



## KESTÄVYYSSEMINAARI 2023



Vegard Rooth

Coach and father of U20 and U23 European Champion 400m Andrea Rooth.

Coach since he was 16 years. Coach in Clubs, Federation and School. Sprints Hurdles and Multi Events. Co Founder of [Wang Toppidrett](#). Also former Meet Director/Atlethes Liaison ([Clean Air Games/ISTAF](#). [Business Leader](#).

Vegard Rooth Nov. 2023 Pajulahti Endurance and Speed Endurance Conference

Ti 21.11. 08.15-  
Vegard Rooth:

“Nordic way”  
for speed  
endurance  
training 😊

# Nordic way for speed endurance training

FIN: 14

NOR: 14

SWE: 9

DEN: 3

Rank	Mark	Competitor	DOB	Nat
1	51.03	Henriette JÆGER	30 JUN 2003	NOR
2	52.15	Line KLOSTER	27 FEB 1990	NOR
3	52.39	Katriina WRIGHT	04 FEB 2003	FIN
4	52.45	Mette BAAS	10 SEP 2000	FIN
5	52.70	Astri ERTZGAARD	28 MAR 2002	NOR
6	52.73	Lisa LILJA	22 NOV 1996	SWE
7	53.04	Aino PULKKINEN	02 FEB 1998	FIN
8	53.22	Line Safaa AL-SAIDDI	17 DEC 2006	NOR
9	53.39	Milja THURESON	23 MAY 1994	FIN
10	53.41	Josefine Tomine ERIKSEN	16 AUG 2000	NOR

Rank	Mark	Competitor	DOB	Nat
1	44.39	Håvard Bentsdal INGVALDSEN	21 SEP 2002	NOR
2	45.66	Gustav Lundholm NIELSEN	03 AUG 1998	DEN
3	45.86	Jónas GUNNLEIVSSON ISAKSEN	22 NOV 2005	DEN
4	45.91	Carl BENGSTRÖM	13 JAN 2000	SWE
5	46.00	Andreas GRIMERUD	11 JUL 2003	NOR
6	46.23	Viljami KAASALAINEN	15 OCT 1995	FIN
7	46.43	Emil JOHANSSON	10 JUN 2002	SWE
8	46.48	Asseri VÄLIMÄKI	24 NOV 2000	FIN
9	46.55	Fredrik ØVERENG	10 MAY 1999	NOR
9	46.55	Bastian ELNAN AURSTAD	18 JAN 2005	NOR

Rank	Mark	Competitor	DOB	Nat
1	54.40	Viivi LEHIKONEN	27 AUG 1999	FIN
2	54.57	Line KLOSTER	27 FEB 1990	NOR
3	55.74	Andrea ROTH	06 MAR 2002	NOR
4	55.89	Elisabeth SLETTUM	31 AUG 1986	NOR
5	56.37	Moa GRANAT	08 AUG 2004	SWE
6	56.62	Hilla UUSIMÄKI	12 JUN 1996	FIN
7	57.00	Kristiina HALONEN	10 OCT 1997	FIN
8	57.46	Aada AHO	03 JAN 2003	FIN
9	57.70	Nora Kollerød WOLD	21 JUN 1997	NOR
10	57.71	Martha RASMUSSEN	10 JUL 2002	DEN

Rank	Mark	Competitor	DOB	Nat
1	46.51	Karsten WARHOLM	28 FEB 1996	NOR
2	49.57	Oskar EDLUND	16 NOV 2002	SWE
3	49.65	Carl BENGSTRÖM	13 JAN 2000	SWE
4	50.02	Jere HAAPALAINEN	30 JUL 2004	FIN
5	50.11	Karl WÄLLGREN	19 APR 2001	SWE
6	50.19	Antti SAINIO	17 MAY 2005	FIN
7	50.20	Tuomas LEHTONEN	04 AUG 1998	FIN
8	50.45	David THID	06 APR 2003	SWE
9	50.93	Viktor BONDESSON	02 JUL 1998	SWE
10	51.20	Jaakko LINNUS	07 MAR 2003	FIN



SPORTS COLUMNISTS

## Column: Norway's hands-off approach to youth sports might explain why they're so good when they get older



Karsten Warholm of Norway reacts after winning the men's 400-meter hurdles in world-record time at the Tokyo Olympics. (ASSOCIATED PRESS)

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Nov. 16, 2023
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- 3 Eric Kutsenda to serve as Padres' point person following Chairman Peter Seidler's

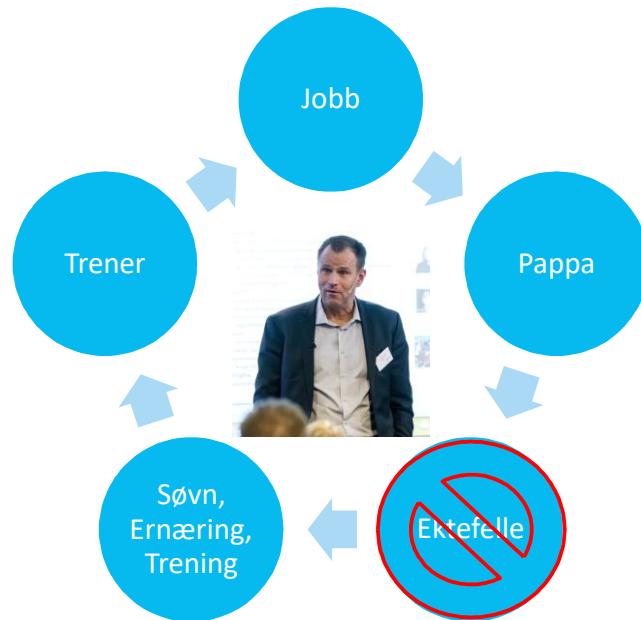
# The Norwegian Model



# Vegard Rooth, Coach, ... or ..?

Balance in life 😊

Hvordan er det å være LEDER/TRENER, ... både her og der?



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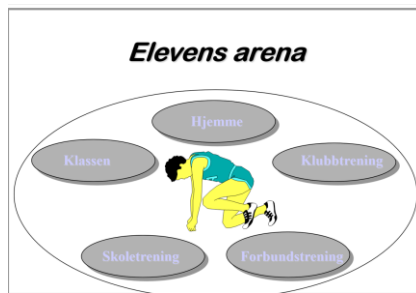
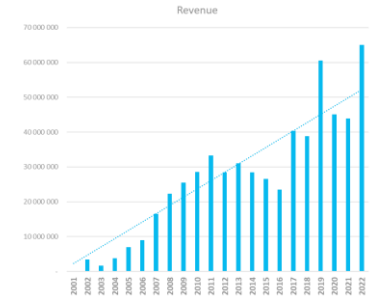
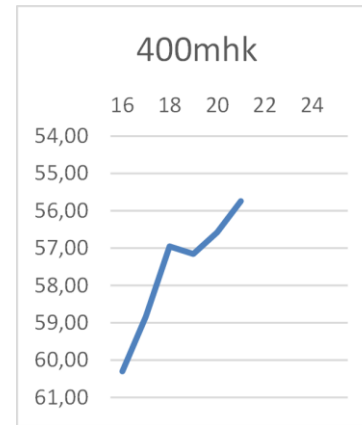
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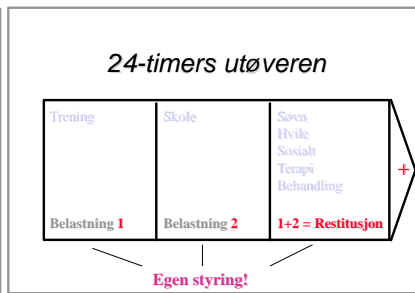


# My passion is to be «On the Way»

- Direction more important than Target
- Process – System – KPI – Dialogue ...



WANG Toppidrett 9. september 1996 side9

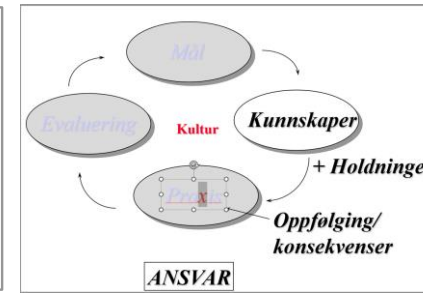


WANG Toppidrett T.O. Rimejorde 9. september 1996 side3

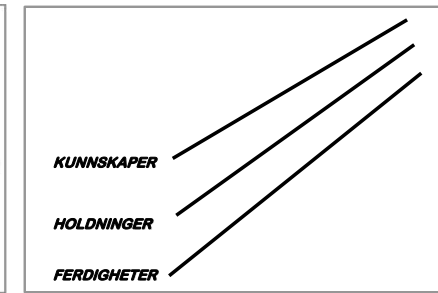
**Elevenes bruk av tid**

	1995/96	1996/97
Skole (underv+lekser):	4,1	4,0
Arbeid:	0,1	0,2
Trening:	2,1	2,0
Aktiv restitusjon:	0,1	0,2
Søvn:	8,4	8,7
Hvile:	0,6	0,7
Hvileene:	1,0	0,8
Reise/transport:	1,7	1,6
Sosialt:	2,4	2,6
TV:	1,2	1,2
Husarbeid:	0,2	0,2
Mat (lagning + spising):	1,6	1,5
Annet:	0,3	0,4
<b>Totalt:</b>	<b>23,9</b>	<b>23,9</b>

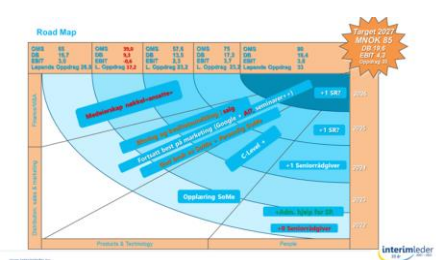
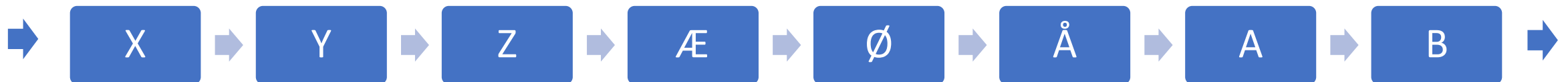
WANG Toppidrett 9. september 1996 side11



WANG Toppidrett T.O. Rimejorde 9. september 1996 side13



WANG Toppidrett 9. september 1996 side7



**KPI = Key Performance Indicator**

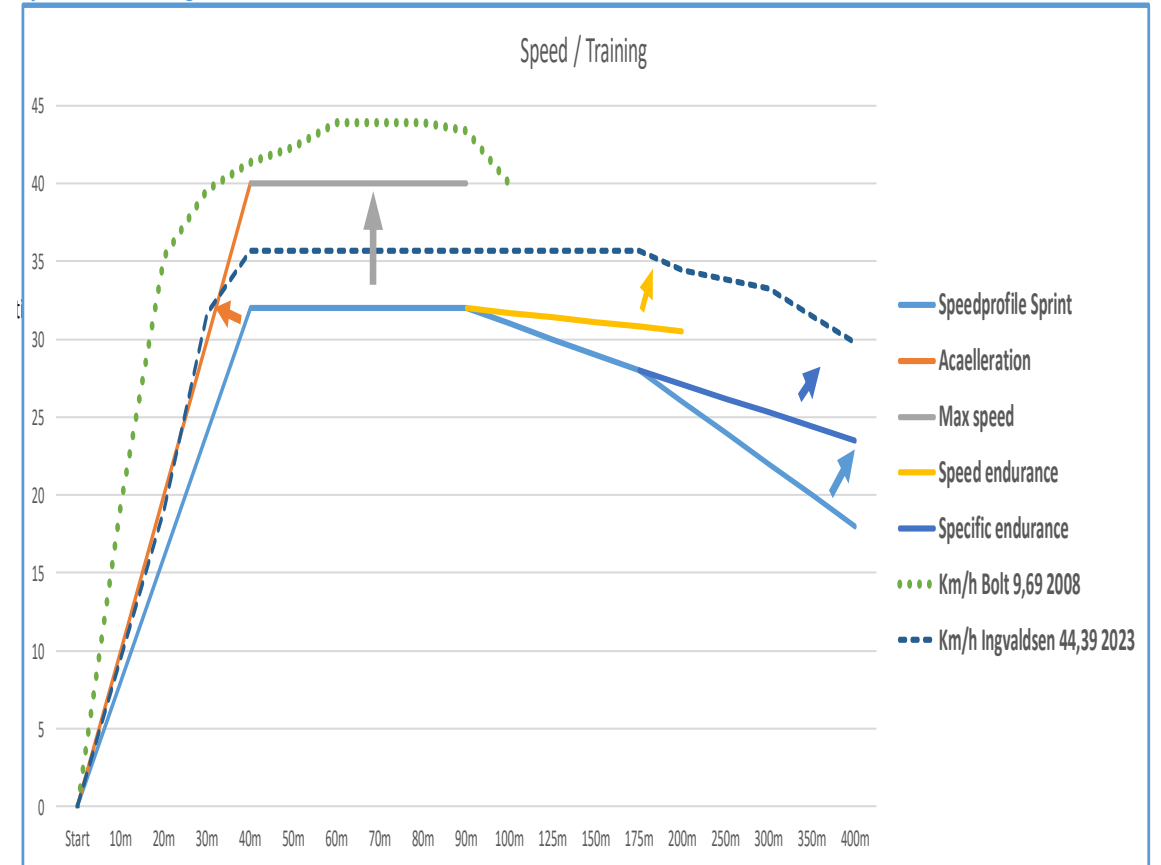
**KPI**

- Keep people interested
- Keep people informed
- Keep People Involved
- Keep people inspired

# «The ..... Way»



## Speed & Training



## FRAME for training 2023/24 – periode 1

Use the frame wise. It's your body & soul. Adapt to YOUR situation & development. Dialogue with coach!

	MON	TUE	WED	THU	FRI	SAT	SUN
MORning	Move	Weights Jumps	Move	Weights Jumps	(Weights Jumps)	5x500m, walk back	
evening	Short hurdles/  Short sprints	CT: Row, GF, Cycling	Long hurdles/  long sprints	UpHills	LJ/HJ/SP/J T		

- Adaptive periodisation

Standard WU. Goal: Better each time

1. Range, Movements, Relax
2. Drills, including backwards

Final all days without weights, Rooth CT x X.

Outdoors as long as possible (Wool!)

«My Way», ..  
What –  
important  
How – really  
important!

HOW  
– really  
important!  
- all training is  
technical training



Vegard Rooth Nov. 2023 Pajulahti Endurance and Speed  
Endurance Conference





«My Way»  
= Individual way



«My Way», ..  
- balanced  
way!

### Speed & Training



FRAME for training per 4 weeks (quantity varies in comp/training periods)

Specific training	Children	11-14y	14-15y	16-22y	Senior	YOU?
Acceleration	Play > 60' / day	Play 0-4	0-4	0-6	0-8	?
Max speed		Play 0-4	0-4	0-4	0-8	?
Speed endurance		Play 0-4	0-4	0-8	0-8	?
Specific endurance		0	0-3	0-4	0-8	?
Hurdles	All can be done with hurdles					
General training	0' fys/day	>60' fys/day	>60' fys/day			
Interval	Play > 60' / day	6 - 4	8 - 0	16 - 0	16 - 0	?
Aerob endurance		8 - 4	8 - 0	8 - 0	8 - 0	?
Jumps		8 - 4	8 - 4	16 - 4	16 - 4	?
General fitness		16-4	16-4	16 - 4	16-4	?
Weights		0	8 - 0	8 - 0	8 - 0	?
Flex, mobility, coordination (>20')		16-8	16-8	16 - 8	16-8	?
Recovery						
Active recovery	Play > 60'	Play > 60'	4	4	4	?
Sleep	10+	10+	10	9,5	9	
Nutrition						
Vitamins, minerals						?
Proteins						?
Carbohydrates						?

\* Children%Youth should do other sports also. Adjust Quantities

«My Way», ..  
- individual,  
adaptive  
periodization

*FRAME for training per 4 weeks (quantity varies in comp/training periods) SENIOR. INDIVIDUALLY!!*

Specific training	Early fall	Fall/Winter	Competition	Spring	Comp. Prep	Comp	YOU?
Acceleration	4	4	4 + konk	4	4	4 + konk	?
Max speed	0	4	4 + konk	("4-8")	("4-8")	4 + konk	?
Speed endurance	4	4	4 + konk	4-("8")	4-("8")	4 + konk	?
Specific endurance	0-4	4-8	4 + konk	4	4	4 + konk	?
Hurdles	All can be done with hurdles						

General training

Interval	8-16	8-16	0	8-16	0	0	?
Aerob endurance	8	4	0	4	0	0	?
Jumps	16	16	4	16	12	4	?
Geeneral fitness	12	12	1	12	8	1	?
Weights	8+	8	4	8	8	4	?
Flex, mobility, coordination (>20')	12	12	12	12	12	12	?

Recovery

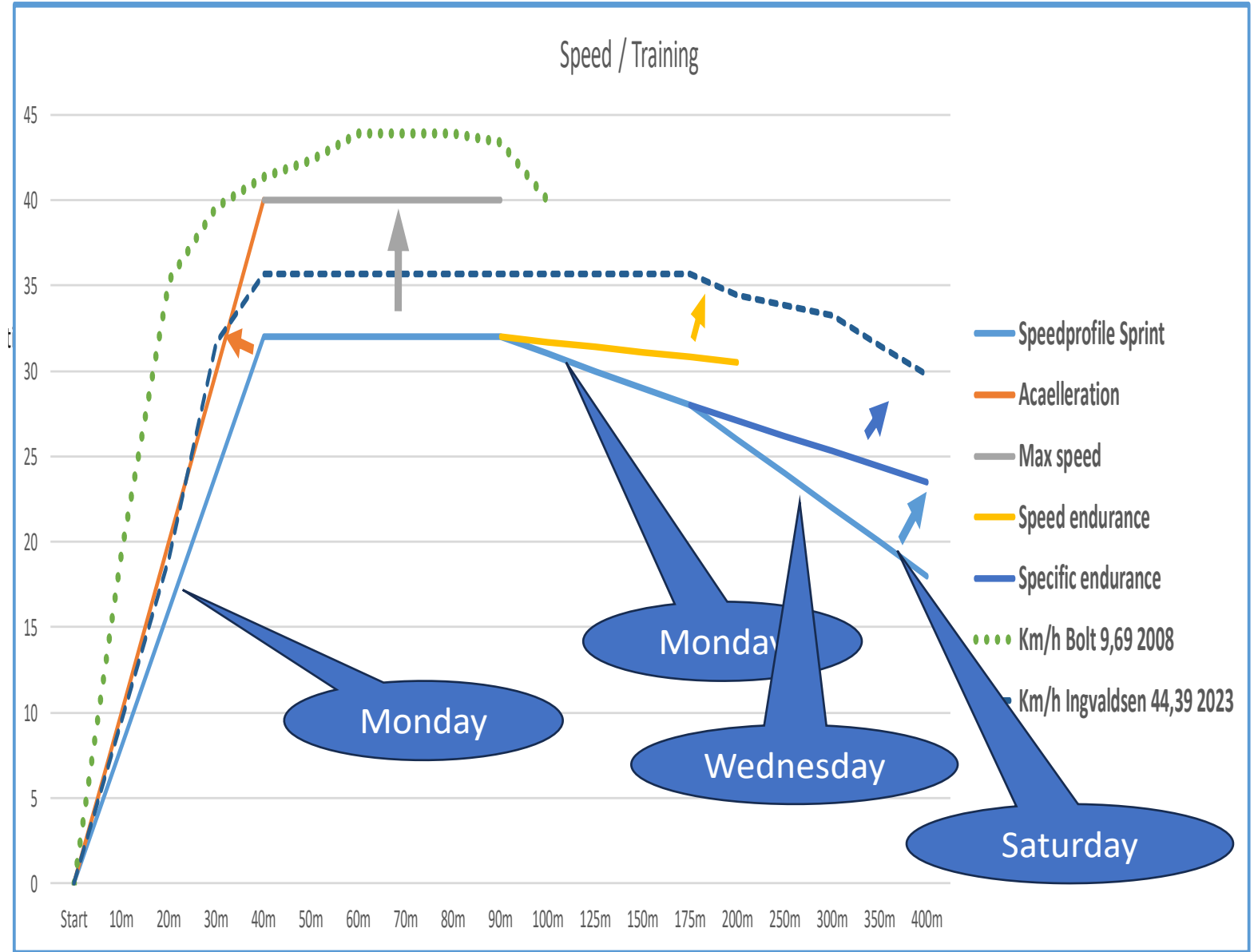
Active recovery	4	4	4	4	4	4	?
Sleep	9	9	10	9	9	10	

Nutrition

Vitamins, minerals							?
Proteins							?
Carbohydrates							?

«My Way»

### Speed & Training



# Practical training in Instagram



lambertseterif\_elite

Følger ▾

Send melding



203 innlegg

452 følgere

Følger 539

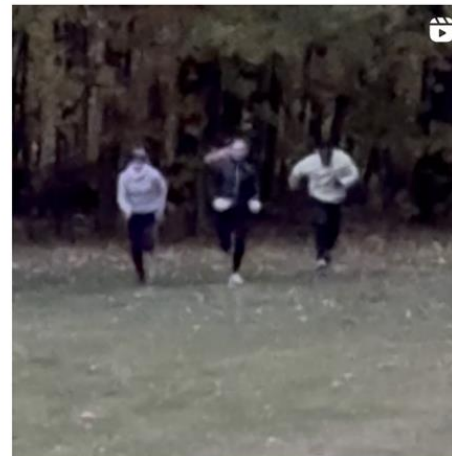
Vegard Rooth

Følges av marigjerland, annetedavesorhaug, janola04 + 164 til

INNLEGG

REELS

TAGGET





Yess!

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