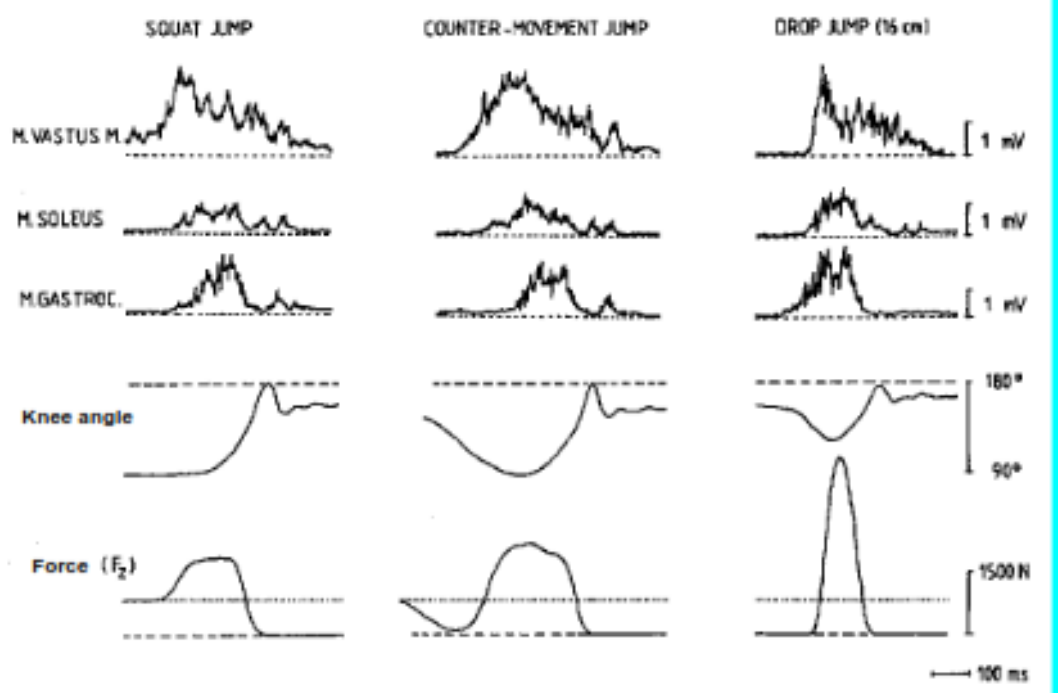
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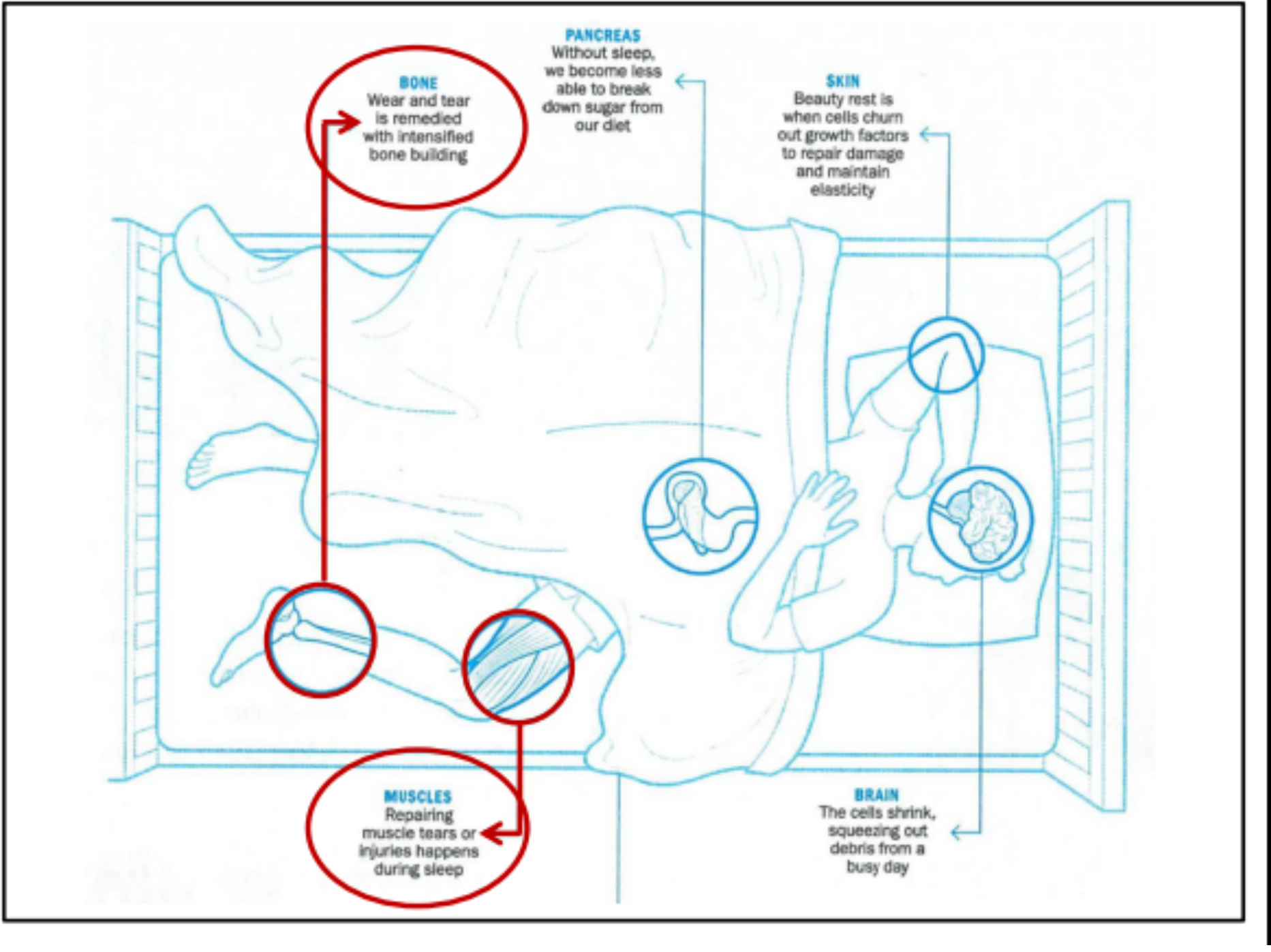


c)



Sprungformen des Standard sprungkrafttests
 a) Squat Jump (SJ)
 b) Counter Movement Jump (CMJ)
 c) Drop Jump (DJ)





BONE
Wear and tear is remedied with intensified bone building

PANCREAS
Without sleep, we become less able to break down sugar from our diet

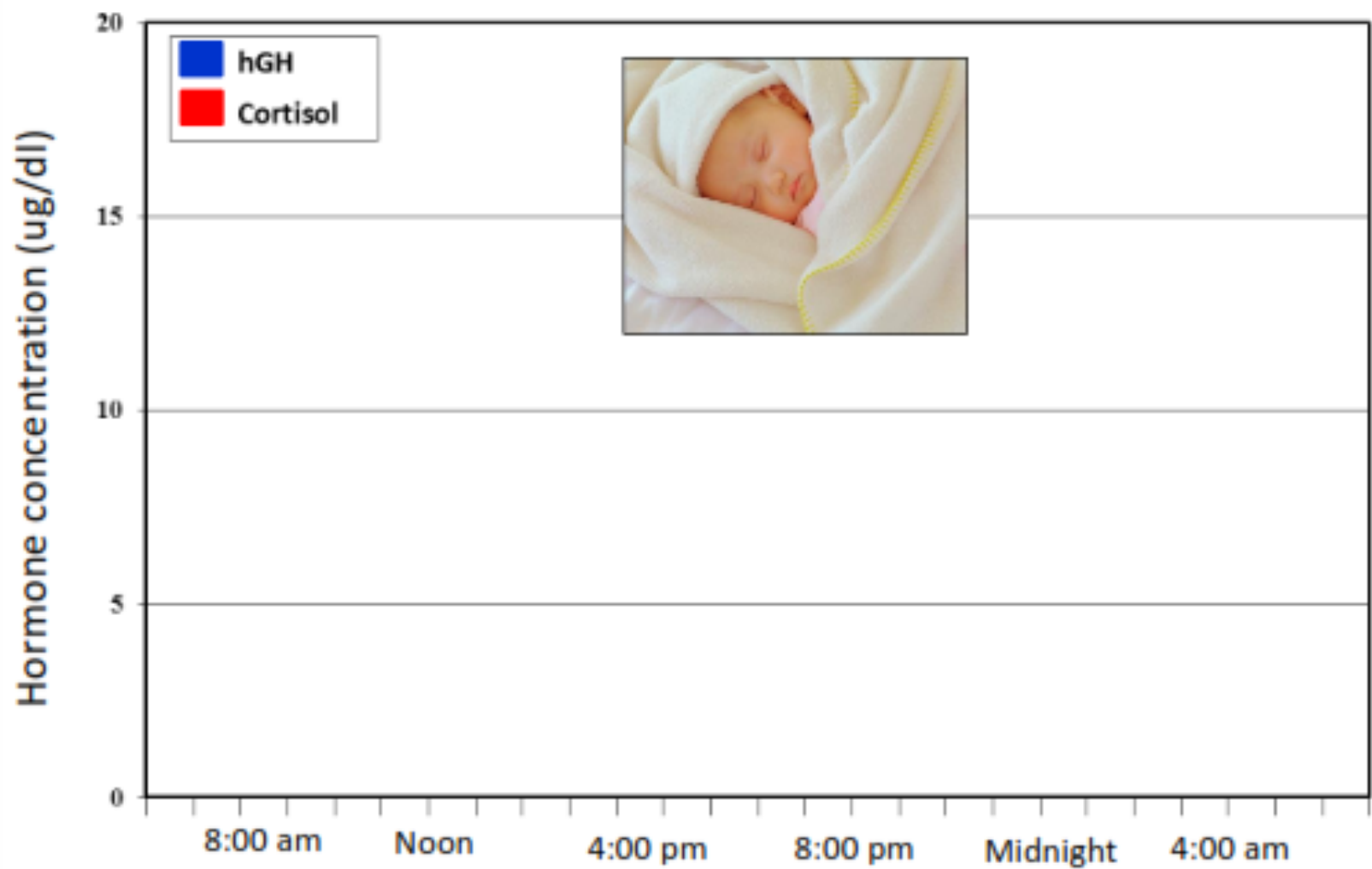
SKIN
Beauty rest is when cells churn out growth factors to repair damage and maintain elasticity

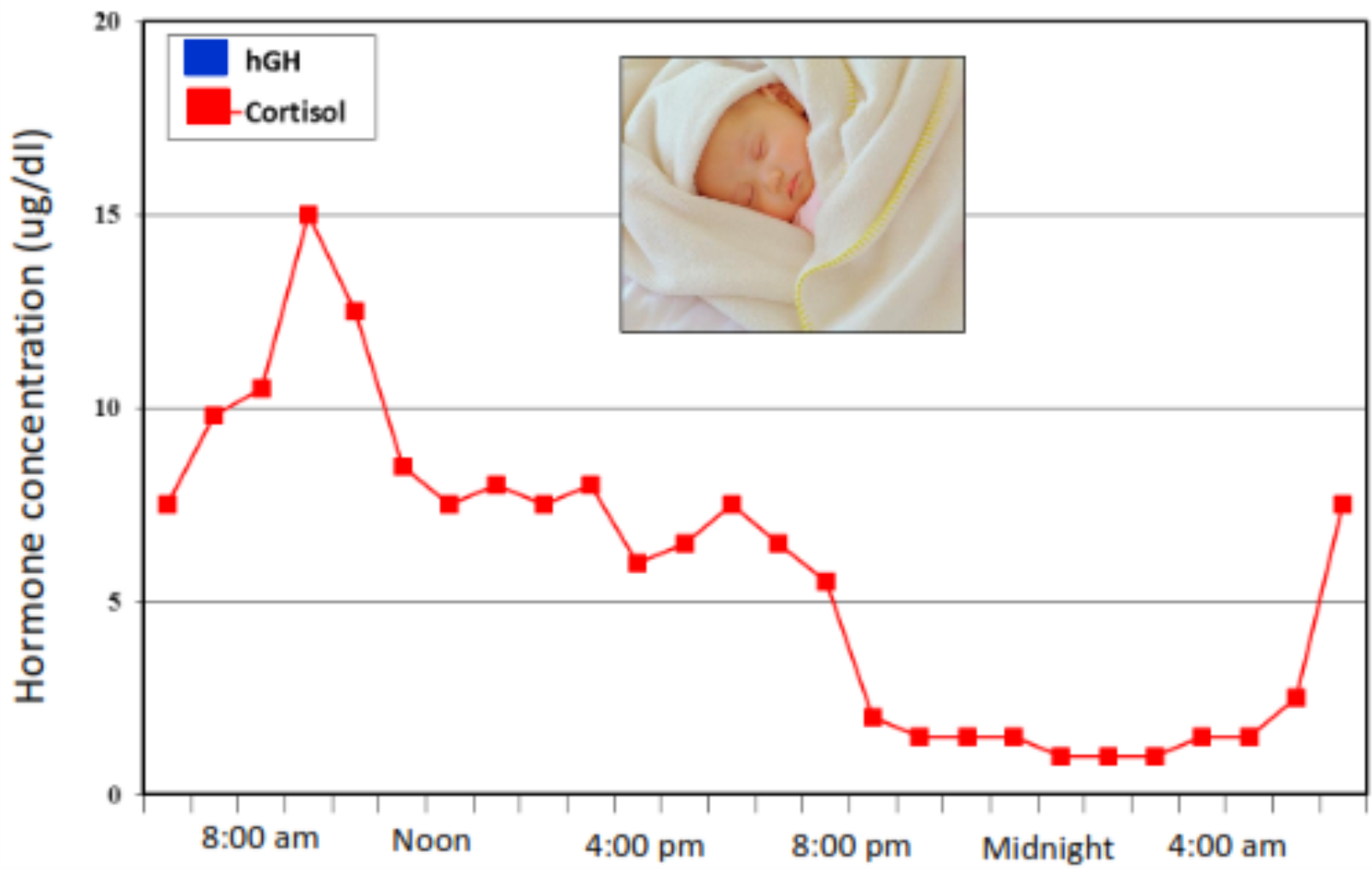


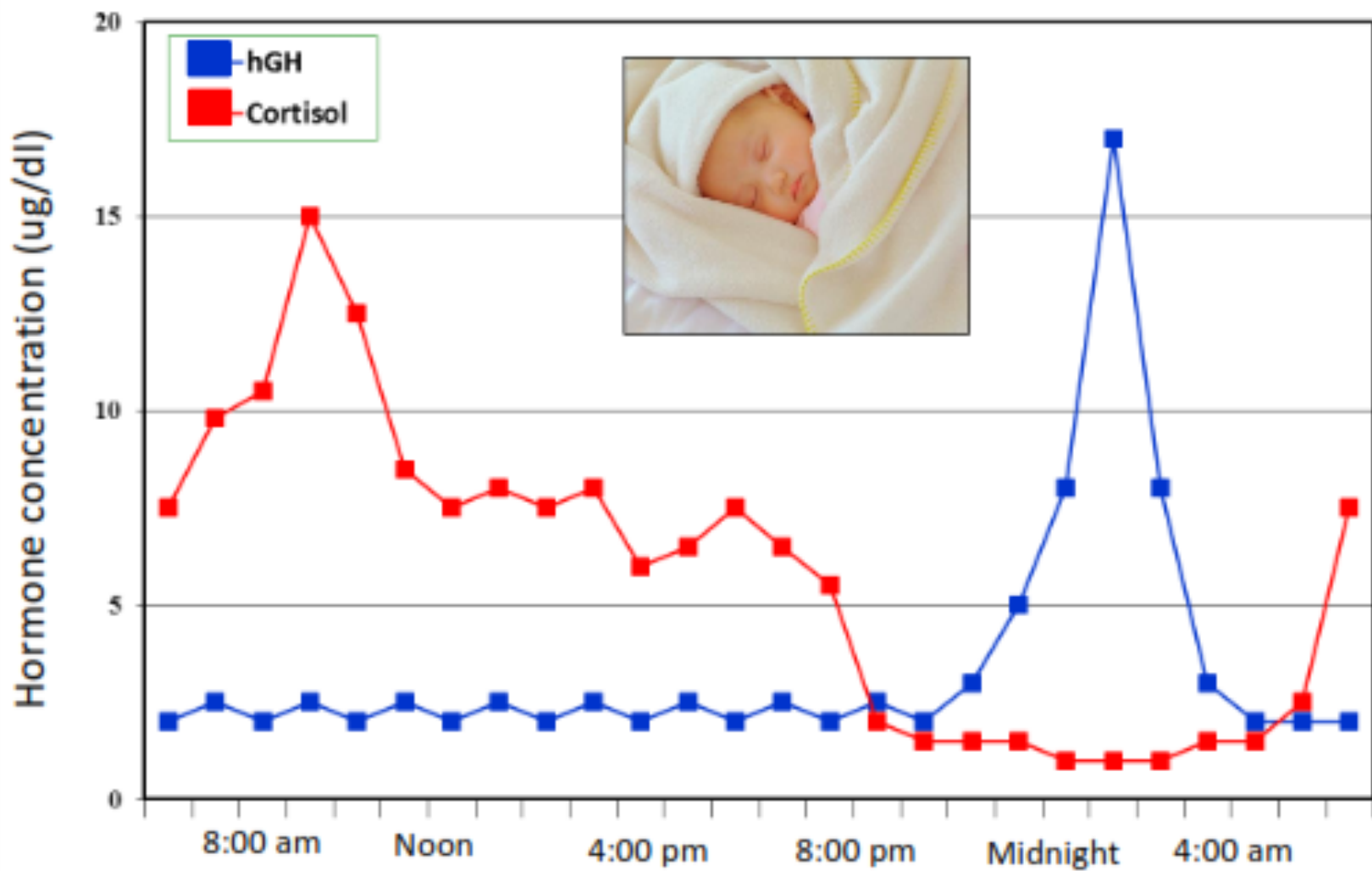
MUSCLES
Repairing muscle tears or injuries happens during sleep

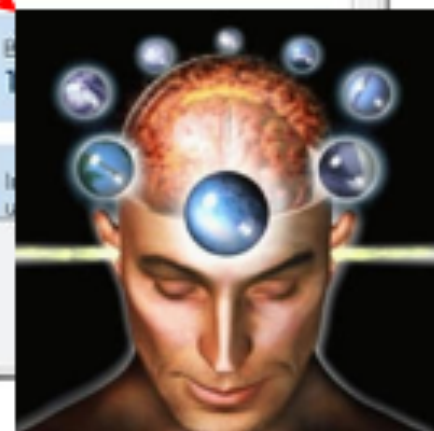
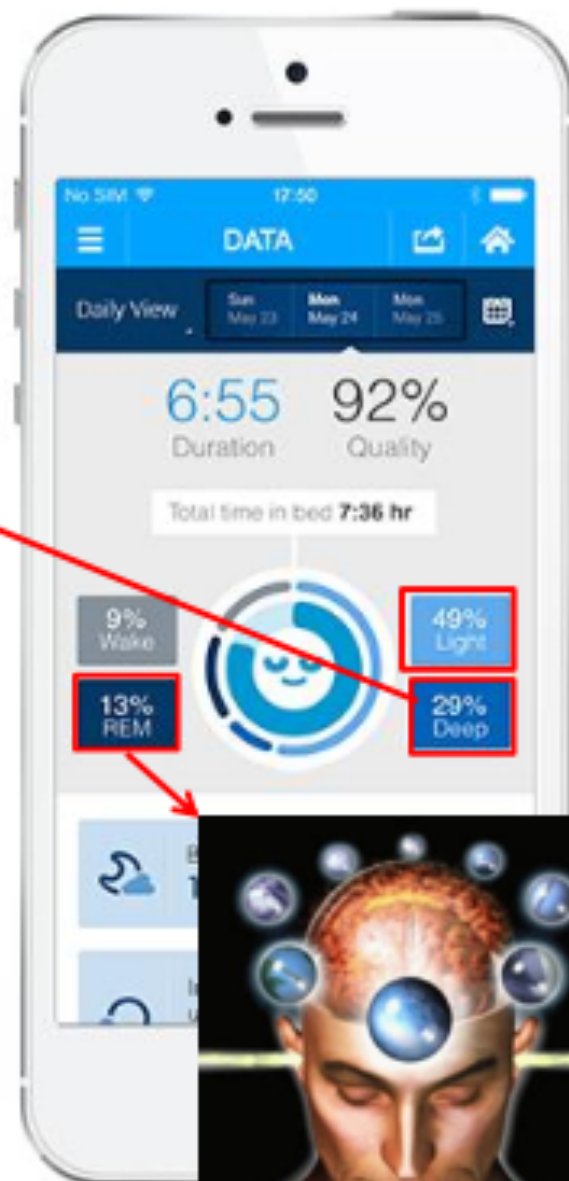
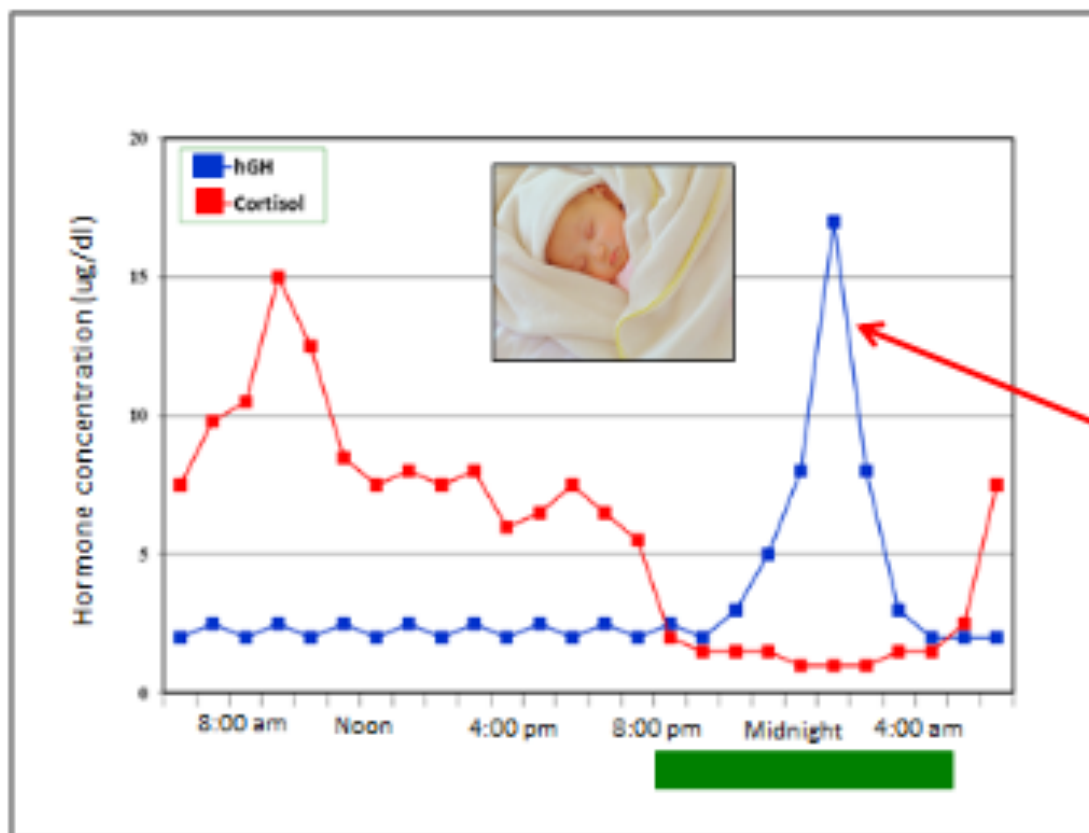


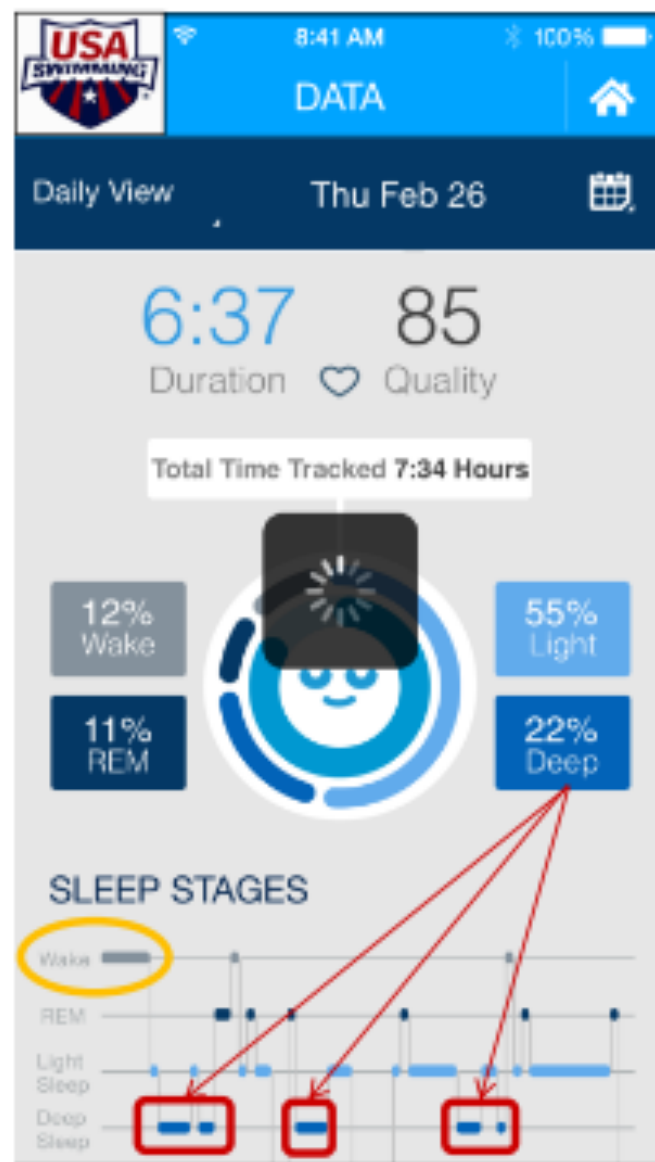
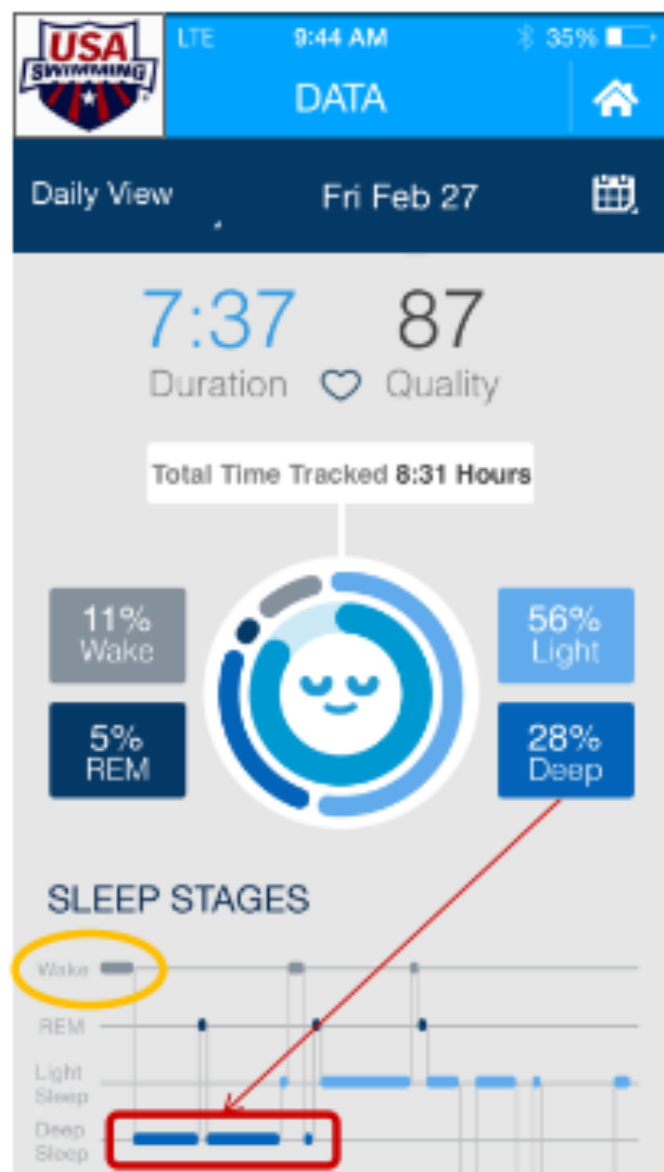
BRAIN
The cells shrink, squeezing out debris from a busy day





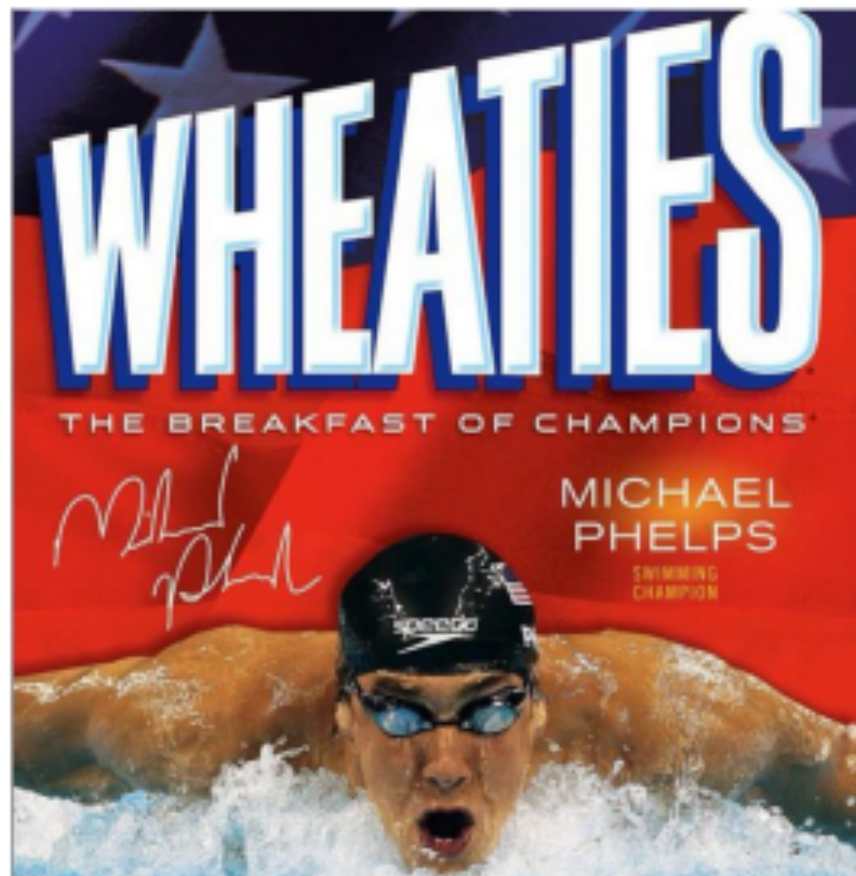








“The difference between being on the Wheaties box . . . and eating from one!”



Michael Phelps
(USA) 50.58

Milorad Cavic
(SER) 50.59



100m Butterfly



Eesti Kergejõustikuliit

Täna!