



Coaching Philosophy and Principles in Middle Distance and Steeplechase in Norway

Henrik Ingebrigtsen og Bjørnar Ustad Kristensen



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Coaching Seminar Finland November 2011



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Sandnes

- Norges 8th biggest town
- 65 000 inhabitants
- Mild climate on the West Coast of Norway – mainly snow free winters



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Facilities

- Upgraded main stadium
 - One of the best stadiums in Norway
 - Upgraded for the Norwegian Championships in 2010
 - Polytan
- New indoor track
 - Completed 2011
 - Sandnes will stage the Norwegian Youths indoor championships 2012

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Good conditions all year



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Introduction

- 1500m training based on experience with Henrik Ingebrigtsen
- 3000m steeplechase training based on experience with with Bjørnar Ustad Kristensen

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Endurance Training

- Endurance = the ability to work at a relatively high intensity over long time
 - Aerobic endurance and
 - Anaerobic endurance
- 1500m training
 - Main focus on aerobic endurance (?)
 - Anaerobic endurance during sommer months – training and competition

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World Record Development – 1500m

- 3:35.6 Herb Elliott (AUS) Rome 06 Sep 60
- 3:33.1 Jim Ryun (USA) Los Angeles 08 Jul 67
- 3:32.16 Filbert Bayi (TAN) Christchurch 02 Feb 74
- 3:32.1 Sebastian Coe (GBR) Zurich 15 Aug 79
- 3:32.09 Steve Ovett (GBR) Oslo 15 Jul 80
- 3:31.36 Steve Ovett (GBR) Koblenz 27 Aug 80
- 3:31.24 Sydney Maree (USA) Cologne 28 Aug 83
- 3:30.77 Steve Ovett (GBR) Rieti 04 Sep 83
- 3:29.67 Steve Cram (GBR) Nice 16 Jul 85
- 3:29.46 Said Aouita (MOR) Berlin 23 Aug 85
- 3:28.86 Noureddine Morceli (ALG) Rieti 06 Sep 92
- 3:27.37 Noureddine Morceli (ALG) Nice 12 Jul 95
- 3:26:00 Hicham el Guerrouj (MOR) Rome 14 Jul 98

Norwegian Record 3.37,4
Lars Martin Kaupang 1976

Henrik Ingebrigtsen 2010
Norwegian Junior Record
3.38,61

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Moscow 1980

- 61.6, 63.3 54,6 the first three laps
 - Final 800m 1.48.5
 - Final 300m i 39
 - Final 200m i 24.7
 - Final 100m i 12.1
 - Result – 3.38.4



Sebastian Coe winning the 1500 meters in 1980 after his disappointing second-place finish in the 800. Coe had run the last lap in 52.2 seconds and the final 100 meters in 12.1!

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Herb Elliot – Rome 1960



Herb Elliot (fourth from the right) en route to the Olympic gold medal in 1960

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Statistics Henrik – born 24.2.91

- 800m:
 - 1.50,84 (Norwegian Championships Sandnes 21.8.2010)
- 1500m:
 - 3.38,61 (Leuven, Belgium 14.8.2010)
- 2000m:
 - 5.41,03 (1st ranked senior 2009)
- 3000m:
 - 7.58,15 (Bislett 19.5.2010)
- 3000mH:
 - 8.52,56 (3rd ranked senior 2009)

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Kondis interview 2010

- We are not doing anything special in training. During the week we do a lot of threshold training with lactate measurement and controlled intensity. It is mainly the quality of the training sessions that is given priority and not large training volumes.
- I tend to maintain a stable training volume throughout the year and this is one reason why I am in good shape for most of the season.
- Here in Sandnes I run most of my training sessions alone, but twice a week we have joint training sessions in Sandnes Athletics Club
- As I train faster than most of the other club members, it is usually only warm-up and warm-downs that are done with other club athletes, states Henrik Ingebrigtsen that has stayed mainly injury free and stayed clear of illness in his career and he hopes to maintain this trend.

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Development - Henrik

| Year | Age | 800m | 1500m | 3000m |
|------|-----|---------|---------|---------|
| 2004 | 13 | 2.15,11 | 4.30,63 | - |
| 2005 | 14 | 2.04,56 | 4.22,48 | 9.20,18 |
| 2006 | 15 | 1.58,89 | 4.04,15 | 9.00,93 |
| 2007 | 16 | 1.54,26 | 3.54,08 | 8.25,77 |
| 2008 | 17 | 1.52,51 | 3.50,63 | 8.17,96 |
| 2009 | 18 | 1.51,34 | 3.44,53 | 8.08,69 |
| 2010 | 19 | 1.50,84 | 3.38,61 | 7.58,15 |
| 2011 | 20 | 1.54,72 | 3.39,50 | - |

Henrik has trained in my group since autumn 2004

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Henrik – the athlete

- Goal oriented
- Very ambitious
- Disciplined
- Mentally – “Very Tough”
- Has trained systematically for many years
- Allround
 - Excellent cross country skier – national top level
- Loves competition
 - Will force “his will” on a competition

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Support Team

- Bjørn Steinar Nedrebø – doctor – Stavanger University Hospital
- Gjert Ingbrigtsen – father
- Lene Authen – physiontherapist
- Leif Inge Tjelta/Asle Tjelta – Physiological testing – University of Stavanger

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The Challenge

- Main focus
 - 1500m
 - Top aerobic capacity essential
 - Speed – competition specific
 - 800m
 - Aerobic capacity less important
 - Anaerobic capacity essential
 - Speed – competition specific

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Basic principles

- Training must be tailored to the athlete
- Young athletes must develop over time
- Focus is on building a solid aerobic capacity through
 - Easy long runs
 - Threshold training
 - (altitude training)

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Basic principles

- Optimal development of anaerobic capacity
 - Intervals with good speed and long recovery
 - Limit these sessions to competition season – not too many
- Development of speed
 - Training sessions that are suited to competition speed for 800m & 1500m
 - Sprint sessions
 - Strength, circuit training, plyometrics

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Training zones

Threshold intervals –
foundation building in
winter

| Treningszone /treningsform | Laktat (mmol/l) LT-1710 | prosent av maksimal hjerterefrekvens | Effekt |
|--|-------------------------|---|----------------------|
| 1: Rolig langtur | 0.7-1.7 | 60-72.5% | økonomisering |
| 2: Langtur | 1.7-2.6 | 72.5-82.5% | økonomisering |
| 3: Maraton fart: hurtig langkjøring eller lange intervaller / fartslek | 2.6-3.6 | 82.5-87.5% | ATminus- AT |
| 4: ½ maraton fart og litt raskere hurtig langkjøring eller lange intervaller / fartslek | 3.6-5.8 | 87.5-92.5% | AT- ATplus |
| 5: 1000m-3000m fart: korte og lange intervaller / fartslek / bakkeløp | 5.8-8.7 | 92.5-97% | ATplus/VO2 maks |
| 6: 1500m-800m fart. 30-120 sekunds intervaller i konkurransen fart | over 10 | | Anaerob tstrening |
| 7: 400m-200m fart: 15-45 sekund opp mot maksimal innsats | over 10 | | anaerob tstrening |
| 8: alactacid | Sprint | | hurtighet |

“5-7” sessions

“anaerobic sessions”

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Training intensity



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Lactate measurement & heart-rate monitoring



- Quality assurance of training sessions
- Henrik measures lactate in all threshold training sessions and 5-7 sessions
- Usually no lactate measurement for training in zones =>8
- Heart rate monitors used extensively

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Typical training sessions winter

- 5x6 min threshold (gravel path or treadmill)
 - Lactate 2-3
- 12x1000m (1 min rest) – gravel alt 20-25 x 400m (30 secs)
 - Lactate 2-3
- 2x10-15x200m (30 secs – 1 min – 5 min between sets)
Lactate 2-3 and also 5-7
- Hill runs – 2x10x40-45 secs (jogg down, 5 min between sets)
- Long runs
 - 10-15km
- Sessions per week running: 12-14
- Weekly volumes approx: 140-150km

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Summer training

- Typical summer as a junior athlete
 - Stay in shape over a sustained period
 - Sharpen up for important races: Gothenburg Youth Games, Tyrving Youth Games, Norwegian Youth Champs, Norwegian Junior Champs, Norwegian Senior Champs
 - Training
 - Maintain the aerobic foundation
 - Steady running, high volume threshold runs
 - Develop anaerobic capacity
 - High speed intervals, good recovery

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Summer sessions

- 12x1000m (1 min) – always on gravel paths
 - Lactate 2-3
- 2x8-10x200m (30 sec) gravel path or track
 - Lactate 5-7 (but also 2-3!) – speed 32...28
- 5x2x300m (jog 100m, 3 mins between sets)
 - Lactate 5-7 (speed 48...45 start slow...)

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Summer (continued)

- May 2010: (high volume/low intensity)
 - 2x10x200m (30 secs + 5 mins)
 - 29, 30, 30, 29.5, 29, 29.4, 29, 29, 29, 29, 29, L=6.0 after 10 and L=6.8 after 20 (same speed both sets)

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Summer (continued)

- Exception:
 - 13.5.10 3+3 x 1000m
 - 3.07 (1 min) 2.59,9 (2 mins) 2.58,5 L=2,2
 - 2.42 (1 min) 2.38 (2 mins) 2.35 L=10,4
 - (on gravel path with training shoes)

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Altitude training

- Henrik has a number of altitude training camps
 - First time in Dullstroom February 2008
 - Extreme focus on lactate measurement on steady runs and intervals – low lactate
 - Walked on hills the first few days at altitude even during "slow" runs
 - Henrik has been to St. Moritz (Switzerland) a number of times
 - Good experience from all altitude training camps
 - Shorter altitude periods compared to Bjørnar Kristensen – Henrik comes more often
 - Training is otherwise the same as at sea level

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2007 16 years old – Breakthrough year!



- Henrik reached Norwegian senior national level in 2007 at the age of 16!
- May Track Meet Haugesund
 1. Henrik 8.33,63
 2. Lars Erik Malde 8.38,67

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Henrik Ingebrigtsen set a new age record for 3000m in 2007

- There was a strong mens field for the 3000m in the Tyrving Games on Sunday night. The athlete that impressed most of all had to run outside the competition in order to be allowed to run with seniors
- 16 year old Henrik from Sandnes ran 8.30,79 which was over 2 seconds quicker than the 29 year old age record set by Bernt Helge Thorkildsen
- Henrik was number 3 but is only mentioned in the footnotes of the results
- Daabayaa Badhaso won the race in 8.26,10

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Norwegian Championships Askim 2007

5. place Henrik Ingebrigtsen, Sandnes IL 3,54,08



Photo Kondis

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Norwegian Championships 2008 Trondheim, final 1500m (17 år!)



Photo Kondis

1. Morten Kolstø Velde Haugesund IL 3,51,48
2. Einar Gauslaa Bergem Ren-Eng, FIK 3,52,41
3. Nur Aden Tjalve, IK 3,52,70
4. Henrik Ingebrigtsen Sandnes IL 3,52,87
5. Joachim Brøndbo Steinkjer Friidrettsklubb 3,53,84



Nordic Junior Championships Bergen 2008 (17 years)



Photo Kondis

- New personal best but only 2 place
- 3.50,68!

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Treningsdagbok

Juli 2008

- Morgen:** 40 min rolig jogg. Puls: 132. 9 km.
Ettermiddag: 17 min rolig jogg. 8 min drill. 4x80-100m st. løp.
 8x1000m: 3,12,6 – 3,12,3 – 3,06,1 – 3,13,7 – 3,05,5 – 3,17,1 – 3,08,6 – 3,18,2.
 6x100m koordinasjonsløp. 12 min rolig nedjogg.
- Morgen:** 40 min rolig jogg. Puls: 138. 8,4 km.
Ettermiddag: 50 min rolig jogg. Puls:138. 10,5 km.
- Morgen:** 40 min rolig jogg. Puls: 138. 7,5 km.
Ettermiddag: 20 min rolig jogg. 8 min drill. 4x80-100m st. løp.
 4x300m: 46,2 – 47,3 – 45,8 – 46,5. 5x200m: 29,5 – 29,4 – 28,9 – 28,7. 2x150m: 19,8 – 18,8.
 11 min rolig nedjogg.
- Morgen:** 40 min rolig jogg. Puls: 144. 8,1 km.
Ettermiddag: 53 min rolig jogg. 4x80-100m st. løp. Puls: 143. 11,6 km.
- Morgen:** 40 min rolig jogg. Puls: 142. 8 km.
Ettermiddag: 20 min rolig jogg. 8 min drill. 4x80-100m st. løp.
 3x400m: 61,1 – 63,1 – 60,4. 3x200m: 29,9 – 29,5 – 29,4
 11 min rolig nedjogg.
- Morgen:** 30 min rolig jogg. Puls: 136. 6 km.
Ettermiddag: 30 min rolig jogg. 4x80-100m st. løp. Puls: 138. 6,8 km.
- Morgen:** 30 min rolig jogg. Puls: 131. 6 km.
Ettermiddag: 30 min rolig. 4x80-100m st. løp. Puls: 134. 6,8 km.
- Morgen:** 15 min rolig jogg. 2x80-100m st. løp. Ca. 3 km.
Ettermiddag: Folksam Grand Prix Solluntuna 1500 meter.
 Oppvarming: 25 min rolig jogg. 5 min drill. 10 min hurtighet. 3,51,56 (Ny pers)
 Nedjogg: 20 min + 10 min.

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Nordic Junior X-country 6km 2008



Photo Kondis

- 1 Sondre Nordstad Moen 91 NOR 18,15
- 2 Sindre Burås 89 NOR 18,51
- 3 Andreas Åhwall 89 SWE 18,54
- 4 Mikael Ekvall 89 SWE 18,55
- 5 Henrik Ingebrigtsen 91 NOR 18,57



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Treningsdagbok

Januar 2009

1. **Morgen:**
Ettermiddag: 20 min rolig jogg. 8 min drill. 6x80-100m st. løp.
2x(4x400m+5x300m+6x200m) Laktat: 1,8 og 3,6.
2. **Morgen:** Friøkt. Reise til Sør-Afrika.
Ettermiddag: Friøkt. Reise til Sør-Afrika.
3. **Morgen:** 47 min rolig jogg. Puls: 146. 10 km.
Ettermiddag: 50 min rolig jogg. Puls: 145. 10 km. 2x80-100m st. løp.
4. **Morgen:** 72 min rolig jogg. Puls: 145. 4x80-100m st. løp.
Ettermiddag: Friøkt.
5. **Morgen:** 15 min rolig jogg. 3x10 min Terskel. Laktat- Etter 1: 4,0. Etter 2: 2,0. Etter 3: 2,2.
11 min rolig nedjogg. 14 km.
Ettermiddag: 50 min rolig jogg. Puls: 141. 10 km. 1,1
6. **Morgen:** 16 min rolig jogg. 8 min drill. 6x80-100m st. løp.
2x10x300m (55-57 sek) Laktat 1. serie: 7,6(<3 - 178). 2. serie: 7,0(<3 - 182).
10 min rolig nedjogg. 12 km.
Ettermiddag: 49 min rolig jogg. Puls: 140. 10 km. 8x60m (90 % innsats).
7. **Morgen:** Friøkt.
Ettermiddag: 74 min rolig jogg. Puls: 142. 15 km.
8. **Morgen:** 55 min rolig jogg. Puls: 145. 10 km.
Ettermiddag: 15 min rolig jogg. 8 min drill. 4x80-100m st. løp.
10x1000m: 2,23,7 - 3,38,9 - 3,36,7 - 3,31,3 - 3,32,3 - 3,34,3 - 3,29,1 - 3,40,9 - 3,37,6 - 3,41,7.
Laktat 2: 2,3 - 5: 2,9 - 7: 4,0. 16 min rolig jogg. 17 km.
9. **Morgen:** 50 min rolig jogg. Puls: 148. 10 km.

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Training session – June 2009

- Monday 8 June
 1. session – easy run
 2. session – easy run
- Tuesday 9 June
 1. session - threshold 5x6 mins
 2. session - 2x10x150m (20 secs) 5 mins
between sets (not always timed)

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Training session July 2009

5 July

1. session – easy run
2. session - track 3x3x300m (rest - walk 100m,
walk 500m between sets)
 - 42.7, 45.7 45.6 L=7.8
 - 44.7, 44.4, 44.4 L=7.7
 - 41.9, 41.0, 41.6 L=10.6

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Summer 2009

| | | | | | | |
|--|--|---|--|--|--|--|
| Mandag 29.6 • Rolig tur 20 mins Reise til St. Moritz • Rolig tur 50 mins hvis tid | Tirsdag 30.6 • Rolig tur 40 mins • Rolig tur 50 mins | Onsdag 1.7 • Rolig tur 40 mins • Rolig tur 50 mins? | Torsdag 2.7 • Rolig tur 40 mins • Rolig tur 50 mins | Fredag 3.7 • Rolig tur 50 mins • Baneintervall 10x150m - gå tilbake | Lørdag 4.7 • Rolig tur 40 mins • Rolig tur 50 mins | Søndag 5.7 • Rolig tur • Bane 3x3x300m (pause gå 100m, seriepause gå 500m) • 42.7, 45.7 45.6 L=7.5 • 44.7, 44.4, 44.4 L=7.7 • 41.9, 41.0, 41.6 L=10.6 |
| Mandag 6.7 • Rolig jogg 40-50 mins Fly hjem til Stavanger | Tirsdag 7.7 • Rolig tur 40 mins • Rolig tur 50 mins | Onsdag 8.7 • Rolig tur 40 mins • Intervall 600 (40 seks) 300 (30 seks) 200 (10 seks) 200m | Torsdag 9.7 • Rolig tur 40 mins • Rolig tur 50 mins | Fredag 10.7 • Rolig tur 40 mins • Rolig tur 50 mins | Lørdag 11.7 • Rolig tur 40 mins • 1x1000m + 2 x 300m Fart, 2.30 - NB Hard økt | Søndag 12.7 • Rolig tur 30 mins • Rolig tur 50 mins |
| Mandag 13.7 • Rolig tur 40 mins • Terske! 12x1000m (1 min) | Tirsdag 14.7 • Rolig tur 40 mins • Rolig tur 50 mins | Onsdag 15.7 • Rolig tur 40 mins • 2x8x200m (fart ca 30 seks) 30 seks pause | Torsdag 16.7 • Rolig jogg 30 mins • Rolig jogg 30 mins | Fredag 17.7 • Rolig jogg 30 mins • Rolig jogg 30 mins | Lørdag 18.7 • Jogg 15 mins Heusden 1500m | Søndag 19.7 • Rolig tur 60-70 mins |
| Mandag 20.7 • Intervall 8x200m jogg 200m - fart ca 27seks | Tirsdag 21.7 • Rolig jogg 30 mins • Rolig jogg 30 mins | Onsdag 22.7 • Rolig jogg 30 mins • Rolig jogg 30 mins | Torsdag 23.7 • Jogg 15 mins • Forsek 1500m EM U20 Serbia | Fredag 24.7 • Rolig tur 30 mins • Rolig tur 20 mins • Mulig 800m forsek hvis ingen 1500m finale | Lørdag 25.7 • Jogg 15 mins • Finale 1500m • EM U20 Serbia | Søndag 26.7 • Rolig tur 40 mins • Rolig tur 50 mins |

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2009

- Heusden 18.7
 - 1 place 3.44,53
- European Novi Stad 25.7
 - 6 place heat 1500m 3.53,69 with fall!
 - 6 place semi final 800m 1.53,01
- Norwegian Champs Lillehammer 2.8
 - 2 place 1500m 3.48,43



Photo Kondis

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2010

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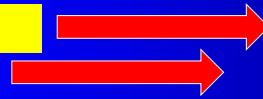
Main focus 2010 - Henrik

- 1500m is the main distance
 - But also 800m, 3000m
- Main goals:
 - World Junior - Canada
 - European Games Senior – Barcelona, Spain
- Other important competitions
 - Norwegian Champs X-country
 - Norwegian Junior Championships
 - Norwegian Senior Championships

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Competition plans 2010

Main goals



| | |
|-----------|---|
| 3.1-21.1 | Høydetrening Dullstroom |
| 27.1.2010 | TIS spenst og hurtighet - Knut Jæger |
| 2.2.2010 | 1500m Wien |
| 12.2.2010 | Samling TIS Oslo |
| 19.3-6.4 | Treningsleir - Albufeira Portugal |
| 10.4.2010 | NM Terrenløp - kort løype Tønsberg |
| 16.4.2010 | Samling TIS Oslo |
| 24.4.2010 | Siddisløpet - Stavanger |
| 8.5.2010 | Holmenkollen |
| 19.5.2010 | 3000m Bislett - Åpningsstevner |
| 26.5.2010 | 1500m Nijmegen |
| 29.5.2010 | 1500m - 3000m |
| 19-20.6 | 1500m E-Cup Bergen? (800m/3000m) |
| 4.6.2010 | 1500m - Bislett Games MU23 |
| 19.6.2010 | 1500m - European Team Champs Fana |
| 5.6-13.6 | Høydetrening St. Moritz |
| 1.7.2010 | 800m Folksam Grand Prix Sollentuna |
| 2.7-4.7 | 800m/1500m VU Spelen Gøteborg |
| 5.7-12.7 | Høydetrening St. Moritz |
| 10.7.2010 | 1500m KBC Nacht - Heusden |
| 20.7.2010 | 1500m R1 Junior VM Moncton Canada |
| 22.7.2010 | 1500m Finalen Junior VM Moncton Canada |
| 23.7.2010 | <i>800m R1 Junior VM Moncton Canada</i> |
| 24.7.2010 | <i>800m Semifinale Junior VM Moncton Canada</i> |
| 25.7.2010 | <i>800m Finale Junior VM Moncton Canada</i> |
| 27.7.2010 | 1500m Round 1 EM Barcelona |
| 28.7.2010 | 1500m Semifinalen EM Barcelona |
| 30.7.2010 | 1500m Finale EM Barcelona |
| 6.8-8.8 | 800m/1500m Junior NM, Askøy |
| 20.8-22.8 | 800m/1500m NM Sandnes |
| 3.9-5.9 | 800m/1500m UM Molde |

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May 2010 – the season started well

- 10.4 – Norwegian X-Country Champs – Tønsberg
1 place
– Henrik's first national senior championship gold
- 25.4 – Siddisløpet (8km) – 2 place (pb)
- 19.5 – 3000m 1 place 7.58,15 (2nd Jukka Keskisalo 8.00,96)

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Training May 2010

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|------------------------------|----|--|----|-----------|
| Mandag | 17.05.2010 | lavterskel 5x6 mins | 10 | Intervall 6x1000m 4-5 laktat terskel 1 min | 10 | 141 |
| Tirsdag | 18.05.2010 | rolig langtur | 10 | Rolig langtur | 8 | |
| Onsdag | 19.05.2010 | rolig langtur | 10 | Bislett 3000m | 10 | |
| Torsdag | 20.05.2010 | lavterskel 5x6 mins | 10 | Rolig langtur | 10 | |
| Fredag | 21.05.2010 | rolig langtur | 10 | Rolig langtur | 10 | |
| Lørdag | 22.05.2010 | lavterskel 5x6 mins på mølla | 10 | Baneøkt 5-6x300m - gå/jogg sakte 100m - fart ca 45 | 10 | |
| Søndag | 23.05.2010 | rolig langtur | 15 | lett oppvarming 6-8x120m - jogg rolig tilbake | 8 | |
| | | | 75 | | | |

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Training May 2010

| Dag | Dato | 1 økt | km | 2 økt | km |
|---------|------------|--|----|--------------------------------------|----|
| Mandag | 24.05.2010 | lavterskel 5x6 mins | 10 | rolig langtur | 8 |
| Tirsdag | 25.05.2010 | rolig langtur | 8 | rolig langtur | 8 |
| Onsdag | 26.05.2010 | rolig langtur | 10 | Nijmegen 1500m 3.41 | 10 |
| Torsdag | 27.05.2010 | lavterskel 5x6 mins | 10 | lavterskel 5x6 mins | 10 |
| Fredag | 28.05.2010 | rolig langtur | 10 | rolig langtur | 10 |
| Lørdag | 29.05.2010 | Bane 5x300m - gå 100m, jogg 400m, 5x200m jogg 200m, jogg 400m, 5x150m jogg 150m, jogg 400m, 5x120m jogg 120m | | Rolig langtur inkl 8x80m bakkesprint | 10 |
| Søndag | 30.05.2010 | rolig langtur | 10 | rolig langtur | 10 |

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800m, 1500m & 3000m 2010 (selection of races)

| 1.50,84 | 21 august | 800m NM Sandnes | 3 plass |
|----------------|------------------|--------------------------------------|----------------|
| 3.38,61 | 14 August | 1500m Leuven, Belgium | 1 place |
| 3.40,14 | 4 June | 1500m Bislett Games | 7 place |
| 3.40,25 | 10 August | 1500m Gothenburg | 3 place |
| 3.42,06 | 26 May | 1500m Nijmegen | 3 place |
| 3.42,62 | 28 July | 1500m Barcelona European Champs | 6 place h2 |
| 3.45,31 | 20 July | 1500m Moncton World Junior-U20 | 6 place h2 |
| 3.45,64 | 7 August | 1500m NM-U20 Ravnanger/Askøy | 1 place |
| 3.46,50 | 22 August | 1500m Norwegian Champs Sandnes | 1 place |
| 3.47,40 | 19 June | 1500m European Team Challenge Bergen | 6 place |
| 7.58,15 | 19 May | 3000m Bislett | 1 place |

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Training before European Champs



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July 2010

| Dag | Dato | 1 økt | km | 2 økt | km |
|---------|------------|--|----|--|----|
| Mandag | 19.07.2010 | rolig langtur | 6 | rolig langtur | 6 |
| Tirsdag | 20.07.2010 | 1500m forsøk VM | 10 | rolig langtur | 10 |
| Onsdag | 21.07.2010 | lavterskel 5x6 mins | 10 | Bakkeløp 10x100m | 10 |
| Torsdag | 22.07.2010 | Rolig langtur | 10 | Rolig langtur | 10 |
| Fredag | 23.07.2010 | 2x10x200m (pause 30 seks - 5-7 økt) | 10 | avreise fra Canada | 0 |
| Lørdag | 24.07.2010 | 6x300m (100m jogg) ca 43 | 10 | rolig langtur | 10 |
| Søndag | 25.07.2010 | rolig langtur | 10 | rolig langtur + 3x120m st.løp med piggsko | 8 |

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July-August 2010

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|---|----|--|----|-----------|
| Mandag | 26.07.2010 | rolig langtur | 6 | rolig langtur | 6 | 96 |
| Tirsdag | 27.07.2010 | 1500m forsøk EM | 10 | rolig langtur | 10 | |
| Onsdag | 28.07.2010 | rolig langtur | 8 | 1500m semifinalen EM | 6 | |
| Torsdag | 29.07.2010 | Rolig jogg 15 mins | 4 | | 10 | |
| Fredag | 30.07.2010 | rolig langtur | 10 | 2x10x200m (30 seks) 5 mins seriepause L=5-7 | 10 | |
| Lørdag | 31.07.2010 | Fri pga flyreise | 0 | fly forsinket - ingen trening | 0 | |
| Søndag | 01.08.2010 | bane 5x300m - gå 100m, jogg 400m, 5x200m jogg 200m, jogg 400m, 5x150m | 12 | Rolig langtur | 10 | |
| | | | 44 | | | |

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August 2010

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|------------------------|----|---|----|-----------|
| Mandag | 02.08.2010 | rolig langtur | 10 | rolilig langtur | 10 | |
| Tirsdag | 03.08.2010 | lavterskel 5x6 mins | 10 | bane 10x120m konk fart 800m - sakte jogg tilbake | 10 | |
| Onsdag | 04.08.2010 | rolig langtur | 15 | 2x8x200m (30 seks, 5 mins seriepause) - fart ca 29-30 | 10 | |
| Torsdag | 05.08.2010 | rolig langtur | 10 | rolilig langtur | 10 | |
| Fredag | 06.08.2010 | 1500m forsøk Junior NM | 10 | 800m forsøk Junior NM Askøy | 10 | |
| Lørdag | 07.08.2010 | Rolig jogg 15 mins | 3 | 1500m finale Junior NM Askøy | 8 | |
| Søndag | 08.08.2010 | Rolig jogg 15 mins | 3 | 800m finale Junior NM Askøy | 10 | |
| | | | 51 | 68 | | |

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| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|---------------------|----|--|----|-----------|
| Mandag | 09.08.2010 | rolig langtur | 6 | rolilig langtur | 6 | |
| Tirsdag | 10.08.2010 | Rolig jogg 15 mins | 3 | 1500m Folksam Grand Prix - Göteborg | 10 | |
| Onsdag | 11.08.2010 | lavterskel 5x6 mins | 10 | bane 6x300m - gå 100m - øk på siste dragene. Relativ lett økt. | 10 | |
| Torsdag | 12.08.2010 | lavterskel 5x6 mins | 10 | rolilig langtur | 10 | |
| Fredag | 13.08.2010 | rolig langtur | 6 | rolilig langtur | 6 | |
| Lørdag | 14.08.2010 | Rolig jogg 15 mins | 3 | 1500m Leuven - Belgia 3.38,61! | 10 | |
| Søndag | 15.08.2010 | rolig langtur | 18 | | | |
| | | | 50 | 52 | | |

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|-------------------------|----|-------------------------|----|-----------|
| Mandag | 16.08.2010 | rolig langtur | 6 | rolilig langtur | 6 | |
| Tirsdag | 17.08.2010 | terskeltest UIS | 10 | rolilig langtur | 10 | |
| Onsdag | 18.08.2010 | rolig langtur | 8 | | 6 | |
| Torsdag | 19.08.2010 | rolig langtur | 6 | rolilig langtur | 6 | |
| Fredag | 20.08.2010 | 800m Forsøk NM Sandnes | 10 | Rolig jogg 20 mins | 5 | |
| Lørdag | 21.08.2010 | 1500m Forsøk NM Sandnes | 8 | Finale 800m NM Sandnes | | |
| Søndag | 22.08.2010 | Rolig jogg 15 mins | 3 | Finale 1500m NM Sandnes | 12 | |
| | | | 45 | 45 | | |

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The season is over!



Bjørnar Ustad Kristensen

Steeplechase



Support

- Bjørn Steinar Nedrebø – MD
- Leif Kristensen – Physiotherapist (father)
- Yngve Sundsfjord - Physio
- Leif Inge Tjelta/Asle Tjelta – Physiological tests – University of Stavanger
- Norwegian Athletics Federation – Physios/Medical team

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The first years!

- Not a child wonder
 - Some good times as a young athlete
- Did not train a lot as a youngster
 - Natural talent
- Generally physically active
 - Athletics
 - Football
- Ran steeplechase at an early age
 - Found that he liked the event



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Training volumes

- 1998-1999: 3 sessions/week + 2 sessions – mountain bike
- 1999-2000: 4-5 sessions/week (mononucleose)
- 2000-2001: 4-5 sessions/week
- 2001-2002: 60-80 km/week (military service)
- 2003-2004: 110-120 km/week
- 2004-2005: 110-140 km/week
- 2005-2006: 120-160 km/week (average >100 km/week/yr)
- 2006-2007: 120-160 km/week
- 2007-2008: 140-180 km/week
- 2009-2010: 120-150 km/week

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2002 Season

- Norwegian Champs Sandnes 3000mH - Silver
- Norwegian Junior Champs Lillehammer
 - 5000m – Gold
 - 3000mH – Gold
- Olympiatoppen – Project
 - ”Young athletes”
 - Andreas Thorkildsen also in the project

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2006

- 8.23,65 Heusden 22 July
 - Breakthrough in steeplechase
- European Champs Gothenburg – main aim
 - Injured before champs

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2007

- 8.16,75 – Heusden
 - Big breakthrough
 - World championships Osaka the main goal
 - Injured just before Norwegian Champs in Askim, World Champs was not a success
 - Bjørnar took a long time to get into training again

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2008

- Did not achieve Olympic qualifying time due to an undiagnosed stress fracture
 - Trained in St. Moritz with significant pain
 - DNF 3000m Golden League Rome
 - Pain, lack of competition
 - Norwegian senior champion 5000m with stress fracture
 - Stress fracture finally diagnosed
 - End of season

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2009

- World Championships – Berlin
 - Week winter basis due to recovery from injury and lack of motivation after Olympic year before Christmas 2008
 - The season must nevertheless be counted as a success
 - 5 place in heat 3 8.28,49 (seasonal best)
 - Did not qualify for final

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Development - Bjørnar

| År | Alder | 1500m | 2000mH | 3000mH | 30000m | 5000m | 10000m |
|------|-------|---------|---------|---------|---------|----------|----------|
| 1999 | 17 | 4.06,91 | | | 8.36 | | |
| 2000 | 18 | 4.02,16 | | 9.35,51 | 8.52,26 | 15.15,40 | |
| 2001 | 19 | 3.58,07 | 5.58,07 | 9.02,53 | 8.28,76 | 14.56,31 | |
| 2002 | 20 | 3.56,16 | 5.49,08 | 8.46,60 | 8.26,95 | 14.47,67 | |
| 2003 | 21 | 4.00,75 | 5.43,09 | 8.40,45 | 8.19,07 | 14.16,08 | |
| 2004 | 22 | 3.54,07 | 5.38,10 | 8.41,25 | 8.25,35 | 14.28,26 | 30.28,97 |
| 2005 | 23 | 3.57,44 | 5.45,39 | 8.38,97 | 8.16,21 | 14.03,77 | 29.32,69 |
| 2006 | 24 | 3.50,63 | | 8.23,65 | 8.23,10 | 14.21,85 | 30.35,02 |
| 2007 | 25 | | | 8.16,75 | 8.09,32 | 14.18,05 | 29.15,07 |
| 2008 | 26 | 3.56,08 | | 8.26,58 | 8.10,31 | 14.13,03 | |
| 2009 | 27 | | | 8.28,49 | 7.57,60 | | |
| 2010 | 28 | 3.54,18 | | 8.24,51 | 8.07,47 | 14.00,19 | |
| 2011 | 29 | | | | | | 65 |

5000m Egersund 21.6.03



Bjørnar with
personal best
14.16,80 Rogaland
regional
championships,
Egersund – age 21

Norwegian Championships Bislett 29.7.2006 Gold



Physiological testing



- Regular threshold tests throughout all seasons
 - Check pre-season form
 - Monitor effect of altitude training

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Physiological testing

- Threshold tests carried out at the University of Stavanger
 - Leif Inge Tjelta
 - Asle Tjelta
- Part of a systematic evaluation of Norwegian endurance athletes

Treningssoner - Olmptiatoppen

Threshold intervals - basis training

| Treningszone /treningsform | Laktat (mmol/l) LT-1710 | av maksimal hjertefrekvens | Effekt |
|--|-------------------------|----------------------------|---------------------------|
| 1:Rolig langtur | 0.7-1.7 | 60-72.5% | økonomisering |
| 2:Langtur | 1.7-2.6 | 72.5-82.5% | økonomisering |
| 3: Maraton fart: hurtig langkjøring eller lange intervaller / fartslek | 2.6-3.6 | 82.5-87.5% | ATminus- AT |
| 4: ½ maraton fart og litt raskere hurtig langkjøring eller lange intervaller / fartslek | 3.6-5.8 | 87.5-92.5% | AT- ATpluss |
| 5: 10000m-3000m fart: korte og lange intervaller / fartslek / bakkeløp | 5.8-8.7 | | 2 maks |
| 6: 1500m-800m fart: 30-120 sekunds intervaller i konkurranse fart | over 10 | | Anaerob utholdhetstrening |
| 7: 400m-200m fart: 15-45 sekund opp mot maksimal innsats | over 10 | | Anaerob utholdhetstrening |
| 8: alactacid | Sprint | | hurtighet |

"5-7" sessions - only in the summer - less than Henrik

Injury Prevention

- Ice baths
- Hot water baths
- Physical therapy – massage
- Focus on correct training intensity – avoid stiff and sore calves and thighs
- Basic strength and stability training
 - Especially body core

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Altitude training

- Bjørnar has based most of his training on extensive use of altitude training
 - Typically with periods of 3 weeks at around 2000m
 - Before Christmas – South Africa - Dullstroom
 - January-Feb - South Africa – Dullstroom
 - May-June – South Africa or Flagstaff, Arizona
 - June-July – St.Moritz

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Altitude Training – Where?

- Dullstroom South Africa 2000 m
 - Excellent in winter – summer in South Africa
 - Easy to travel – only one hour time zone difference – cheap to live
- St. Moritz 1856 m
 - Excellent in summer – but best at end of june due to possibility of snow
- Flaggstaff 2100 m
 - Best in May-June
 - Big time zone difference, you must have a car
 - Not optimal if the athlete is competing shortly after return

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Altitude Training – how?

- Train as at sea level
 - Slow/steady runs (especially the first 2 days)
 - Threshold training
 - 12x1000m (1 min) L= 2,5-3,5
 - 25x1min (30 secs) L=2,5-3,5
 - Strong focus on correct lactate levels
 - i.e. training at the correct intensity

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Barrier training

- Bjørnar has not paid a lot of attention to specific barrier technique
 - This is contrary to all classical steeplechase theory
 - Our view was that Bjørnar's technique was not the "bottleneck" but rather his 3000m/5000m and also 1500m flat times
 - Bjørnar is a good water jumper and also has good clearance of the barriers
 - Hurdles are used in pre and mid season to maintain good technique
 - Use low key competition early in season

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Barrier training (hurdles)

- Pre season and mid summer
 - Typical session before important competitions
 - 3x1000m fast
 - Recovery period
 - 5x300m with 5 hurdles at competition pace (66sec/lap)

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Winter Training – Bjørnar 2002-2010

- 2002 – 7-9 sessions/week
 - Long intervals 10x1000m (2mins pause)
- 2004 – 10-14 sessions/week
 - Long intervals 12x1000m (1 min rest)

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Training January 2002 approx 90-110 km/week

Bjørnar – 2 sessions in addition, 20-25 mins slow in morning – Wednesday and Saturday

| mandag | Rolig løping 45-60 mins | Rolig løping 45-60 mins | Rolig løping 45-50 mins |
|----------------|---|---|--|
| tirsdag | oppvarming + hjelpeøvelser Bakkeløp 3x6-8x200m rask jogg ned 5 min mellom serier | oppvarming + hjelpeøvelser Bakkeløp 2x3-4x800m rask jogg ned 5 min mellom serier | oppvarming + hjelpeøvelser kondisjonsintervall 2x400m 30 seks 1x600m 30 seks (+1) 1x200m 30 seks 2x150m 30 seks |
| onsdag | rolig langtur 40-50 mins | rolig langtur 40-50 mins | rolig langtur 40-50 mins |
| torsdag | oppvarming + hjelpeøvelser kondisjonsintervall 3x150m 30 seks 4x800m 60 seks (+1) 2x150m 30 seks 10 mins pause 2x 400m 60 seks | oppvarming + hjelpeøvelser kondisjonsintervall 4x150m 30 seks 4x800m 60 seks (+1) 2x150m 30 seks 10 mins pause 1x1200m seks relativt rolig første 600m | oppvarming + hjelpeøvelser kondisjonsintervall 4x150m 30 seks 3x800m 60 seks (+1) 2x150m 30 seks 1x600m |
| fredag | rolig langtur 30-50 mins | rolig langtur 30-50 mins | fri evt alternativ trening - svømming/sykling ballspill osv |
| lørdag | Intervall 2x12x200m (30 seks) 5 mins seriepause | Intervall 2x12x200m (30 seks) 5 mins seriepause | Hurtig langtur 30 mins |
| søndag | rolig langtur 55 mins | rolig langtur 60 mins | rolig langtur 50 mins |

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Training October 2004 110-130 km/week

| Dag | Uke 3 12-18 januar 2004 | Uke 4 19-25 januar 2004 | Uke 5 - 8-uke 26 januar - 8 februar 2004 |
|---------|---|---|--|
| mandag | 1. Rolig løping 30 mins sone 1 2. Rolig løping 60 mins sone 1 | 1. Rolig løping 30 mins sone 1 2. Rolig løping 60 mins sone 1 | 1. Rolig løping 30 mins sone 1 2. Rolig løping 60 mins sone 1 |
| tirsdag | 1. Rolig løping 30 mins sone 1 2. Intervall 10x1000m pause 2 mins + 6x120m fort-flyt-fort | 1. Rolig løping 30 mins sone 1 2. Intervall 12x1000m pause 2 mins + 6x120m fort-flyt-fort | 1. Rolig løping 30 mins sone 1 2. Intervall 8x1000m pause 2 mins + 6x120m fort-flyt-fort |
| onsdag | 1. Rolig løping 30 mins sone 1 2. Rolig løping 45 mins sone 1 | 1. Rolig løping 30 mins sone 1 2. Rolig løping 55 mins sone 1 | 1. Rolig løping 30 mins sone 1 2. Rolig løping 40 mins sone 1 |
| torsdag | Oppvarming 15-20 mins + hjelpeøvelser Intervall 2x20x200m pause 30 seks | Oppvarming 15-20 mins + hjelpeøvelser Intervall 2x25x200m pause 30 seks | Oppvarming 15-20 mins + hjelpeøvelser Intervall 2x15x200m pause 30 seks |
| fredag | fri | fri | fri |
| lørdag | 1. Rolig løping 45 mins sone 1 2. Fartslek 50 mins, drag fra 30-60 seks | 1. Rolig løping 45 mins sone 1 2. Fartslek 50 mins, drag fra 30-60 seks | 1. Rolig løping 45 mins sone 1 2. Fartslek 50 mins, drag fra 30-60 seks |
| søndag | 1. Rolig løping 70 mins sone 1 2. Rolig løping 45 mins sone 1 | 1. Rolig løping 70 mins sone 1 2. Rolig løping 45 mins sone 1 | 1. Rolig løping 70 mins sone 1 2. Rolig løping 45 mins sone 1 |

Training October 2005 130-150 km/week

| Uke | Dag | Dato | Trening | Km |
|------------------------------|----------|--|---|------|
| 42 | mandag | 17.10.05 | Rolig løping 30 mins sone 1 | 8,0 |
| | | | Rolig løping 60 mins sone 1 vekt trening - spenst/styrke | 15,0 |
| | tirsdag | 18.10.05 | Rolig løping 30 mins | 8,0 |
| | | | AT-trening, langintervall 6-8x1000m pause 1 min | 16,0 |
| | onsdag | 19.10.05 | Rolig løping 30 mins | 8,0 |
| | | | Rolig løping 60 mins sone 1 | 15,0 |
| | torsdag | 20.10.05 | Rolig løping 30 mins | 8,0 |
| | | | 24x400m (30 seks) sone 3 | 16,0 |
| | fredag | 21.10.05 | Rolig langtur 40 mins | 12,0 |
| | lørdag | 22.10.05 | Rolig løping 30 mins sone 1 | 8,0 |
| Lett fartslek 50 mins | | | 14,0 | |
| søndag | 23.10.05 | Rolig langtur 75 mins - kupert terreng, sakte i bakkene | 25,0 | |
| | | | 153,0 | |

Training January 2006 130-150 km/week

| Uke | Dag | Dato | Trening | Km |
|-----|---------|--------|---|----------------------|
| | mandag | 2.1.06 | Rolig løping 10 km Rolig løping 8-10 km inklusiv 8-12x80m bakke 70-80% innsats | 10,0 10,0 |
| | tirsdag | 3.1.06 | Rolig løping 10 km AT-trening, langintervall 12x1000m pause 1 min | 10,0 16,0 |
| | onsdag | 4.1.06 | Rolig løping 8-10 km + sykkel 1 time Rolig løping 8-10 km inklusiv 8-12x80m bakke 70-80% innsats | 10,0 10,0 |
| | torsdag | 5.1.06 | Rolig løping 8-10 km 20-24x400m (30 seks) | 10,0 16,0 |
| | fredag | 6.1.06 | Sykkell 1time Rolig løping 8-10 km | 0,0 10,0 |
| | lørdag | 7.1.06 | Rolig løping 10 km Lett fartslek 50 mins | 10,0 14,0 |
| | søndag | 8.1.06 | Rolig langtur 20 km - kupert terreng | 20,0 146,0 |

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St Moritz July 2007

| Uke 29 16-22 Juli 172km rekord | | |
|--------------------------------|--|--|
| Dag | Økt 1. | Økt 2. |
| Mandag | Rolig langtur 15km 70.07 Gj.puls 130-148 K: Jekk ok, folte meg greit. | Rolig langtur 10km 44.10 Gj.puls 128-149 K: Jekk fint, folte meg greit. |
| Tirsdag | Terskel 127*1000m to Marus' 940m Oppvarming: 15.20 Nerjogg: 15.01 2.57.0(147), 2.52.6(152), 2.50.1(156) Laktat 2.9, 2.48.6(159), 2.47.5(158), 2.48.9(159), 2.49.0(159) Laktat 2.8, laktat 2.47.4(159), 2.44.4(162), 2.46.1(161), 2.43.7(163) Laktat 3.6, 2.47.6(157) K: Jekk bra, ca 5sek bere snitt enn i dag, jippe! | Rolig langtur 12km 50.44 Gj.puls 127-152 + Styrke 30.2010 øvelsa *3 Måge rygg seriepause 2min K: Jekk fint, se tross for uoff økt tidligere. Styrke jekk bra. |
| Onsdag | Rolig langtur 21km 90.21 Gj.puls 132 K: Jekk fint, sprang siste 30min i 3.40 fart. Foltes greit. | Kim ei økt. |
| Torsdag | Terskel 4*10min Pause Laktatmåling Oppvarming: 15.25 Nerjogg: 25.02 Drag 1, 151/2.2. Drag 2, 157/ Målte hje. Drag 3, 165/3.1. Drag 4, 165/2.4 K: Jekk tongt. Va gaanske tong å trøtt i beini i dag, pigge på 120m 3*120m 16.3, 15.9, 15.6, 15.3 P=3min | Rolig langtur 10km 42.44 Gj.puls 138-154 + Styrke 30.2010 øvelsa *3 Måge rygg seriepause 2min K: Jekk tongt på denne turen og. Høg puls. Styrke jekk bra. |
| Fredag | Rolig langtur 13km 63.35 Gj.puls 116-131 K: Eg tog det veldig me ro itte å ha våre tong i går, så det hjelpe foran morgendagens økt. | Rolig langtur 10km 46.34 Gj.puls 123-146 K: Tog det ekstra me ro på denne turen og. |
| Lørdag | Bane 3*1000m 3.10min pause 13SP 5*300m 100sek pause Oppvarming: 16.35 Terskel 3.16 Nerjogg: 20.01 1000m tider: 2.41.3 Laktat 6.6, 2.40.9 Laktat 9.1, 2.41.5 Laktat 12.2 300m-tider: 46.4, 45.5, 44.7, 44.1, 44.3 K: Jekk kanon, dsek bere i snitt enn i fjor. Måtte jobba på siste, 300m jekk lettare og lettare. God økt! | Rolig langtur 11km 50.05Gj.puls 124-143 K: Jekk ok, litt trøtt itte dagens 1 økt. Sprang me Peter Desment |
| Søndag | Rolig langtur 21km 95.06 Gj.puls 130-149 K: Jekk ok, sprang me musse litt resten akeina! Va fn, ikkje trøtt for siste 10min. | Kim ei økt. |

- Training before 8.16,75 race in Heusden 28/7
– Large volumes (for Bjørnar)

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Altitude training March 2010

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke |
|---------|------------|---|-----------|--|-----------|-----------|
| Mandag | 22.03.2010 | 30x45/15 seks interval L=2.7 etter 15 og L=2.4 etter 30 | 10 | 4x10 min terskel | 16 | 157 |
| Tirsdag | 23.03.2010 | rolig langtur | 10 | rolig langtur | 10 | |
| Onsdag | 24.03.2010 | rolig langtur | 10 | 2x10x300m L=4-5 pause 60 seks + 5min | 10 | |
| Torsdag | 25.03.2010 | rolig langtur | 10 | Rolig langtur | 10 | |
| Fredag | 26.03.2010 | Terskel 5x6mins (2 mins) | 15 | terskel 12x1000m | 18 | |
| Lørdag | 27.03.2010 | rolig langtur | 10 | Bane 5x400m (90 seks L=4.5) 7x300m (70 seks hvile L=5) 10x200m (pause 60 seks L=7) | 10 | |
| Søndag | 28.03.2010 | rolig langtur | 18 | Fri | 0 | |
| | | | 83 | | 74 | |

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May 2010

4 place 8.07,47

| Dag | Dato | 1 økt | km | 2 økt | km | Total uke | |
|---------|------------|---------------|-----------|---|-----------|-----------|-----------|
| Mandag | 10.05.2010 | rolig langtur | 10 | Rolig langtur | | 156 | |
| Tirsdag | 11.05.2010 | rolig langtur | 10 | rolig langtur | | | |
| Onsdag | 12.05.2010 | rolig langtur | 10 | Intervall 600 (40 seks) 400 (30 seks) 300 (30 seks) 200 (10 seks) 200m | 14 | | |
| Torsdag | 13.05.2010 | rolig langtur | 10 | rolig langtur | 10 | | |
| Fredag | 14.05.2010 | rolig langtur | 10 | 30x45/15 seks | 15 | | |
| Lørdag | 15.05.2010 | rolig langtur | 10 | rolig langtur | 10 | | |
| Søndag | 16.05.2010 | Rolig langtur | 10 | terskel 6x6min (1 min) | 15 | | |
| | | | 70 | | 86 | | |
| Dag | Dato | 1 økt | km | 2 økt | km | | Total uke |
| Mandag | 17.05.2010 | rolig langtur | 10 | Rolig langtur | 10 | | 146 |
| Tirsdag | 18.05.2010 | rolig langtur | 10 | Rolig langtur | 10 | | |
| Onsdag | 19.05.2010 | jogg 15 min | 3 | 3000m Bislett | 15 | | |
| Torsdag | 20.05.2010 | rolig langtur | 10 | rolig langtur | 10 | | |
| Fredag | 21.05.2010 | rolig langtur | 10 | rolig langtur | 10 | | |
| Lørdag | 22.05.2010 | rolig jogg | 3 | terskel 6x6min (1 min) | 15 | | |
| Søndag | 23.05.2010 | Rolig langtur | 15 | | 15 | | |
| | | | 61 | | 85 | | |

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2010 Sesong

- Europa Championships Barcelona – 9 place final
- Norwegian Championships- Sandnes
- Winter training went well, some breaks due to illness (not serious)
- Achilles injury in June
 - Resulted in a poor race in ETC Bergen
 - A number of other competitions were cancelled
- Hit form top after European Champs – improving all the time at the end of the season

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2010

10.4 Norwegian X-Country Champs Tønsberg – 3 place
 25.4 Siddisløp (8km) – 1 place
5.6 3000mH – Belgia – DNS due to achilles injury
14.6 3000mH – Josef Odlozil – DNS due to achilles injury
 23.6 – 8.7 altitude – St Moritz

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Steeplechase 2010

- 8.24,51 Brussel 27.8 – 6 place
- 8.27,89 Barcelona 1.8 – European Champs – 9th final
- 8.28,52 Biberach 9.7 – 1 place
- 8.29,15 Gothenburg 10.8 – 3 place
- 8.30,91 Barcelona 30.7 – EM Round 1 5place h1
- 8.42,17 Norwegian Championships 21.8 – 1 place
- 8.44,55 ETC Bergen 20.6 – 9 place

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Men, 3000 m steeplechase - Final

- 1) Mahiedine Mekhissi-Benabbad, Frankrike 8.27,32,
- 2) Ion Luchianov, Moldova 8.29,49,
- 3) Tomasz Szymkowiak, Polen 8.30,02,
- 4) Bouabdellah Tahri, Frankrike 8.30,11, 5) Ildar Minsjin, Russland 8.30,14,
- 6) Alberto Paulo, Portugal 8.30,26,
- 7) José Luis Blanco, Spania 8.30,53,
- 8) Steffen Uliczka, Tyskland 8.30,61,
- 9) Bjørnar Ustad Kristensen, Norge 8.30,91,**
- 10) Bostjan Buc, Slovenia 8.31,08,
- 11) Eliseo Martin, Spania 8.31,71,
- 12) Andrej Farnosov, Russland 8.31,88.

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European Championships Barcelona 29 July - qualifier



Norwegian Champion 5000m Sandnes



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Norwegian Champion 3000mH Sandnes



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2011-2012

- 2011
 - World Championships, Daegu Korea
- 2012
 - European Championships Helsinki - 27 June and 1 July
 - Olympic Games London - 27 July to 12 August 2012

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Questions?

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