

2017 National Squads Training Camp



FALLS CREEK

Thirteen National Squad members, one Swedish coaching scholar, and the OA Head coach have had a fantastic start to the new year, joining a large fraction of the Australian running population in Falls Creek, Victoria.

The group met on the 2nd of January and had spotted at least six Olympians by the 3rd. The air was thin and the training was tough, but the views were fantastic and the motivation levels are high continuing into the long summer of training leading up to the first National League of the season.

Read on for a snapshot of the week; scenery, training, and the café of choice included.



Day 1, Monday

PM: A relaxed half hour jog along the aqueduct to shake out the legs from the travelling and to give those coming from the 5-days a chance to acclimatise to temperatures lower than 35 degrees. A fantastic first impression of Falls Creek; the village was full of runners and the conditions were near perfect for running!



Day 2, Tuesday

AM: We took a leaf out of Thierry’s book and went for a morning BBA (Before – Breakfast – Activation, check out ‘TGIF’ on attackpoint if you haven’t already). Tuesday is the day for 1km intervals at Falls Creek, so while we waited for the last few members of our camp to arrive at midday a few of us headed out to watch the rest of the athletes doing their session. Witnessing 1km intervals being done at 2.49min/km with just 45seconds recovery is a sight to see in itself. If you then add about 200 other runners working just as hard behind, it gets even more spectacular! (see photo, courtesy of Steve Moneghetti’s twitter account).



Steve Moneghetti
@steve_mona



Following

Back from Falls Creek altitude, survived.....just. Lots of people up there, esp young athletes. The future looks bright.

Day 2, Tuesday

PM: Once peak hour was over we headed out for our intervals. We varied from 4-8* 1km intervals with 60-90second recoveries. A tough session, as intervals always are, but a pleasing first hard training for the group!



Day 3, Wednesday

AM: The first long run of the week; the Langford’s Gap to Fitzy’s hut loop (see the strava map below). A flat start along the aqueduct with a climb up to the hut at around the 9km mark where we all gathered and chose our preferred route back. Around 90 minutes in total for most of us, with the chance for immediate recovery in the icy water near the car park. Yet again, another beautifully clear day and a lot of other runners around.

16.3km Distance 0% Avg Grade 1,580m Lowest Elev 1,757m Highest Elev 177m Elev Difference 62 Attempts By 42 People



Day 4, Thursday

AM: Hills were on the program for today; 50-70 second intervals over a hill and down the other side for a repeat. The focus was on a conscious surge at the top of the hill to ensure we had good pace along the flat at the top before the recovery jog down the other side. The session ranged from 8-13 efforts, another top quality session by all!

PM: An optional easy 20minute jog to break up the relaxing afternoon, and to make room for the pre-rest day pizza for dinner.



Day 5, Friday

PM: The easy day of the camp; a chance to relax in the morning and pay visit to the lake or water fall ahead of an easy afternoon run (unless you're Bridget and hire a mountain bike...). The distance was optional but most headed towards Ropers lookout for a view back towards the village. A good way to shake out the legs and get the most out of training in such a lovely place.



Day 6, Saturday

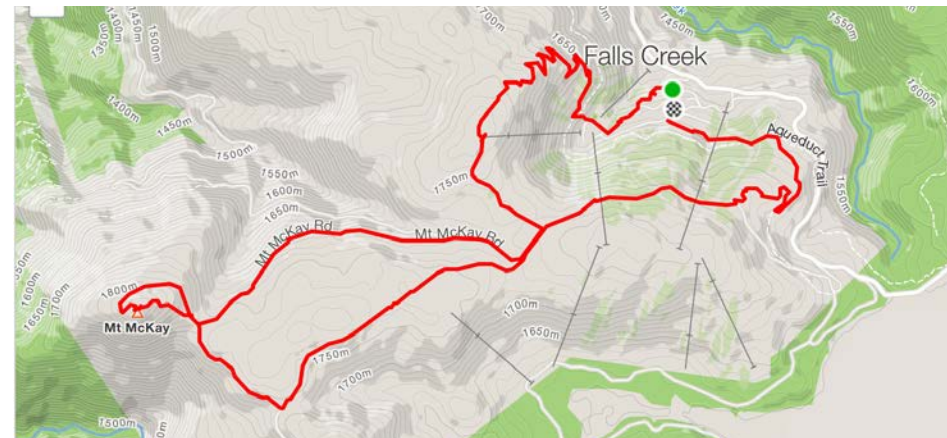
AM: Mona session from Langfords gap; 2x 90sec, 4x 60sec, 4x 30sec, 4x 15sec efforts with an equal 'float' between the efforts. A 20 minute session in total with the aim of pacing yourself well enough to turn at the 10minute mark and cover the same distance in the second half. The motto was to "Go hard on the floats and then harder on the efforts!", and joining back as a group for the last few efforts definitely had us all working hard. The warm down ended with another much needed recover in the icy water and a well deserved trip to our new local, 'Milch café'.

PM: Another short 20minute evening jog for some, and an ice bath and a spa for others.



Day 7, Sunday

AM: The final session for the week; Long run #2 (strava map below). It began the same way for us all with a +20minute climb up the Thunderbolt trail out of the village before continuing to the top of Mt McKay, With just under 300m climb (and a quick photo stop) done by half way we broke off and chose our preferred route home, either along the top of the spur or down to the road and home along the aqueduct. Another roughly 90 minute run was under the belt before our 10am checkout, and we had time for one final visit to Milch to fuel the travel home.



A fantastic finish to an amazing week. Perhaps one of the greatest training atmospheres you could ever experience, and we're on 100% agreement that a return to Falls Creek will be made next year, if not sooner!



A huge thanks to Head Coach, Jimbo, for organising a great week!
