

400M & 400M HURDLES TRAINING

COACHING CLINIC IN PAPENDAL
(NED) 24-27.10.2018



INTRODUCTION



ABOUT ME

- 44 years old
- 2 kids (Emma, 16 and Vincent 13)
- Living in **Fribourg** and working in **Lausanne**, Aigle, Macolin, Potchefstroom, Belek...
- Head Coach sprint-hurdles-relays by Swiss Athletics
- Bachelor in French Literature & History
- Master in Elite Sport Coaching
- Certificate in Sports Management



COACHING EXPERIENCE

- 1992-2002: Coach at club level (2000: first olympic athlete)
- 2006-2010: Coach at National Performance Center
- From 2010: Head Coach by Swiss Athletics
- Events: Sprints, Hurdles, Long Jump, Heptathlon, Middle distance, Discus and Relays



COACHED ATHLETES

- **LEA SPRUNGER**: European Champion 2018 (400H), World 5th 2017 (400H), European Bronze 2016 (400H) and U20 European Bronze 2009 (Heptathlon)
- **KARIEM HUSSEIN**: European Champion 2014 (400H), World 8th 2017 (400H)
- **CLELIA REUSE**: European 4th 2016 (100H), Olympic 16th 2016 (100H)
- **SARAH ATCHO**: U23 European silver (200)
- **SALOME KORA**: Universiade Bronze 2017 (100) and Universiade Gold 2017 (4x100)
- **AJLA DEL PONTE**: Universiade Gold 2017 (4x100)



COACHED RELAYS

- 2011-2016: 4x100 women (8 national records with 11 different athletes)
- 2015: 4x100 U23 European Bronze
- 2017: 4x100 U23 European Bronze
- 2017: 4x100 WORLD UNIVERSITY GOLD 2017
- since 2017: 4x400 women




GENERAL PHILOSOPHY






GENERAL PHILOSOPHY

PUT YOUR SPORT IN THE CENTER AND ORGANIZE THE REST AROUND




GENERAL PHILOSOPHY

TAKE THE RIGHT DECISIONS TO THE RIGHT TIME



GENERAL PHILOSOPHY

SURROUND YOURSELF WITH THE BEST TEAM




GENERAL PHILOSOPHY

KEEP CONTROL ON EVERYTHING: SPONSORS, MEDIAS, COMPETITION PROGRAM...




GENERAL PHILOSOPHY

BUILD HIGH PERFORMANCE BODY AND HEAD



GENERAL PHILOSOPHY

PREVENT INJURIES




TRAINING PHILOSOPHY






TRAINING PHILOSOPHY

**FROM GENERAL TO SPECIFIC (THE
IMPORTANCE TO BE VERSATILE)**




TRAINING PHILOSOPHY

FIND THE BEST TRAINING CONDITIONS




TRAINING PHILOSOPHY

BE A FANATIC IN THE GYM



TRAINING PHILOSOPHY

ENDURANCE SHOULD BE YOUR BEST ENEMY



TRAINING PHILOSOPHY

PRACTICE YOUR SPEED ALL OVER THE YEAR



TRAINING PHILOSOPHY

FROM SHORT AND LONG TO... SPECIFIC

