

PITTSBURGH SPEEDSKATING CLUB

HOST OF THE 2002 NATIONAL SHORT TRACK CHAMPIONSHIPS

Training Plan Introduction

The Pittsburgh Speedskating Club is committed to providing year-round training for its members. Because we draw our membership from a wide geographical area, it is not always possible to get together for training sessions. Therefore, we are providing the following training program outline and description.

Fundamentals

The training program involves two distinct elements: volume and intensity

- Volume is measured by the time spent on training activities;
- Intensity is measured in terms of heart rate as a fraction of maximum heart rate.

Both the volume and intensity of training will vary throughout the year. For students, time spent in physical education class will count towards the training requirements provided that the activities can be applied to one of the training objectives.

The objectives of the training program are to develop:

- General aerobic conditioning. This can be accomplished through running, biking, in-line skating, swimming, soccer, basketball, tennis, or participation in other sports that provide intense activity;
- Sport specific skills
 - Technique
 - Muscular endurance
 - Strength (and speed)
 - Speed (and quickness)

Training priorities will also vary throughout the year.

Roles

The roles of the coach are:

- Establish individual training goals (desired outcomes of competition);
- Develop appropriate training plans;
- Instruct the individual in the implementation of the plan;
- Instruct, guide, be available to discuss concerns and modify the plan at ice sessions and/or by phone.

The roles of the skater are:

- Work with the coach to establish reasonable goals;
- Accept responsibility for training plan implementation;
- Attend as many ice sessions as possible;
- Make maximum use of available ice time.

On-Ice Sessions

Because ice time is limited, on-ice sessions must provide opportunities to apply skills developed in training to actual competitive (on ice) conditions. Practice sessions will be balanced to focus on training objectives in proportion to the current seasonal training plan.