



SUOMEN URHEILULIITTO

Pajulahti Endurance Conference 2017

Pajulahti, 25.11.2017

Alexi Ojala, Esa Hynynen, Jani Lehtinen

# ALEKSI OJALA'S TRAINING AND FINNISH TESTING SYSTEM IN RACE WALKING



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# Agenda



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1. Path of Aleksis, Aleksis Ojala
2. Kihu and Race walking cooperation, Esa Hynynen
3. Summer 2017 project, Jani Lehtinen
4. Training plan, Jani Lehtinen



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# Summer 2017 project, situation 29.5.2017



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- Cooperation with old coach was ended
- Technical problem (bent knee) => Huge Issue
- Not enough long hard training during the year
- Some personal challenges
- “DNF-issue” – trainings and competitions
- Training background:
  - Good aerobic level
  - Very hard average pace of all walking trainings = > Many years almost all trainings 4.40/km or faster (50km PB pace 4.32/km)
  - Used to train hard
  - Focus not in strength training workouts



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# Summer 2017 project, situation 29.5.2017



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- Conclusion:
  - Training cornerstones very good
  - Coach presence during the trainings mandatory but no single coach available before London
  - More focus on strength trainings
  - Some long interval training with 50km pace (or a little faster)
- Solution: 9 weeks project with 3 coaches (different persons and strengths but similar training ideologies, great mutual respect and prior cooperation during the athletic career): Antti Kempas, Juha Kinnunen, Jani Lehtinen



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# Summer 2017 project, main goals



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- Full Focus on technique:
  - A lot of external experts and help: Kihu analysis, Biomechanical experts, Judge, Physiotherapist
  - Coach presence, video recording, a lot of communication
- But also...
  - “As many” long hard trainings “as possible” with progression => Aim to avoid interrupt and find the right load level
  - Strength trainings
  - Long interval trainings (=3km rep)
  - Competitions
- Periodicity => Two periods with high training loads and easy periods



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# Summer 2017 project, load & competitions



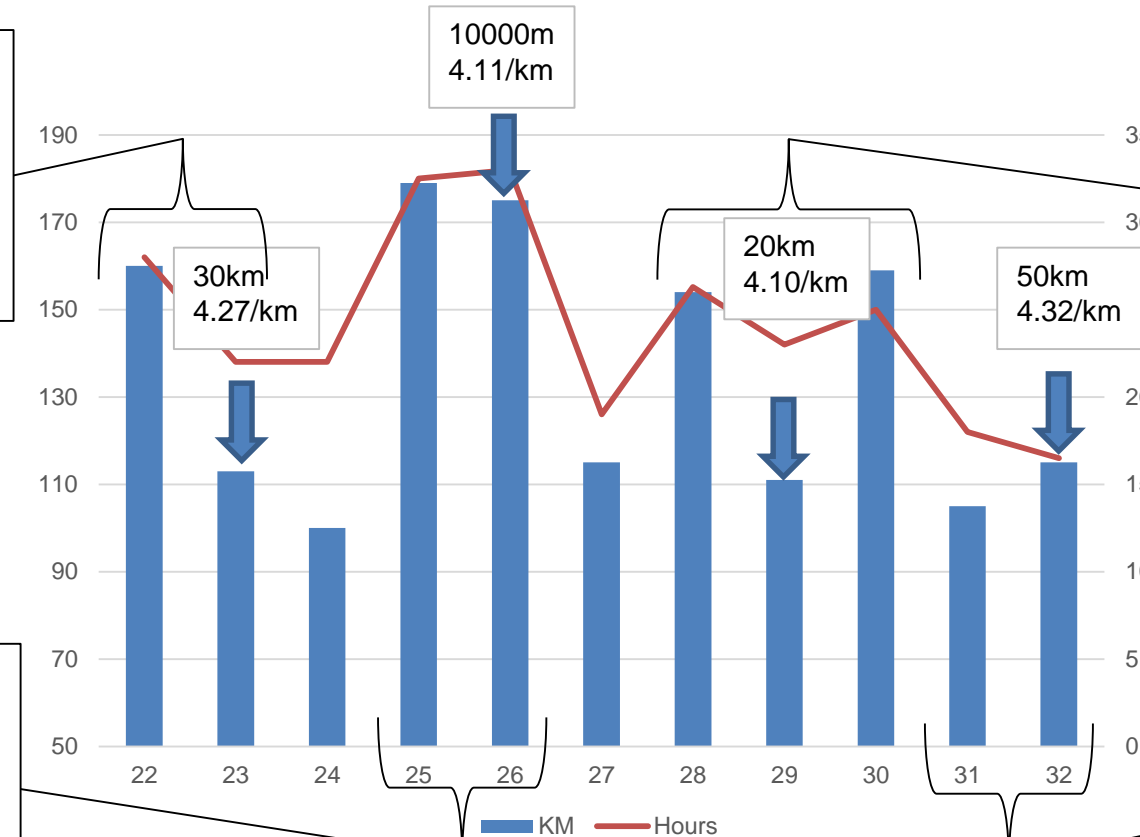
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## Phase 1:

- 10\*500
- 5\*3km
- 20km hard
- **30km comp.**
- 35km easy

## Phase 3:

- 10\*500
- **20km comp.**
- 6\*2km/1km
- Test
- 20km hard
- 40km (three Times)



## Phase 2:

- 10\*500
- Test (extend)
- **10000m comp.**
- 6\*3km
- 40km (three times)

## Tapering:

- 4\*500+2\*1k+ 2k+ 3k+2k+1k+ 2\*500
- 35k easy
- **50km comp**



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# Summer 2017 project, main trainings



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- 31.5: 20km 1.29.32 (4.29/km)
- 2.6: vr + tekn + 10\*500/1' 2'05; 1.58-1.56 väliin
- 4.6: 35k rauhallinen 5'00-4'50; 2.47.32, keskivauhti 4.41 min/km
- 7.6: vr + 5\*3k/3' 4'30-25; 4.22/km
- **11.6: 30k kisa; 2.13.23 (4.27/km)**

## EASY PERIOD 12.-15.6

- 16.6: 40k max 4'40; Epäonnistunut pitkä 24 km kestoltaan 1.56.45 (116 min)
- 19.6: vr + testi (Kihu); Aer/an threshold 4.29/4.13
- 21.6: 40k 4'50-40; 3.10.45 (4.46/km)
- 24.6: vr + 6\*3k/2' 4'30-25; 4.19/km
- 26.6: 40k (0-10km 4'50, 10-30km 4'45-40, 30-40km 4'35); 3.07.21 (4.41/km)
- 29.6: vr + 10\*500; 2.05-1.54
- **1.7: 10000m kisa; 41.45.23 (PB) (4.11/km)**
- 4.7: 40k (0-10km 4'50, 10-20km 4'40, 20-30km 4'35, 30-40km 4'30); 3.05.23 (4'35/km)

## EASY PERIOD 5.-11.7 (including 3000m relay)

- 12.7: 40k 4'45; 3.08.21 (4.43/km)
- 15.7: 20 kova 4'30-25; 1.27.52 (4.23/km)
- 17.7: vr(4+4) + 10\*500 (2'00-1'55); 1.56,4 (3.53/km)
- **20.7: vr(2+2) + Kalevan kisat; 1.23.16 (4.10/km)**
- 24.7: 40k (0-10km 4'45, 10-30km 4'40, 30-40km 4'30); 3.03.46 (4.36/km)
- 27.7: vr(2+2) + 6\*2k/1k 4'20-15 / 4'50;
- 29.7: 40k (0-10km 4'45, 10-30km 4'35, 30-40km 4'30); 3.05.51 (4.39/km)
- 1.8: vr(2+2) + 6-7\*2k Testi; Aer/an threshold 4.30/4.15

## 50KM TAPERING 2.-13.8

- 5.8: 35k kevyt 4'50; 2.47.29 (4.47/km)
- 9.8: vr(2+2) + 4\*500/1' + 2\*1k/75" + 2k/90" + 3k/2' + 2k/90" + 1k/75" + 2\*500/1' (4'10-20-25-30-25-20-10);
- **13.8: Lontoo 50k; 3:47:20 (4.33/km)**



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# Summer 2017 project, results



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- Progress of trainings and technique
- Competition results:
  - 11.6: Finnish Road Championships, Laitila, 30km: 2:13:23, 1. and 2 red cards
  - 1.7: Walking Carnival, Kauhava, 10000m: 41:45.96 (PB), 1. and 1 red cards
  - 9.7: Finnish Relay Championships, Tampere: 3\*3000m: not red cards
  - 20.7: Finnish Championships, 20km: 1:23:16 (PB), 1. and not red cards
  - 13.8: World Championships, 50km 3:47:20, 14. and not red cards
- Cooperation level

- ...but still a lot of things to do



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# Training plan, big picture

- Areas to improve:
  - Training diary and sharing: eLogger
  - Active communication: coach meetings and whatsapp group
- Training cornerstones:
  - Basic ideas as during the summer
  - Combine strength training and competition pace (or faster)
  - Long training: starting with 25km but more often with a good pace (4.45-30/km)
  - 4.25-20 pace training: 1km->2km->3km repetition before hard 20-25km
  - High altitude training camps



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**THANK YOU!**  
**QUESTIONS?**



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