

RACE ANALYSIS AND YEAR PLAN

COACHING CLINIC DAY 2



HOW?

- TO HAVE A GOOD CAMERA
- TO FIND THE BEST POSITION
- TO KNOW WHAT YOU WANT TO ANALYZE
- START LIGHT
- OFFICIAL RESULTS (AND WIND CONDITIONS)

WHY?

- ANALYZE THE BIOMECHANICS
- ANALYZE RACE TACTIC
- HAVE EXACT SPLITS
- ANALYZE THE CONCURRENCE
- ANALYZE THE YEAR DEVELOPMENT
- ...

400M: CHAUX-DE-FONDS 2018

	100	200	300	400		0-100	100-200	200-300	300-400	0-200	200-400	1.200/2.200
Lea	12.53	24.24	36.86	50.52		12.53	11.71	12.62	13.66	24.24	26.28	2.04
Agne	12.60	24.50	37.06	50.99		12.60	11.90	12.56	13.93	24.50	26.49	1.99
Lisanne	12.81	24.84	37.50	50.96		12.81	12.03	12.66	13.46	24.84	26.12	1.28
Camille	12.74	24.68	37.38	51.49		12.74	11.94	12.7	14.11	24.68	26.81	2.13
Wenda	12.73	24.78	37.92	52.89		12.73	12.05	13.14	14.97	24.78	28.11	3.33
Morgan	12.68	24.64	37.70	52.74		12.68	11.96	13.06	15.04	24.64	28.10	3.46
Cynthia	12.62	24.95	38.29	52.07		12.62	12.33	13.34	13.78	24.95	27.12	2.17
Laura	12.83	25.09	38.28	52.16		12.83	12.26	13.19	13.88	25.09	27.07	1.98
Maja	12.84	25.06	38.29	53.18		12.84	12.22	13.23	14.89	25.06	28.12	3.06
Eva	13.09	25.48	38.67	53.25		13.09	12.39	13.19	14.58	25.48	27.77	2.29
Fanette	13.32	26.01	39.96	55.71		13.32	12.69	13.95	15.75	26.01	29.70	3.69
Daniela	13.03	25.92	39.39	54.32		13.03	12.89	13.47	14.93	25.92	28.4	2.48
Vanessa	13.22	25.7	38.94	54.49		13.22	12.48	13.24	15.55	25.7	28.79	3.09

SPEED RESERVE

- 200M SPLIT – 200M SB/PB = SPEED RESERVE

LEA 24.24 - 22.38 = 1.86

LISANNE 24.84 - 24.59 = 0.25

LAURA 25.09 - 23.23 = 1.82

WC BEIJING 2015

Position	Final	100	200	300	400	0-100	100-200	200-300	300-400	200-400	1.200/2.200
1	Allyson Felix	11,46	23,40	35,66	49,28	11,46	11,94	12,26	13,62	25,88	2,48
2	Shaunae Miller	12,28	23,86	36,16	49,67	12,28	11,58	12,30	13,51	25,81	1,95
3	Shericka Jackson	12,16	23,42	36,10	49,99	12,16	11,26	12,68	13,89	26,57	3,15
4	Christine Day	12,62	24,40	36,62	50,14	12,62	11,78	12,22	13,52	25,74	1,34
5	Stephenie Ann McPherson	12,42	24,28	36,58	50,42	12,42	11,86	12,30	13,84	26,14	1,86
6	Novlene Williams-Mills	12,38	23,92	36,58	50,47	12,38	11,54	12,66	13,89	26,55	2,63
7	Phyllis Francis	12,32	23,94	36,66	50,51	12,32	11,62	12,72	13,85	26,57	2,63
8	Christine Ohuruogu	12,14	23,78	36,34	50,63	12,14	11,64	12,56	14,29	26,85	3,07
<i>Average</i>		12,22	23,88	36,34	50,14	12,22	11,65	12,46	13,80	26,26	2,39

Filmed, analysed and delivered by:

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SPEED RESERVE

- 200M SPLIT – 200M SB/PB = SPEED RESERVE

2015:

FELIX $23.40 - 21.98 = 1.42$

MILLER $23.86 - 22.14 = 1.72$

2017:

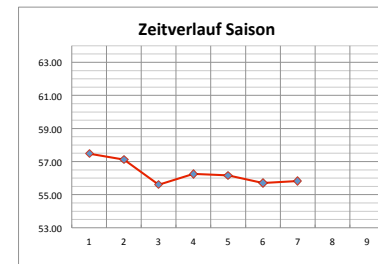
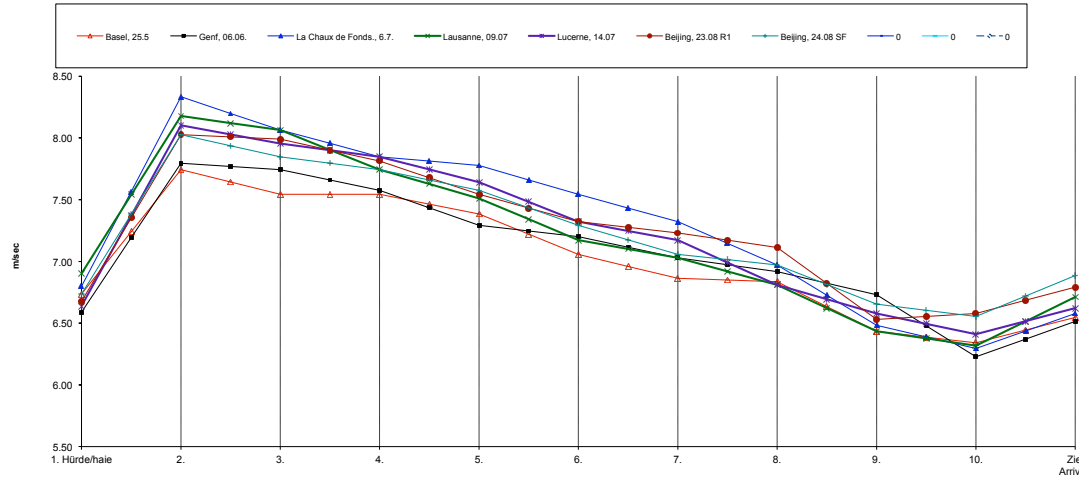
FELIX $22.88 - 22.33 = 0.55$

MILLER $22.90 - 21.88 = 1.02$

400M HURDLES ANALYSIS

Competition	Eingabe: fortlaufende Zeit Bodenfasen nach der Hürde und Schrittzahlen / Entrée: temps continue de contact après la haie et le nombres des foulées										Arrivée	200m	200m	Piste		
Zwischenzeiten	1 Basel, 25.5	6.68	11.20	15.84	20.48	25.22	27.20	30.18	35.28	40.40	45.84	51.36	57.47	30.27	3.06	
Temps interméd.	2 Genf, 06.06.	6.83	11.32	15.84	20.46	25.26	27.20	30.12	35.10	40.16	45.36	50.98	57.12	29.92	2.71	
	3 La Chaux de Fonds., 6.7.	6.62	10.82	15.16	19.62	24.12	25.98	28.76	33.54	38.56	43.96	49.52	55.60	29.62	3.65	
	4 Lausanne, 09.07	6.52	10.80	15.14	19.66	24.32	26.22	29.20	34.18	39.32	44.76	50.30	56.26	30.04	3.82	
	5 Lucerne, 14.07	6.78	11.10	15.50	19.96	24.54	26.44	29.32	34.20	39.34	44.66	50.12	56.16	29.72	3.26	
	6 Beijing, 23.08 R1	6.74	11.10	15.48	19.96	24.60	26.51	29.38	34.22	39.14	44.50	49.82	55.71	29.20	2.69	
	7 Beijing, 24.08 SF	6.68	11.04	15.50	20.02	24.64	26.56	29.44	34.40	39.42	44.68	50.02	55.83	29.27	2.71	
	8						0.00							0.00	0.00	
	9						0.00							0.00	0.00	
	10						0.00							0.00	0.00	
Abschnittszeiten	1 Basel, 25.5	6.68	4.52	4.64	4.64	4.74	4.96	5.10	5.12	5.44	5.52	6.11				
Temps partiels	2 Genf, 06.06.	6.83	4.49	4.52	4.62	4.80	4.86	4.98	5.06	5.20	5.62	6.14				
	3 La Chaux de Fonds., 6.7.	6.62	4.20	4.34	4.46	4.50	4.64	4.78	5.02	5.40	5.56	6.08				
	4 Lausanne, 09.07	6.52	4.28	4.34	4.52	4.66	4.88	4.98	5.14	5.44	5.54	5.96				
	5 Lucerne, 14.07	6.78	4.32	4.40	4.46	4.58	4.78	4.88	5.14	5.32	5.46	6.04				
	6 Beijing, 23.08 R1	6.74	4.36	4.38	4.48	4.64	4.78	4.84	4.92	5.36	5.32	5.89				
	7 Beijing, 24.08 SF	6.68	4.36	4.46	4.52	4.62	4.80	4.96	5.02	5.26	5.34	5.81				
	8	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00				
	9	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00				
	10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00				
Schrittrhythmus	0-45m	45-80m	80-115m	115-150m	150-185m	185-220m	220-255m	255-290m	290-325m	325-360m	360-400m					

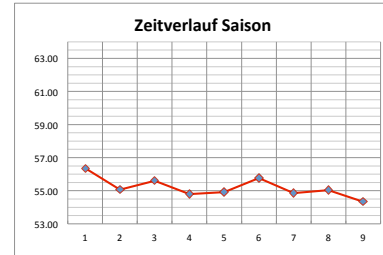
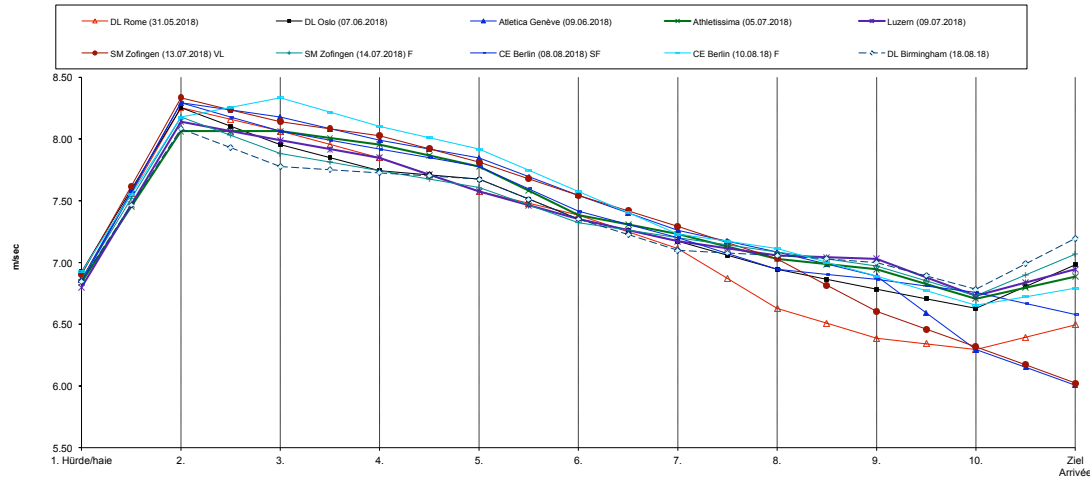
Geschwindigkeitsverlauf
Courbe de vitesse



400M HURDLES ANALYSIS

Competition		Eingabe: fortlaufende Zeit Bodenfasen nach der Hürde und Schrittzahlen / Entrée: temps continue de contact après la haie et le nombre des foulées										Arrivée	200m	200m	Platz																																																																																																									
Zwischenzeiten Temps interméd.	1 DL Rome (31.05.2018)	6.56	10.80	15.14	19.60	24.22	28.04	28.96	33.88	17	39.16	17	44.64	17	50.20	56.36	30.32	4.28	7	6																																																																																																				
	2 DL Oslo (07.06.2018)	6.50	10.74	15.14	19.66	24.22	26.08	28.98	33.86	17	39.90	17	44.06	16.00	49.34	55.07	28.99	2.91	4	3																																																																																																				
	3 Atletica Genève (09.06.2018)	6.56	10.78	15.06	19.44	23.90	25.70	28.54	33.36	17	38.30	17	43.38	17	48.94	55.60	29.90	4.20	2	5																																																																																																				
	4 Athletissima (05.07.2018)	6.58	10.92	15.26	19.96	24.16	26.00	28.90	33.74	17	38.72	17	43.76	17	48.98	54.79	28.79	2.79	6	6																																																																																																				
	5 Luzern (09.07.2018)	6.62	10.92	15.30	19.76	24.38	26.24	29.14	34.02	17	38.96	17	43.96	17	49.16	54.92	28.66	2.44	4	6																																																																																																				
	6 SM Zofingen (13.07.2018) VL	6.52	10.72	15.02	19.38	23.86	25.64	28.50	33.30	16	38.28	16	43.58	16	49.12	56.76	30.12	4.48	1	4																																																																																																				
	7 SM Zofingen (14.07.2018) F	6.56	10.84	15.28	19.80	24.40	26.24	29.18	34.04	17	38.98	17	44.00	17	49.20	54.86	28.62	2.38	1	5																																																																																																				
	8 CE Berlin (08.08.2018) SF	6.58	10.80	15.14	19.56	24.06	25.92	28.78	33.64	17	38.68	17	43.78	17	48.96	55.04	29.12	3.20	1	3																																																																																																				
	9 CE Berlin (10.08.18) F	6.50	10.78	14.96	19.30	23.72	25.54	28.34	33.18	17	38.10	17	43.18	17	48.44	54.33	28.79	3.25	1	3																																																																																																				
	10 DL Birmingham (18.08.18)	6.57	10.90	15.40	19.93	24.49	26.34	29.25	34.18	17	39.14	17	44.14	17	49.30	54.86	28.62	2.18	1	4																																																																																																				
	11 DL Zürich (30.08.18)	6.64	10.94	15.30	19.72	24.32	26.14	29.08	33.94	17	38.92	17	44.10	17	49.54	55.36	29.22	3.08	1	4																																																																																																				
Abschnittszeiten Temps partiels	1 DL Rome (31.05.2018)	6.56	4.24	4.34	4.46	4.62	4.74	4.92	5.28	5.48	5.56	6.16	DL Oslo (07.06.2018)	6.50	4.24	4.40	4.52	4.56	4.76	4.88	5.04	5.16	5.28	5.73	Atletica Genève (09.06.2018)	6.56	4.22	4.28	4.38	4.46	4.64	4.82	4.94	5.08	5.56	6.66	Athletissima (05.07.2018)	6.58	4.34	4.34	4.40	4.50	4.74	4.84	4.98	5.04	5.22	5.81	Luzern (09.07.2018)	6.62	4.30	4.38	4.46	4.62	4.76	4.88	4.96	5.04	5.20	5.76	SM Zofingen (13.07.2018) VL	6.52	4.20	4.30	4.36	4.48	4.64	4.80	4.98	5.30	5.54	6.64	SM Zofingen (14.07.2018) F	6.56	4.28	4.44	4.52	4.60	4.78	4.86	4.94	5.02	5.20	5.66	CE Berlin (08.08.2018) SF	6.58	4.22	4.34	4.42	4.50	4.72	4.86	5.04	5.10	5.18	6.08	CE Berlin (10.08.18) F	6.50	4.28	4.20	4.32	4.42	4.62	4.84	4.92	5.08	5.26	5.89	DL Birmingham (18.08.18)	6.57	4.33	4.50	4.53	4.56	4.76	4.93	4.96	5.00	5.16	5.56

Geschwindigkeitsverlauf
Courbe de vitesse



400M HURDLES: LONDON 2017

	1	2	3	4	5	6	7	8	9	10	finish		5th hurdle	Difference between the two 200m
Kori CARTER	6,39	4,08	4,04	4,16	4,44	4,44	4,64	4,92	5,00	5,16	5,80	53,07	23,11	3,30
USA	L	15			16			17						
Dalilah MUHAMMAD	6,12	3,92	4,20	4,28	4,36	4,48	4,72	5,00	5,04	5,28	6,10	53,50	22,88	4,41
USA	R	15						16						
Ristannana TRACEY	6,46	4,08	4,12	4,20	4,32	4,56	4,72	5,04	5,12	5,16	5,96	53,74	23,18	3,73
JAM	L	15				16		17						
Zuzana HEJNOVA	6,60	4,12	4,16	4,24	4,36	4,52	4,56	4,88	5,04	5,36	6,36	54,20	23,48	3,62
CZE	R	15						16		17				
Lea SPRUNGER	6,47	4,16	4,28	4,40	4,56	4,64	4,84	5,00	5,12	5,28	5,84	54,59	23,87	3,14
SUI	R	14		15										
Sage WATSON	6,39	4,16	4,12	4,28	4,44	4,56	4,68	5,12	5,28	5,60	6,29	54,92	23,39	4,49
JAM	R	15						16		17				
Cassandra TATE	6,42	4,16	4,28	4,36	4,48	4,56	4,84	5,00	5,44	5,52	6,36	55,42	23,70	4,37
USA	R	15							17					
Eilidh DOYLE	6,51	4,24	4,24	4,40	4,48	4,68	4,88	5,16	5,28	5,48	6,36	55,71	23,87	4,23
GBR	L	15				16	17		18					

FEEDBACK

- TIMES IN INTERVALLS
- STRIDE RHYTHM AND CHANGES
- 1ST/2ND 200M
- FLAT TIME (40M)
- COMPARAISON WITH OTHE RACES/
CONCURRENTS

YEAR PLAN

MASTERPLAN SAISON 2019

	Oktober	November	Dezember	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober			
Lu	1						1			1				Mo/lu		
Ma	2			1			2			2			1	400H R1		
Me	3			2			3		1	3			2	400H SF/200 F		
Je	4	1		3			4		2	4			3	WM Doha		
Ve	5	2		4	1	1	5		3	5	DL Lausanne (400H)	2	4	400H F		
Sa	6	3	1	5	2	GGB-Meeting	6		4	6		3	Citius Bern	5	4x400 F R1	
Di	7	4	2	6	3	GGB-Meeting	7		5	7		4		6	4x400 F	
Lu	8	Start Training	5	7	4		8		6	8		5	2	Bellinzona?	7	
Ma	9		6	8	5		9		7	9		6	3		8	
Me	10		7	9	6	Torun (400)	10		8	10		7		4	9	
Je	11		8	10	7		11		9	11		8		5	10	
Ve	12		9	11	8		12		10	12		9		6	11	
Sa	13		10	12	9		13		11	13		10		7	12	
Di	14		11	13	10	Metz (300)	14		12	14		11		8	13	
Lu	15		12	14	11		15		13	15		12		9	14	
Ma	16		13	15	12		16		14	16		13		10	15	
Me	17		14	16	13		17		15	17		14		11	16	
Je	18		15	17	14		18		16	18		15		12	17	
Ve	19		16	18	15		19		17	19		16		13	18	
Sa	20		17	19	16	Hallen-SM	20		18	20		17		14	19	
Di	21		18	20	17		21		19	21		18		15	20	
Lu	22		19	21	18		22		20	22		19		16	21	
Ma	23		20	22	19		23		21	23		20		17	22	
Me	24		21	23	20		24		22	24		21		18	23	
Je	25		22	24	21		25		23	25		22		19	24	
Ve	26		23	25	22		26		24	26		23		20	25	
Sa	27		24	26	23		27		25	27		24		21	26	
Di	28		25	27	24	Biel-Bienne Meeting	28		26	28		25		22	27	
Lu	29		26	28	25		29		27	29		26		23	28	
Ma	30		27	29	26		30		28	30		27		24	29	
Me	31		28	30	27				29			28		25	30	
Je			29	31	28				30	Langenthal		29		26	31	
Ve			30		29				31			30		27		
Sa			31		30							31		28		
Di														29		
Lu														30		
Ma														31		

YEAR PLAN

- REVERSE PLANNING
- HOW MANY WEEKS TO THE MAJOR CHAMPIONSHIPS?
- HOW MANY WEEKS BETWEEN 2 PEAKS OR 2 IMPORTANT COMPETITIONS?
- HOW MANY COMPETITIONS DO WE NEED TO GET READY?
- HOW MANY RECOVERY WEEKS OR BREAKS?