



Training and Philosophy That lead to Swedish record 3.33,70 1500 m

The Kalle Berglund story

Contents of my lecture

Presentation of Janne Bengtsson

My basic training philosophy

Introduction of Kalle Berglund

- Childhood

- Icehockey – Track and Field – Running

- Progression

- Statistics

- Training history

- Threshold and Double threshold

- Lactate

- The training of Kalle Berglund 2019

- Training zones

- High altitude

- Future

- Questions



Janne Bengtsson

Born 1946

Eksjö, south of Sweden

800 m 1.54,6

Coach 1975

Track and Field gymnasium, Växjö 1975

Team capten national team:

Juniors 1978-1980

Seniors 1981-1984

Married to Tina

3 children Johanna, Jakob, Josefin

Retired 2011

Kalle Berglund 2013



My Record

10 Athletes

46 Gold medals Swedish Championship outdoor



Training Philosophy

Endurance

Strenght

Technique

Speed



Kalle Berglund

Born 1996

Olofström

2 older sisters

Started with icehockey

at 6 years of age

Played in Blekinge team

in TV-pucken as 15 years of age

Started with track and

Field at 10 years age.

At 13 he won 60 m and 60 hurdles at
age district Championship and
finished 8 in 800 m

When he was 16 he started at Track and Field Gymn at
Växjö and stopped his icehockey career and start his
Running.



Progression 1500 m

2013	17 år	4:04.15	Hässleholm (SWE)	27 JUL
2014	18 år	3:50.22	Sollentuna (SWE)	07 JUN
2015	19 år	3:41.92	Göteborg (SWE)	14 AUG
2016	20 år	3:41.00	Palo Alto, CA (USA)	01 MAY
2017	21 år	3:36.60	Olympic Stadium, London (GBR)	09 JUL
			Silver medal EM indoor Belgrade	
2018	22 år	3:36.51	Sports Park Mladost, Zagreb (CRO)	04 SEP
2019	23 år	3:33.70	Khalifa Int Stadium, Doha (QAT)	06 OCT
			9 th VM Doha	



Progression 800 m, 5000 m

2012	16 år	1:58.39	Växjö (SWE)	23 SEP
2013	17 år	1:53.34	Stockholm (SWE)	08 SEP
2014	18 år	1:47.31	Eugene, OR (USA)	27 JUL
			VM under 19 years	7 th place Eugene
2012	19 år	1:46.85	Cheboksary (RUS)	21 JUN
			EM under 19 years	4 th place Eskilstuna
2012	20 år	1:47.16	Namur (BEL)	25 MAY
2013	21 år	1:52.29	Karlstad (SWE)	25 JUL
2014	22 år	1:46.63	Karlstad (SWE)	25 JUL
2015	23 år	1:49.13	Sollentuna (SWE)	18 JUN
2018	22 år	14:46.03	Eskilstuna (SWE)	26 AUG
2019	23 år	13:54.52	Stockholm (SWE)	24 AUG



Personal Records

Outdoors

400m	48.20	29 Aug 2015	Espoo
800m	1:46.63	25 Jul 2018	Karlstad
1000m	2:19.21	10 Jun 2018	Stockholm
1500m	3:33.70	06 Oct 2019	Doha
1609m	3:53.83	13 Jun 2019	Oslo
3000m	8:02.79	11 Aug 2019	Bydgoszcz
5000m	13:54.52	24 Aug 2019	Stockholm
5 km	14:15	25 Mar 2018	Carlsbad CA
10km	29:47	05 May 2018	Stockholm

Indoors

800m	1:47.62i	26 Feb 2017	Växjö
1500m	3:36.63i	06 Feb 2019	Toruń
1609m	4:01.00i	21 Feb 2018	Athlone
3000m	8:06.66i	11 Feb 2018	Uppsala



Statistics

Races sub 3,40

4 – 2017

6 – 2018

9 – 2019

10 best average

3.36,07

5 best average

3.35,47

3 best average

3.34,88



Training background

<u>Year</u>	<u>Hours</u>	<u>Occasions</u>	<u>/Week</u>
2019	900	600	11,5
2018	810	540	10,4
2017	783	522	10,0
2016	678	452	8,7
2015	580	387	7,4

<u>Km/Week</u>	<u>Top</u>	<u>Average</u>
2019	157	135
2018	148	115
2017	133	100
2016	127	85
2015	110	70



Training zones

Intensity	Training	Lactate	HR	Training of	% of total km
1	Easy distance	0,7-2,0	62-82%	Recovery	70
2	Threshold	2,0-4,0	82-92%	Endurance	25
3	Intervals/Hilwork	4,0-8,0	92-97%	Max endurance	3
4	Anaerob	>8,0	> 97%	Anaerob capacity	1
5	Speed			Max Speed	0,5



Kalles training week, Basic period 2018-19

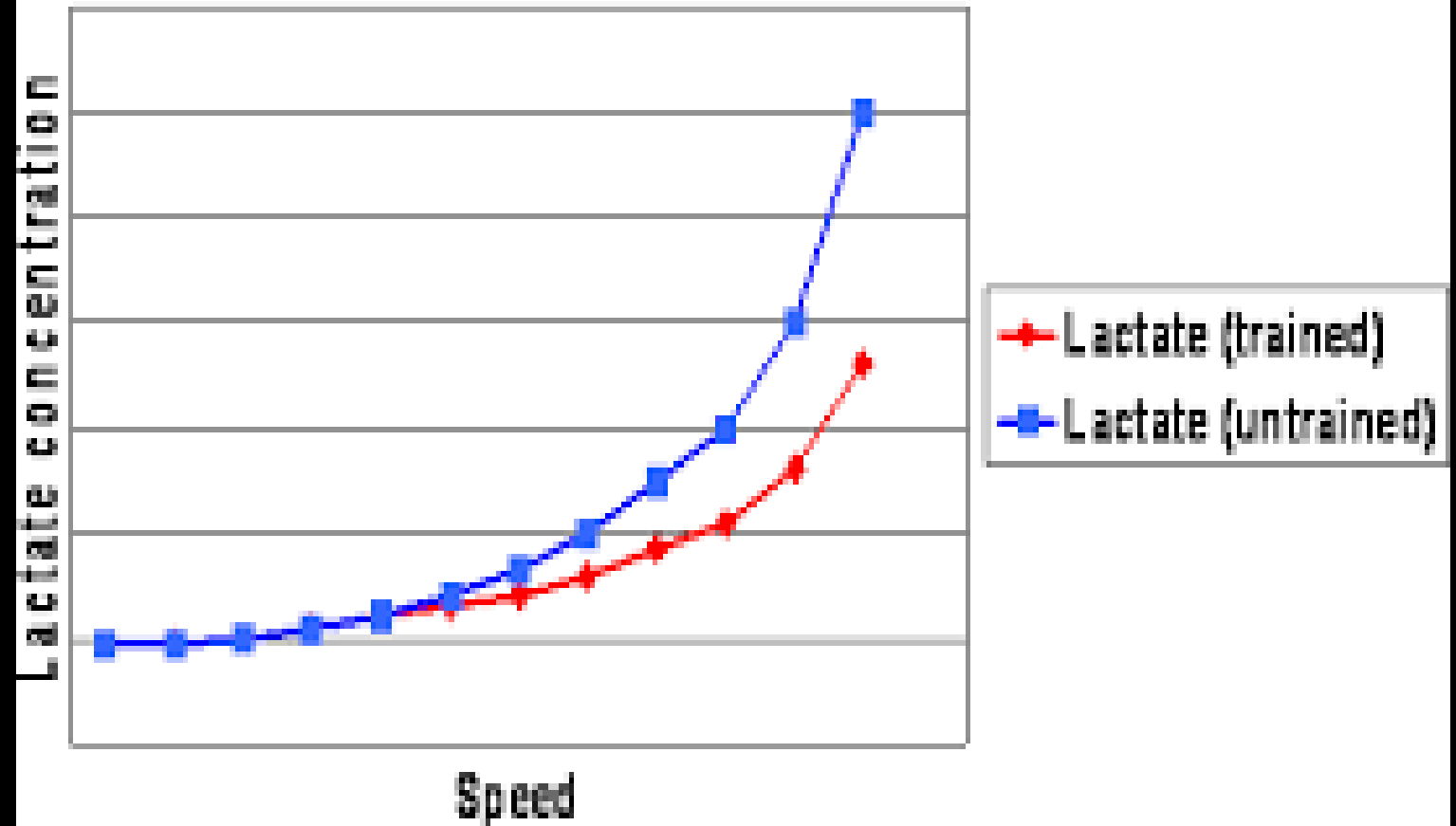
Monday	1 Distance 10 km 2 Distance 10 km, Technique, Speed
Tuesday	1 Threshold 2,5 mm 5x6 min 1mR 2 Threshold 3,5mm 10x1000m 1mR
Wednesday	1 Distance 10 km, Strength, Core, Foot, Injury prevention
Thursday	1 Threshold 2,5 mm 5x2 km 1mR 2 Threshold 3,5 mm 25x400m 30sR
Friday	1 Distance 10 km
Saturday	1 Hillrun 8,0 mm 20x219 m 70sjR 2 Distance 10 km
Sunday	1 Long Distance 20 km 2 Strength, Weights, Djumps, Core, Balance



Threshold



Figure 1: Relationship between Lactate concentrations and speed



Threshold

2015-february 2018

- 2 times per week
- 30-40 minutes per work out
- Based on HR – tested on treadmill

March 2018-2019

- 4 workouts per week
- 8 – 12 km/workout
- 2 double thresholds per week
- Tuesdays and Thursdays
- Morning – ex. 4-5 x 2 km 1m rest (tests)

Lactate < 2,5 mmol

- Evening – ex. 10 x 1000 m 1 m rest (tests)

Lactate < 3,5 mmol



Shoes

Basic period

Training shoes

Threshold shoes

Before competition

Get used to spikes slowly

Competition season

Recovery in training shoes

Threshold in threshold shoes

Roadraces in threshold shoes

Longer runs on track(ex 600m) in spikes with high heels and threshold shoes

Shorter runs on track in competition spikes

Competition on track is always with spikes



High altitude

- The air is thinner because of less oxygen
- The bone marrow forms new red blood cells
- Iron is already supplied before arrival
- Oxygen tent is used before and after high altitude
- Most runners choose 1800 - 2200 m over sealevel
- Training must be calm and easy in the beginning so that you can adapt
- The running speed are often lower in height
- Zone 4 workouts are carried out in lowland



Future

2020 Olympic games Tokyo
24 Years

2021 World Championship Eugene
25 Years

2022 European Championship München
26 Years

2023 World Championship Budapest
27 Years

2024 Olympic games Paris
28 Years

**2024 Kalle has 10 years of
dedicated training and is ready!!!!**



Thank you for your attention

Questions?

