



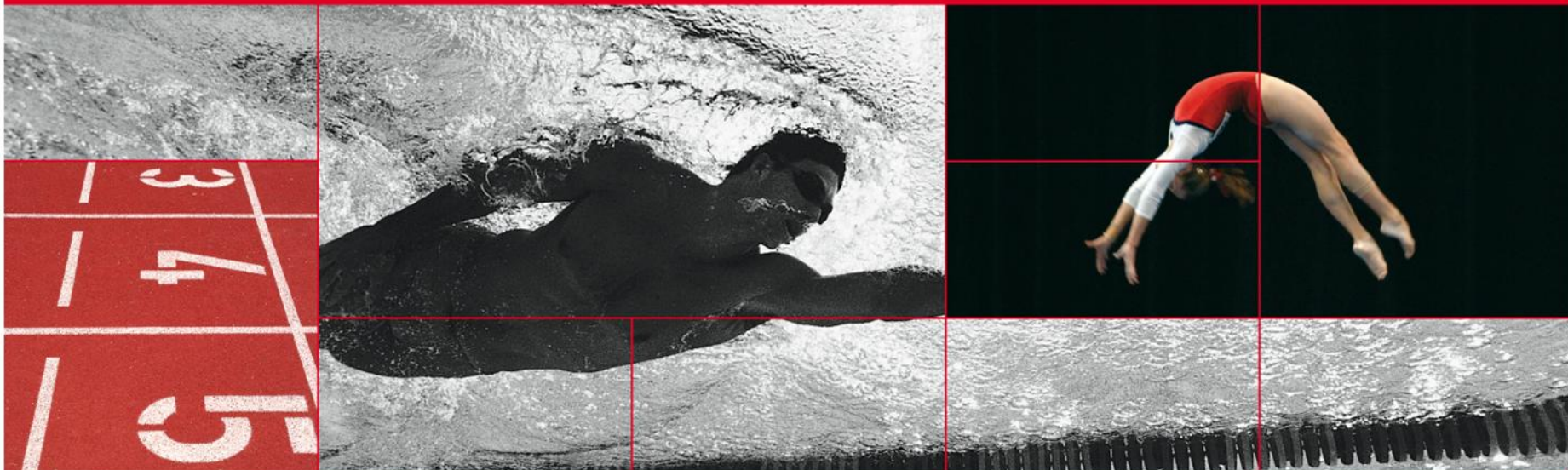
AUSTRALIAN  
INSTITUTE OF SPORT



Australian Government  
Australian Sports Commission

## Jared Tallent – 2001 - 2010

Brent VALLANCE  
Australian Institute of Sport  
Senior Athletics Coach – Race Walking



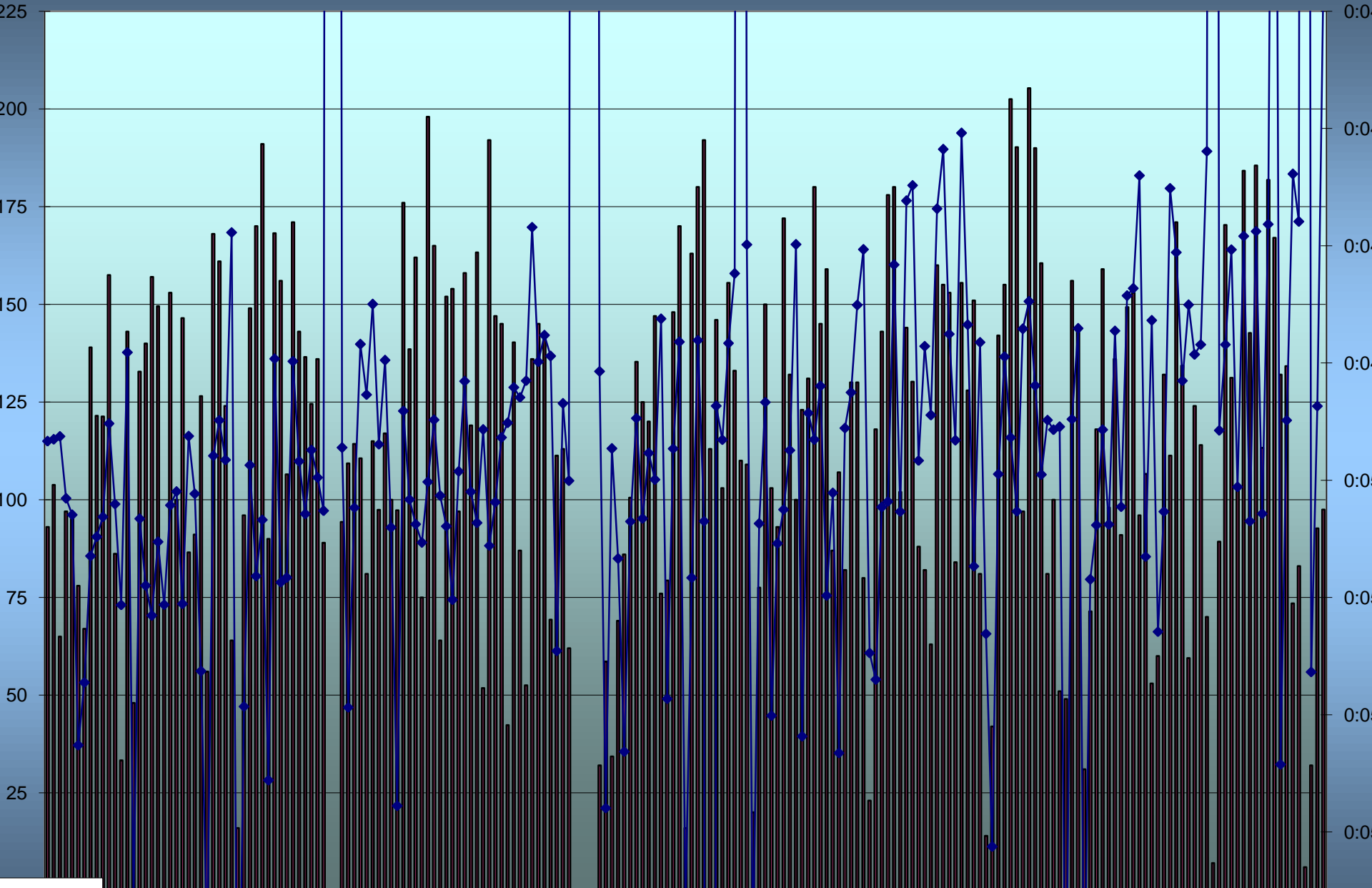
# Beijing Results



**20km walk – 1:19:42 Bronze**

**50km walk – 3:39:27 Silver (PB)**

Jared Tallent Oct 2004 to Oct 2008 Season - Actual Training - Volume Vs Intensity



Total Volume (km)

| Name:  |                         | Jared Tallent    |           |           | Date      | 30-Jun-08 |           |                   |  |
|--|-------------------------|------------------|-----------|-----------|-----------|-----------|-----------|-------------------|--|
| Phase :  |                         | Microcycle : 109 |           |           |           |           |           |                   |  |
|  | Weekday                 | Monday           | Tuesday   | Wednesday | Thursday  | Friday    | Saturday  | Sunday            | Totals   |
| Walking  | <b>Continuous Walks</b> | 25               | 14.23     | 40        | 14.3      | 4         | 40        |                   | 137.53   |
|  | Time :                  | 1:53:38.0        | 1:10:00.0 | 3:21:13.0 | 1:17:59.0 | 0:24:00.0 | 2:58:32.0 |                   | 11:05:22.0   |
|  | Speed / km              | 0:04:32.7        | 0:04:55.2 | 0:05:01.8 | 0:05:27.2 | 0:06:00.0 | 0:04:27.8 |                   | 0:04:50.3  |
|  | <b>Hill Session</b>     |                  |           |           |           |           |           |                   | 0  |
|  | Time :                  |                  |           |           |           |           |           |                   | 0:00:00.0  |
| <b>Speed Session</b>                             |                         |                  |           |           |           |           |           | 18                |  |
| Time   |                         |                  |           |           |           |           |           | 1:10:58.0         |  |
| Speed/km   |                         |                  |           |           |           |           |           | 0:03:56.6         |  |
| <b>Total Race Walking Volume (Km &amp; Time)</b> |                         |                  |           |           |           |           |           |                   | <b>155.53</b><br><b>12:16:20.0</b><br><b>0:04:44.1</b> |
|  | <b>Running</b>          | 10               | 10        |           |           | 10        |           |                   | <b>30</b>  |
|  | Time                    | 0:43:38.0        | 0:42:16.0 |           |           | 0:51:06.0 |           |                   | <b>2:17:00.0</b>                                       |
|  | Speed / km              | 0:04:21.8        | 0:04:13.6 |           |           | 0:05:06.6 |           |                   | 0:04:34.0  |
| <b>Total Volume (km)</b>                         |                         |                  |           |           |           |           |           |                   | <b>185.53</b>  |
| X- Training                                      | Bike                    |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Stepper                 |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Swim                    |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Weights                 |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Circuit                 |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Stretching Class        |                  | 0:30:00   |           | 0:30:00   |           |           | 0:30:00           | 1:30:00.0  |
| <b>Total Time X-Training</b>                     |                         |                  |           |           |           |           |           |                   | <b>1:30:00.0</b>                                       |
| Maintenance                                      | Physio                  | 0:30:00.0        | 0:30:00.0 | 0:30:00.0 |           | 0:30:00.0 |           |                   | 2:00:00.0  |
|  | Acupuncture             |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Massage                 |                  |           |           |           |           |           |                   | 0:45:00.0  |
|  | Spa/plunge/sauna        | 0:30:00.0        | 0:30:00.0 | 0:30:00.0 |           |           |           |                   | 1:30:00.0  |
|  | AIS Doctor              |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Psychology              |                  |           |           |           |           |           |                   | 0:00:00.0  |
|  | Nutrition               |                  |           |           |           |           |           |                   | 0:00:00.0  |
| <b>Total Time Maintenance</b>                    |                         |                  |           |           |           |           |           |                   | <b>4:15:00.0</b>                                       |
| <b>Total Time :</b>                              |                         |                  |           |           |           |           |           | <b>20:18:20.0</b> |  |

Tue - Heat Tent

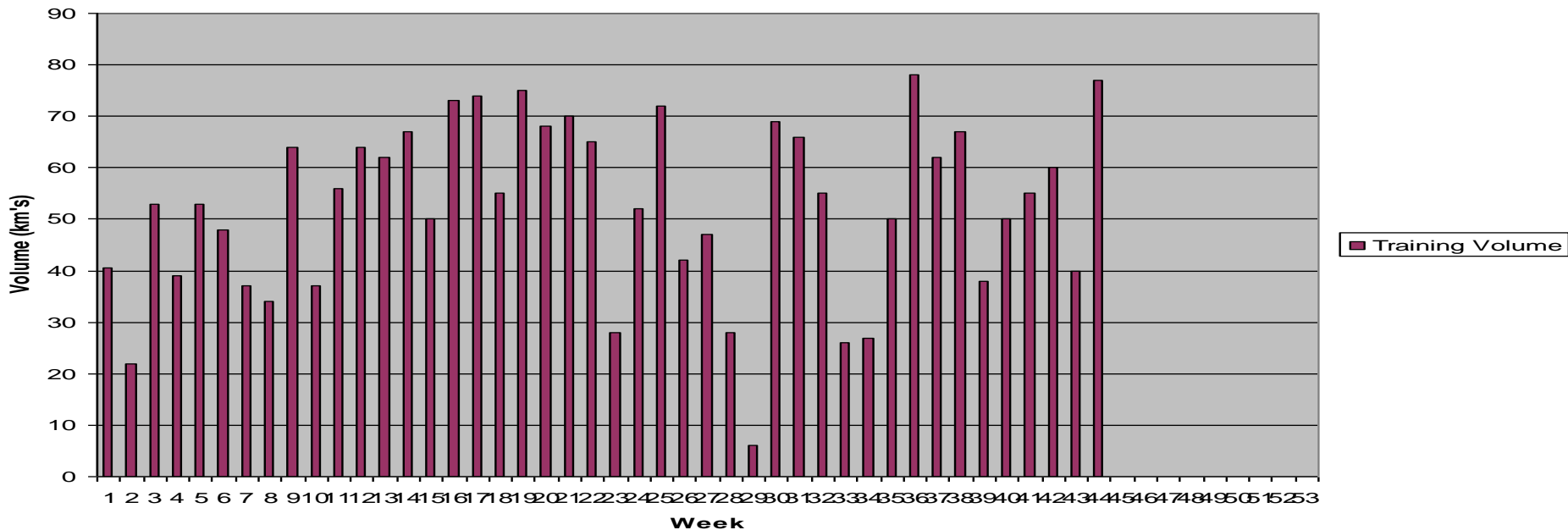
25km Lake Ginn + 5km lap  
1:31:58 + 21:40

| Kaleen 4/07/2008 6x3km          |            |                   |
|---------------------------------|------------|-------------------|
| Distance                        | Split      | Recovery          |
| 3                               | 0:12:10.00 | 0:03:00.00        |
| 6                               | 0:11:53.00 | 0:03:00.00        |
| 9                               | 0:11:45.00 | 0:03:00.00        |
| 12                              | 0:11:44.00 | 0:03:00.00        |
| 15                              | 0:11:45.00 | 0:03:00.00        |
| 18                              | 0:11:41.00 |                   |
| <b>Total Time</b>               |            | <b>1:10:58.00</b> |
| Total session time/walking time |            |                   |
| <b>Average speed/km</b>         |            | <b>0:03:56.6</b>  |

# Early Training - 2001

- Ballarat (Regional City)
  - Swimming
  - Athletics (Race Walking)
  - Triathlon

Jared Tallent - Training Volumes 2001



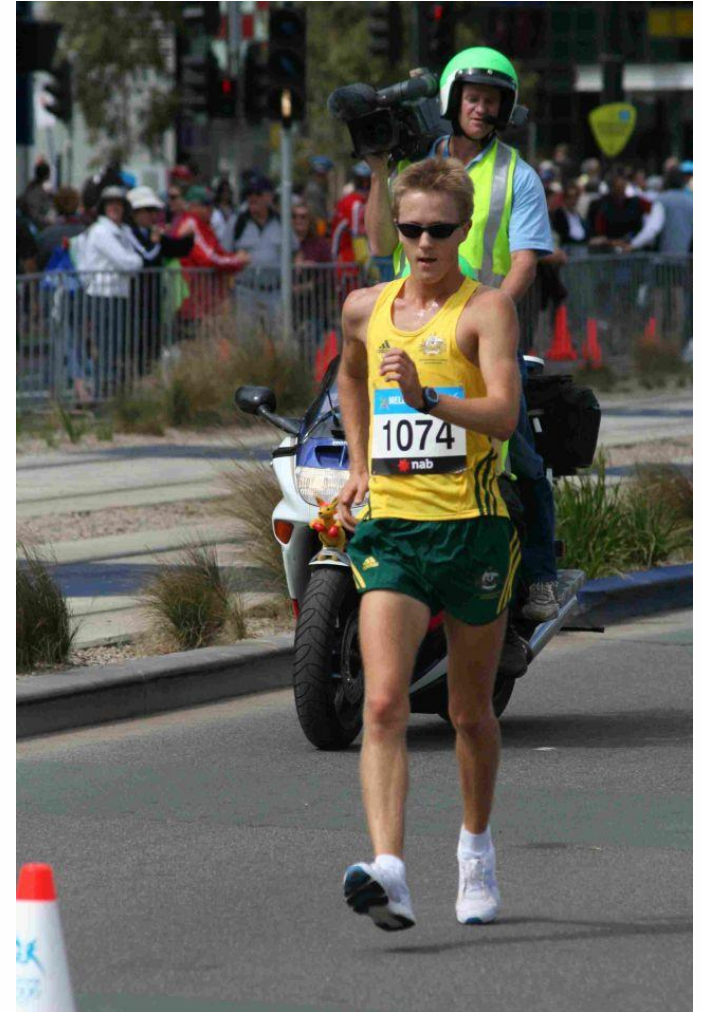
## 2003/2004 Season



- AIS Entry Nov 03
- 20km PB 1:31:23
- AIS Target
  - WWC Cup
  - 1:28:00.0
  - PB 1:27:02
- At WWC
  - 75th 1:30:01
- Rutter AIS Entry
- Deakes 3<sup>rd</sup> Athens

# International Experience

- 01 World Youth Champs (POL)
- 02 World Junior Champs (JAM)
- 04 World Walking Cup (GER)
- **05 IAAF Walking Challenge (CHN)**
- 05 World Championships (FIN)
- 06 Commonwealth Games (AUS)
- **06 IAAF Walking Challenge (CHN)**
- 06 World Walking Cup (ESP)
- 06 Development Tour (RUS)
- **07 IAAF Walking Challenge (CHN)**
- 07 World Championships (JAP)
- **08 IAAF Walking Challenge (CHN)**
- 08 World Walking Cup (RUS)
- **08 Olympic Games (CHN)**





# Competition

- Look towards the emerging walking nations (Korea, Japan, China) for U/20 & U/23 competition opportunities between junior and senior representation.
- There is good depth in that age group, less financial strain on us, and regular competition in Asia prior to Beijing can only be of benefit in 2008.



# Race Results - Jared Tallent 2004/2005 Season

| Event                                   | Distance     | Place            | Time             | Place      | Date              |
|---|--------------|------------------|------------------|------------|-------------------|
| VRWC Invitational event                 | 20km         | Melbourne        | 1:27:02.0        | 1st        | 25/10/2005        |
| <b>ACT Interclub</b>                    | <b>3000m</b> | <b>AIS Track</b> | <b>0:11:47.0</b> | <b>1st</b> | <b>13/11/2004</b> |
| <b>ACT Interclub</b>                    | <b>3000m</b> | <b>AIS Track</b> | <b>0:11:34.0</b> | <b>1st</b> | <b>28/11/2004</b> |
| <b>ACT Twilight Meet</b>                | <b>3000m</b> | <b>AIS Track</b> | <b>0:11:30.0</b> | <b>1st</b> | <b>4/01/2005</b>  |
| <b>ACT Twilight Meet</b>                | <b>5000m</b> | <b>AIS Track</b> | <b>0:19:37.0</b> | <b>1st</b> | <b>18/01/2005</b> |
| Telstra A Series - Canberra             | 20km         | LBG              | 1:25:53.0        | 2nd        | 6/02/2005         |
| Telstra A Series - Adelaide             | 10,000m      | Santos           | DSQ              | DQ         | 19/02/2005        |
| <b>Telstra A Championships - Sydney</b> | <b>20km</b>  | <b>Homebsuh</b>  | <b>1:27:15.0</b> | <b>5th</b> | <b>6/03/2005</b>  |
| ACT Championships                       | 5000m        | AIS Track        | 0:19:48.0        | 1st        | 9/03/2005         |
|   |              |                  |                  |            |                   |
|   |              |                  |                  |            |                   |
|   |              |                  |                  |            |                   |
|   |              |                  |                  |            |                   |
|   |              |                  |                  |            |                   |

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| <b>IAAF Challenge - China</b>           | <b>20km</b>  | <b>Cixi (China)</b> | <b>1:22:53.0</b> | <b>43rd</b> | <b>23/04/2005</b> |
|   |              |                     |                  |             |                   |
|   |              |                     |                  |             |                   |
|   |              |                     |                  |             |                   |
|   |              |                     |                  |             |                   |

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| LBG 20mile AFORWC                       | 32km         | Canberra            | 2:22:38.0        | 1st         | 12/06/2005        |
| Ballarat Walkers Club                   | 3km          | Ballarat            | 0:11:45.0        | 1st         | 21/06/2005        |
| NSW State Teams Champs                  | 10km         | Sydney              | 0:39:59.0        | 1st         | 25/07/2005        |
| <b>World Championships</b>              | <b>20km</b>  | <b>Helsinki</b>     |                  |             | <b>6/08/2005</b>  |

# Process Related Goals

| Nathan Deakes - 10 x 2km (2') |                         |                  | Jared Tallent - Speed 8x2km (2min) |                          |                   |
|-------------------------------|-------------------------|------------------|------------------------------------|--------------------------|-------------------|
| Naumburg (SAALE) - 16/04/04   |                         |                  | Naumburg SAALE - 24/07/05          |                          |                   |
| Distance                      | Split                   | Recovery         | Distance                           | Split                    | Accumulative time |
| 2                             | 0:08:10.50              | 0:02:00.00       | 2                                  | 0:08:04.30               | 0:02:00.00        |
| 4                             | 0:07:55.50              | 0:02:00.00       | 4                                  | 0:07:56.50               | 0:02:00.40        |
| 6                             | 0:07:52.50              | 0:02:00.00       | 6                                  | 0:07:59.20               | 0:02:00.50        |
| 8                             | 0:07:47.50              | 0:02:00.00       | 8                                  | 0:07:50.80               | 0:02:01.30        |
| 10                            | 0:07:44.50              | 0:02:00.00       | 10                                 | 0:07:43.70               | 0:02:00.50        |
| 12                            | 0:07:41.50              | 0:02:00.00       | 12                                 | 0:07:36.90               | 0:02:01.00        |
| 14                            | 0:07:38.50              | 0:02:00.00       | 14                                 | 0:07:41.50               | 0:02:00.50        |
| 16                            | 0:07:39.50              | 0:02:00.00       | 16                                 | 0:07:38.20               |                   |
| 18                            | 0:07:38.50              | 0:02:00.00       |                                    | <b>Last 10km 38:31.0</b> |                   |
| 20                            | 0:07:35.50              |                  |                                    |                          |                   |
|                               | <b>1:17:44.0</b>        | <b>1:35:44.0</b> |                                    | <b>1:02:31.1</b>         | <b>1:16:35.3</b>  |
|                               |                         | <b>1.23</b>      |                                    |                          | <b>1.23</b>       |
|                               | <b>Average speed/km</b> | <b>0:03:53.2</b> |                                    | <b>Average speed/km</b>  | <b>0:03:54.4</b>  |

## Race Results - Jared Tallent 2004/2005 Season

| Event                                   | Distance     | Place               | Time             | Place       | Date              |
|---|--------------|---------------------|------------------|-------------|-------------------|
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| NSW State Teams Champs                  | 10km         | Sydney              | 0:39:59.0        | 1st         | 25/07/2005        |
| <b>World Championships</b>              | <b>20km</b>  | <b>Helsinki</b>     | <b>1:23:42.0</b> | <b>18th</b> | <b>6/08/2005</b>  |

# Speed Session Summary 04/05

## 2004/2005 Speed Session Summary - Jared Tallent

| Date       | Volume(km) | Speed/km  | Total time/walking time | Location       | Km/week | speed/wk |
|------------|------------|-----------|-------------------------|----------------|---------|----------|
| 9/01/2005  | 12         | 0:04:10.0 | 1.20                    | Kaleen         | 132.8   | 05:05.2  |
| 30/01/2005 | 14         | 0:04:06.0 | 1.21                    | Kaleen         | 149.5   | 05:06.9  |
| 11/02/2005 | 16         | 0:04:11.8 | 1.21                    | Thredbo 1380m  | 153     | 05:04.2  |
| 14/02/2005 | 16         | 0:04:11.1 | 1.21                    | Thredbo 1380m  | 100     | 05:03.2  |
| 4/04/2005  | 15         | 0:04:05.7 | 1.24                    | Kaleen         | 161     | 04:58.0  |
| 12/04/2005 | 12         | 0:04:00.8 | 1.17                    | Kaleen         | 124     | 05:00.9  |
| 6/06/2005  | 21         | 0:04:08.7 | 1.17                    | Kaleen         | 168.2   | 04:53.5  |
| 20/06/2005 | 21         | 0:04:09.5 | 1.17                    | Kaleen         | 106.5   | 05:09.6  |
| 1/07/2005  | 20         | 0:04:00.2 | 1.22                    | Kaleen         | 171     | 05:01.0  |
| 17/07/2005 | 12.5       | 0:03:53.7 | 1.35                    | Kaleen         | 136.5   | 05:04.9  |
| 24/07/2005 | 16         | 0:03:54.4 | 1.23                    | Naumburg/Saale | 124.5   | 05:00.2  |

# Hill Training – Mt Stromlo



## Types of Session

- 14km All out Effort
- 10km (5') + 10x400m (on 3')
- Long Walk 20-25km

|                   |                  |
|-------------------|------------------|
| 30/10/2007        | 1:01:07.0        |
| 8/05/2009         | 1:01:16.0        |
| 19/03/2010        | 1:02:06.0        |
| 18/12/2009        | 1:02:45.0        |
| 15/05/2009        | 1:02:49.0        |
| 15/05/2007        | 1:03:13.0        |
| 26/10/2007        | 1:03:32.0        |
| 19/01/2009        | 1:03:36.0        |
| 4/11/2005         | 1:03:37.0        |
| <b>12/02/2008</b> | <b>1:03:50.0</b> |
| <b>5/02/2008</b>  | <b>1:03:50.0</b> |
| 11/12/2009        | 1:03:53.0        |
| 12/03/2010        | 1:03:55.0        |

# Men's 20km Walk – Osaka

## Jared Tallent

- Was ranked 23rd on 2007 Performance Rankings
- Was ranked 29th on PB Performances
- Finished 18th in Helsinki with a Pre Race ranking of 40th
  
- In Osaka, Jared was Disqualified at 16km in 5th Position

# The Australian Dilemma

- Availability of a quality Altitude Venue  
Thredbo 1380m (Nov-March only)
- Non alignment of competitive season  
with European summer – Multi Peak
- Population base is in the southern  
states - it's winter in June/July/August

Do I stay home?

or

Do I go to Europe?

# Altitude Training - Risks

- ↓ Plasma Volume
- ↓ VO<sub>2</sub>Max (↓ ~7% per 1000m)
- ↓ in training Intensity
- ↑ in travel time to competition venue
- ↑ in Athlete fatigue levels both at rest and while training
- ↑ likelihood of illness (and Injury?)

Why would any coach intentionally program these known training responses prior to a Major Championship?

# Other Considerations

4-9 weeks at an international venue means that the athlete is:

- not earning an income
- away from partner/family/friends
- living with coach/athletes/competitors
- not attending university for that semester
- not training in a familiar environment
- taking athletes away from full medical coverage and Service Support

# 2005-2008 Altitude Model

- 2 x 14 days camps at Thredbo (1380m)  
Nov/Dec and Jan/Feb combined with BOC  
Altitude House for 10-14days

## Pre Championship (August)

- 21 days LHTL at 3000m for 14 h/d
- 7 days no altitude – recovery
- 14 days LHTL at 3000m for 14 h/d
- Finished LHTL 3 days prior to departure ~3  
wk prior to first competition

# Jared Tallent Altitude 07/08

- In addition to the 35 days pre Olympics Jared Tallent completed:
- 10 days in March
- 21 days in January
- 15 days in Oct/Nov 07 (athletes stayed out on weekend)
- 14 days in Thredbo Nov 07
- **95 days Altitude Exposure in Olympic year**

# Early AIS LHTL Studies

- Initial studies 8-10 h/d, 2-4wk, continuous or 1-2 days at normoxia per wk
- 1.0-1.5% improvement in performance in events 45sec to 17min (Hahn et al. 2001)
- No real change in red cell mass or VO<sub>2</sub>max
- Improvements in exercise economy and/or muscle buffering (Gore et al. 2001; Saunders et al. 2004)

Courtesy: Saunders, P

# Recent AIS LHTL Studies

- Increased dose of hypoxia to try and stimulate EPO production
- 50 days (5 on 2 off) at 2800m, 8-10 h/d increased Hbmass, economy and performance (Saunders et al. 2009)
- 21 days at 3000m, 14 h/d increased Hbmass (3-6%), VO<sub>2</sub>max (2-5%) and performance (2-4%)  
(Clark et al. 2009; Robertson et al. 2009; Saunders et al. 2009)

Courtesy: Saunders, P

# Canberra Weather

| Historical Weather for Championship Cities 2007-2012 |          |         |       |         |        |        |         |          |           |
|--|----------|---------|-------|---------|--------|--------|---------|----------|-----------|
| Month  | July     | August  |       |         |        |        |         | July     | Oct       |
| City   | Canberra | Bangkok | Osaka | Beijing | Berlin | London | Shenzen | Belgrade | New Delhi |
| Average High Temperature                             | 11 °C    | 32 °C   | 33 °C | 29 °C   | 23 °C  | 22 °C  | 32 °C   | 27 °C    | 33 °C     |
| Average Low Temperature                              | 1 °C     | 26 °C   | 24 °C | 21 °C   | 13 °C  | 13 °C  | 27 °C   | 18 °C    | 19 °C     |
| Average Mean Temp                                    | 6 °C     | 29 °C   | 29 °C | 25 °C   | 18 °C  | 18 °C  | 29 °C   | 23 °C    | 25 °C     |
| Average Morning Relative Humidity                    | 88%      | 87%     | 81%   | 90%     | 84%    | 89%    | 85%     | 72%      |           |
| Average Afternoon Relative Humidity                  | 58%      | 66%     | 60%   | 63%     | 54%    | 56%    | 73%     | 43%      |           |

# AIS Heat Acclimation



# Post Physiology Testing

- ↑ In  $\dot{V}O_2$  64.9 to 67.0 ml/kg/min
- ↑ in Test duration
- ↑ Speed at 2mM (km/h)
- ↑ Speed at 4mM (km/h)
- ↑  $v\dot{V}O_2$
- ↓ HR at 4mM (bpm)
- ↓ HR at 2mM (bpm)
- ↑ Economy at 12,13,14 & 15km/h

# Hb Mass Testing

|               |           | Hbmass (g) | Hbmass (g.kg <sup>-1</sup> ) | Average    | $\Delta$ Hbmass | Comments  |
|---------------|-----------|------------|------------------------------|------------|-----------------|-----------|
| Jared Tallent | 17-Dec-07 | 804        | 13.5                         |            |                 |           |
| Jared Tallent | 18-Dec-07 | 797        | 13.6                         | <b>800</b> | <b>-8</b>       | ALT House |
| Jared Tallent | 09-Jan-08 | 808        | 13.5                         |            | <b>8</b>        | ALT House |
| Jared Tallent | 16-Jan-08 | 844        | 14.7                         |            | <b>43</b>       | ALT House |
| Jared Tallent | 23-Jan-08 | 847        | 14.6                         |            | <b>47</b>       | ALT House |
| Adam Rutter   | 01-Jan-08 | 849        | 14.0                         |            |                 |           |
| Adam Rutter   | 03-Jan-08 | 879        | 14.5                         | <b>864</b> | <b>30</b>       | ALT House |
| Adam Rutter   | 09-Jan-08 | 895        | 14.9                         |            | <b>31</b>       | ALT House |
| Adam Rutter   | 16-Jan-08 | 886        | 14.8                         |            | <b>22</b>       | ALT House |
| Adam Rutter   | 23-Jan-08 | 898        | 15.1                         |            | <b>34</b>       | ALT House |

# Beijing Test Event



|                 |                     |         |
|-----------------|---------------------|---------|
| 1 <sup>st</sup> | Jared Tallent (AUS) | 1:20:11 |
| 2 <sup>nd</sup> | Wang Hao (CHN)      | 1:20:25 |
| 3 <sup>rd</sup> | Eder Sanchez (MEX)  | 1:20:57 |

Generation Change in the Men's 20km Walk was coming in 2008, if not already here



AUSTRALIAN  
INSTITUTE OF SPORT

Tue Session

# Talent Training Regime 2008

Friday Session

| Jared Tallent                   |            |                  |
|---------------------------------|------------|------------------|
| Kaleen 1/04/2008 6x2km          |            |                  |
| Distance                        | Split      | Recovery         |
| 2                               | 0:08:10.00 | 0:02:00.00       |
| 4                               | 0:07:54.00 | 0:02:00.00       |
| 6                               | 0:07:44.00 | 0:02:00.00       |
| 8                               | 0:07:37.00 | 0:02:00.00       |
| 10                              | 0:07:43.00 | 0:02:00.00       |
| 12                              | 0:07:31.00 |                  |
| Total Time                      | 0:46:39.00 | 0:10:00.00       |
| <b>Total Time</b>               |            | 0:56:39.00       |
| Total session time/walking time |            |                  |
| <b>Average speed/l</b>          |            | <b>0:03:53.3</b> |

| Kaleen 15km Tempo Walk 4/04/08 |                   |                   |
|--------------------------------|-------------------|-------------------|
| Distance                       | Split             | Accumulated Time  |
| 1                              | 0:04:02.00        | 0:04:02.00        |
| 2                              | 0:03:57.50        | 0:07:59.50        |
| 3                              | 0:03:54.50        | 0:11:54.00        |
| 4                              | 0:03:54.50        | 0:15:48.50        |
| 5                              | 0:03:53.50        | <b>0:19:42.00</b> |
| 6                              | 0:03:52.50        | 0:23:34.50        |
| 7                              | 0:03:54.50        | 0:27:29.00        |
| 8                              | 0:03:50.50        | 0:31:19.50        |
| 9                              | 0:03:54.50        | 0:35:14.00        |
| 10                             | 0:03:53.50        | <b>0:39:07.50</b> |
| 11                             | 0:03:57.50        | 0:43:05.00        |
| 12                             | 0:03:57.00        | 0:47:02.00        |
| 13                             | <b>0:03:55.00</b> | 0:50:57.00        |
| 14                             | 0:03:58.00        | 0:54:55.00        |
| 15                             | 0:03:52.00        | <b>0:58:47.00</b> |
| <b>0:58:47.00</b>              |                   | <b>0:03:55.13</b> |

Sat – 30km 2:18:10 (4:36.3avg)

# AIS Support Staff Contribution

Dr Philo Saunders (AIS Physiology)

- Heat Acclimation
- Altitude Protocol
- Physiology Testing

Dr Gary Slater (AIS Nutrition)

- Fluid Balance trials
- Sweat analysis
- Race feeding strategies
- Heat Acclimation

Jo Vaile - PhD Candidate (AIS Physiology – Fatigue & Recovery)

- Pre Cooling Strategies

# Altitude Protocol

- 14hrs/Day – 5 days/week for 5 weeks @ 3000m
- Race 21<sup>st</sup> day after Altitude Exposure
- Pre & Post VO<sup>2</sup> Max, Economy and Haemoglobin Mass Tests

|      |            |       |                 |
|------|------------|-------|-----------------|
| WK 1 | 02/07/2007 | 3000m | Mon-Fri 56 Days |
| WK 2 | 09/07/2007 | 3000m | Mon-Fri 49 Days |
| WK 3 | 16/07/2007 | 3000m | Mon-Fri 42 Days |
| WK 4 | 23/07/2007 | 3000m | Mon-Fri 35 Days |
| WK 5 | 30/07/2007 | 3000m | Mon-Fri 28 Days |

25 Days Altitude Exposure

# The AIS Heat Acclimation Tent



# Heat Acclimation Protocol

6 weeks – 1 session/wk in comparable conditions

|      |  |
|------|--|
| WK 1 | 1 hour continuous building walk                                |
| WK 2 | 1:15 continuous building walk                                  |
| WK 3 | 1:15 continuous building walk                                  |
| WK 4 | 1:15 faster Tempo walk – 13-14km/hour                          |
| WK 5 | 25 minute Build - 7x1km (3min)13-15km/h<br>Blood samples taken |
| WK 6 | 25 minute Build - 7x1km (2min)14km/h<br>Blood samples taken    |

# Beijing 2008 Preparation

## More Altitude Exposure

- 3 wks BOC Altitude House Oct/Nov 2007
- 2 Wks Thredbo (1380m) Nov 2007
- 3 Wks BOC Altitude House Jan 2008
- 5Wks BOC Altitude House June/July 2008

## Replicate Heat Acclimation

- 6 wks – 1 session/wk
- Arrive in Kochi – 1-2 days earlier

## Practice Pre Cooling Strategy better

- Incorporate into later Treadmill session in July
- Key Sessions in Kochi