

The Long Journey to Peaking The Norwegian Way

Trond Nystad



A little about myself

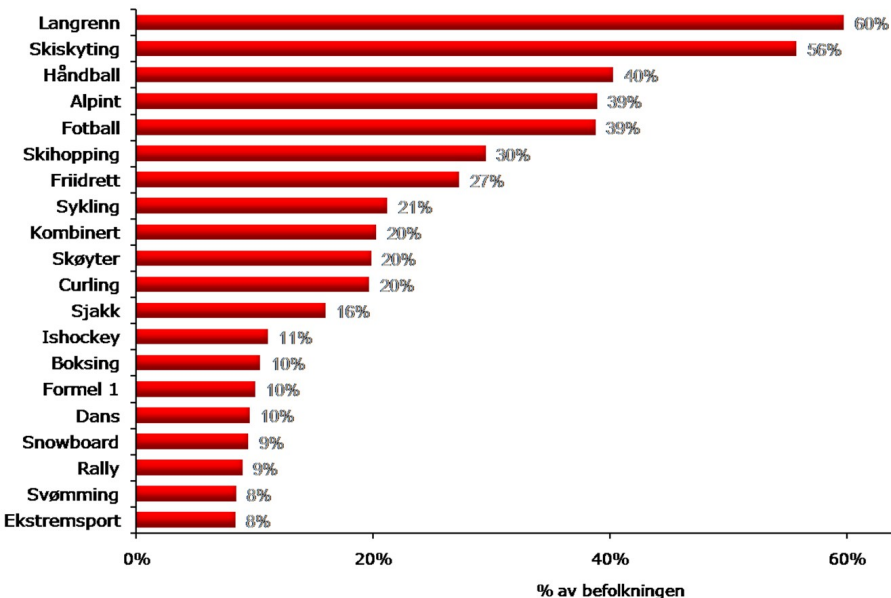
- Coached 22 years, 13 years Worldcup
- Coached at 3 Olympic Games and 6 World Championships
- Currently work with the Austrian National Team
- Coached national teams from USA/Germany/Switzerland/Norway
- Education: Bachelor and MBA from USA in Business.
- Live in Austria



A Winning Tradition



The Most important sport in Norway



Minutter i timen brukt på tv-idrett

Kunstløp 1%

Snowboard/
freestyle
2%

Annet 3%

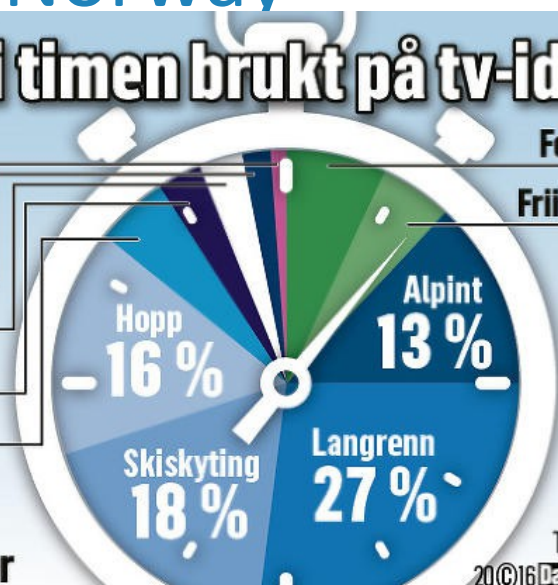
Skøyter 3%

Kombinert 5%

Tallene gjelder
for NRKs kanaler

Fotball 7%

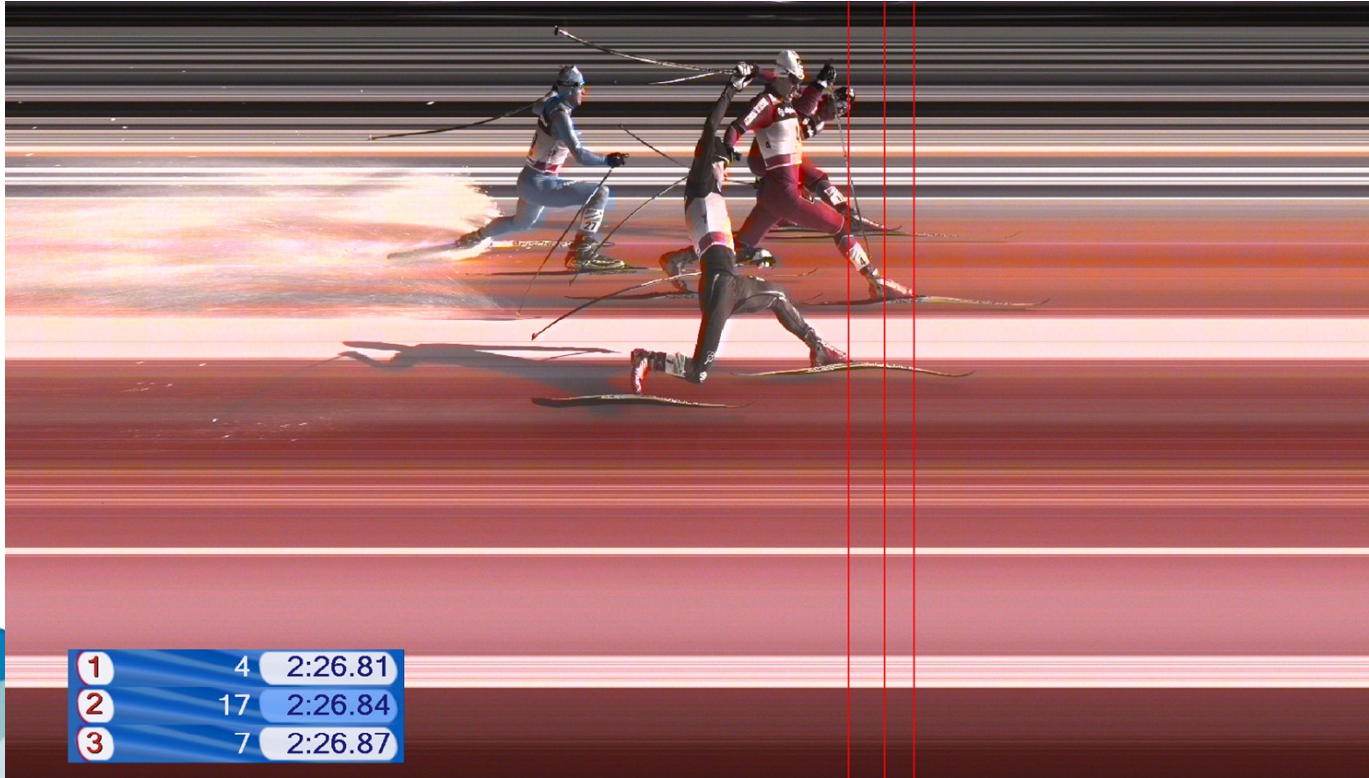
Friidrett 5%



Kilde:
TNS Gallup / NRK
2016 © Danbladet GRAFIKK



A Game of Small Margins





How to ensure long term success.

- Patience
- Development System
- Best Athletes (who works as a team)
- Best training
- Best Preparation
- Best Staff (who works as a team)
- Best Processes
- Best Equipment
- Have Fun
- Longevity



Where are we, and where are we going?

” To get better you need to change, to be perfect you have to constantly change”

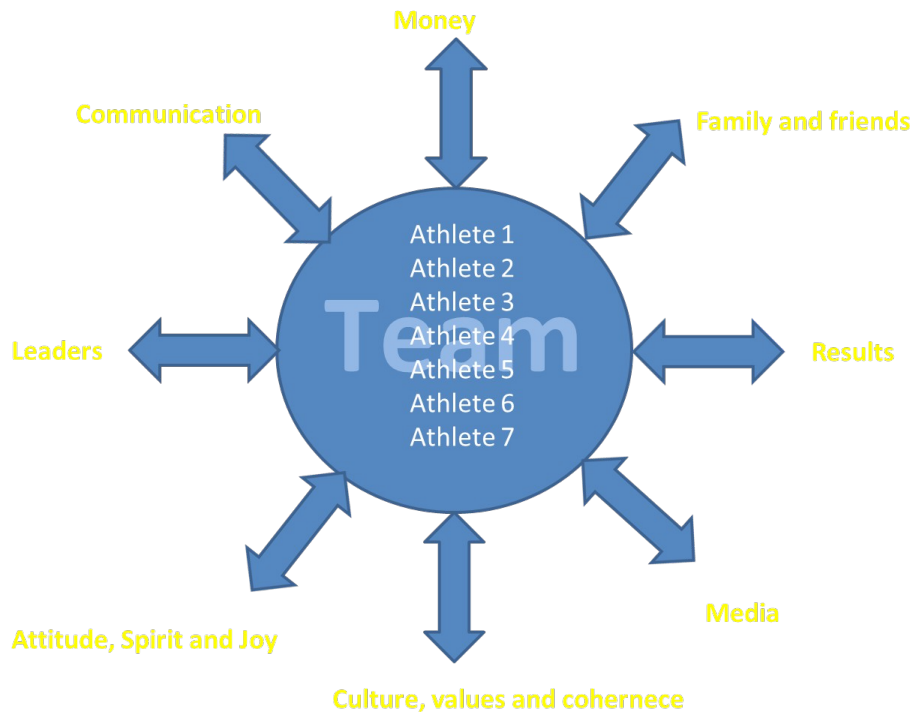
Winston Churchill



Team and the athlete

A good player invest in himself to get better, a great player invest in the team to be awesome.

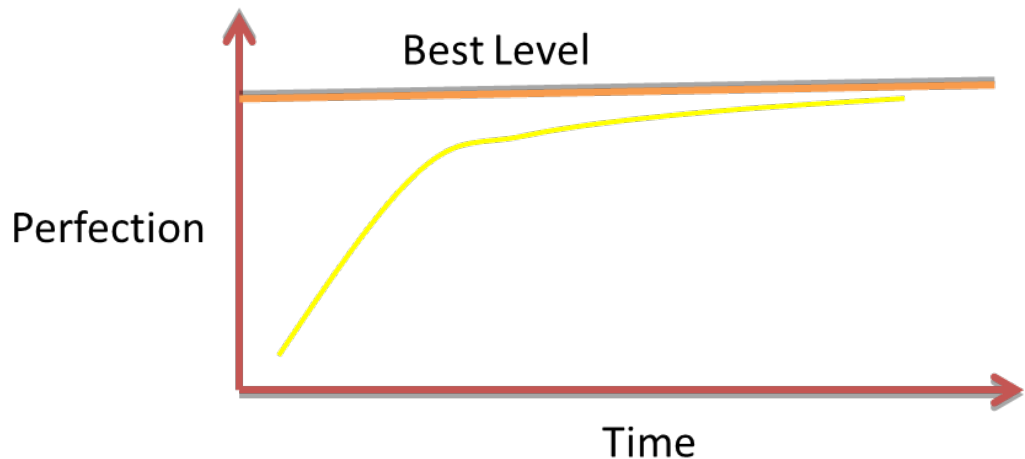
Carlo Ancelotti, Manager Real Madrid



Goals and a higher purpose.

We have to work hard at perfection, although we know we will never be perfect.

Every day is a chance to work on our legacy and reputation!



Why Team?

«If I invest in the team and give my advice to the team, then I get 7-fold back» (Martin Johnsrud Sundby)

- It leads to positive development for the individual
- If the individual develops the team will develop.
- Listen to and learn from experienced team mates (Do not reinvent the wheel.)
- Develop social dynamics within the team
- Focus on the issues we actually can do something about.

Team Benefits:



- Matching during practice and training
- Facilitate social involvement outside of training
- Constructive feedback
- Support the athletes individual choices
- Encourage the athletes to share knowledge
- Share and learn from individual strengths
- Get better individually
- And, do so while taking advantage of the team

The Coach

To Treat People Equally, We Must Treat Them Differently!
Evelyn Hu-DeHart



The Athlete

“Ask not what your country can do for you —
ask what you can do for your country”

John F Kennedy

- Must take responsibility for training and equipment.
- Learn from others, but must be curious
- «24 hour athlete»
- Set goals and make plans
- Evaluate training/progress and plan again.

The Training

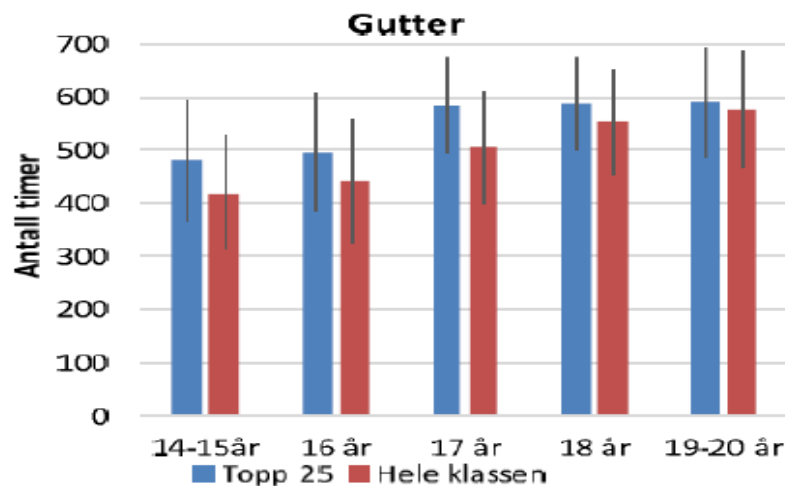
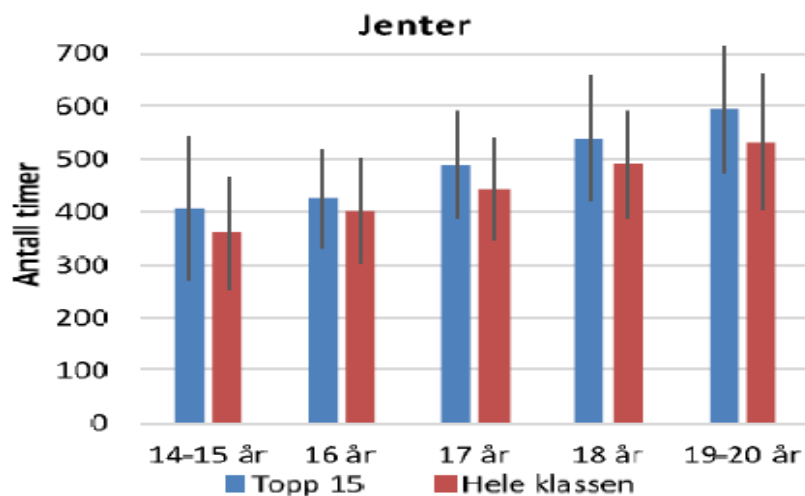
The only difficult thing about training, is doing it!

- Training is done all year long
- Progression
- Specificity
- Variation
- Individualized
- Testing (Running and some rollerski)
- Training load is analyzed and adjusted to fit every athlete.

Reported training hours in one year

Survey 2015, 1.100 young skiers answered

- Column indicates hours training per year, Average, maximum and minimum
- Jenter = girls, Gutter = boys
- Blue column: the 15 best in each age group
- Red column: whole age group in Youth Championship/Junior championship



Training

Speed

- 2-4% / 2 x per week / Specific / Progression
- Technique and max. 8-10 x 30 sec flow. 8-10 x 10-12 sec max. Long breaks

Strength

- 5-7% / 2 x per week. / Progression/ Stomach and back + ski specific exercises
- Technique/Endurance/Hypertrophy/Max/Power

I5

- I3-I5 + comp: 5-12% / i5 more in the fall and winter
- 3-5 min up to 35 min total / Progression
- 92-97% of Max HR up to 10 in La

I4

- I3-I5 + comp: 5-12% / i4 more in the fall and winter
- 5-10 min up to 45 min total / Progression
- 87-92% of Max HR up to 6 in La.

I3

- I3-I5 + comp: 5-12% / i3 more in the summer, but always present.
- 10-80 min up to 80 min total
- 82-87% of Max HR up to 4 in La

I2

- Hardly ever used. Not planned, but happens
- 72-82% of Max HR up to 2.5 La

I1

- 70-85% of all training
- 60-72% of Max HR up to 1.5 La

Training

Patience is a virtue in endurance sports!

Worldcup (10 Months)

- F: 800 Average hours (640-945)
- M: 760 Average hours (567-920)
- 80-85% i1/6-8% Intensity/5-8% Strength/Speed

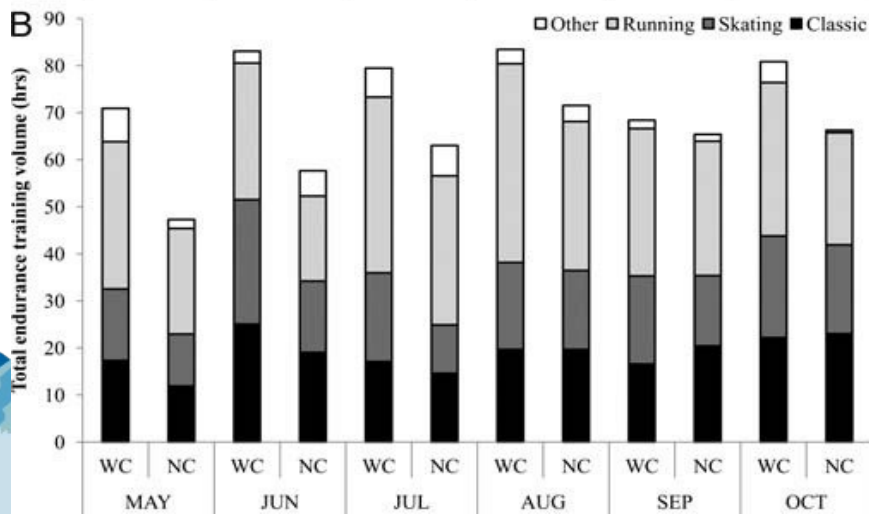
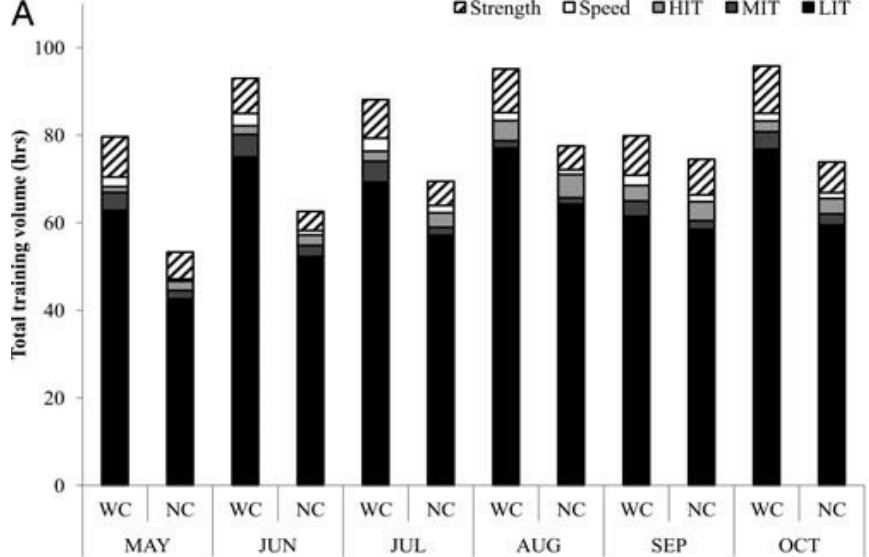
The training highlights

The secret to success is hard work, it therefore remains a secret for most!

- 750-1000 hours per year
- 80-85% easy (Level 1)
- 1-2 long runs per week 2-4 hours
- 1-2 long RS per week 3-4 hours
- 1-3 Intensity workouts per week
- 1-3 times speed per week
- 1-2 times strength per week
- 30+ hours running per month
- 40-50 hours RS per month
- 80-110 hours training per month (summer and fall)
- 50-90 hours training per month (winter)

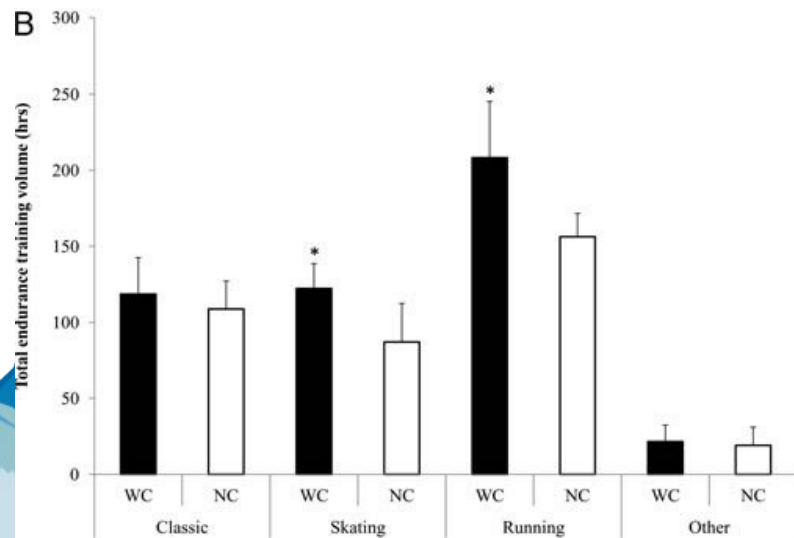
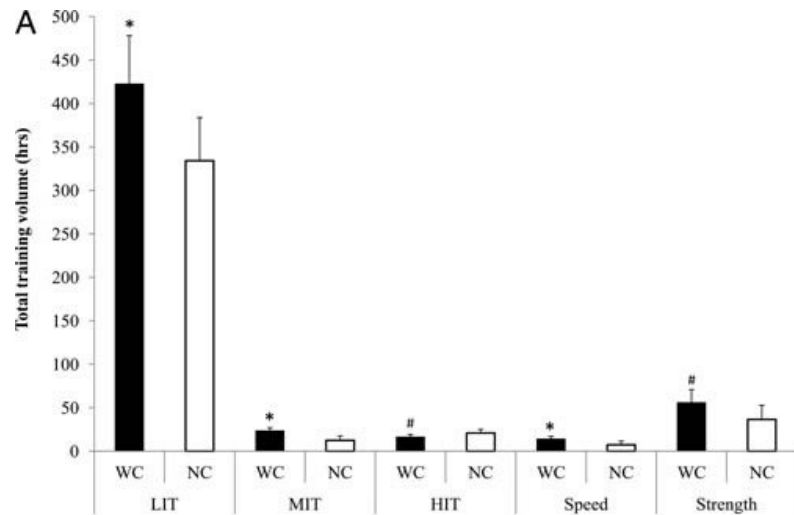
World Cup Skiers vs. National Skiers

Source: The Physical capacity of the world's highest ranked female cross country skiers. Sandbakk



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Training Guidelines

- Patience. Hard work over time pays off.
- Continuous training all year long.
- Endurance training is very important.
- Focus on basic training. KISS principle. Simple is often best!
- Listen to your body. Avoid training when sick!
- You are what you eat. Pay attention to nutrition.
- Think technique all the time. "If it is worth doing, it is worth doing right". Skiing without poles is not just for kids.
- Rest and sleep is important. The total stress must always be considered (training, travel, family, school, work etc)
- Learn and see what successful athletes have done, but do not copy them.
- Train with someone. Easier to get motivated.
- Take care of your equipment.
- Seek new challenges and see opportunities instead of challenges.
- Set Goals (Results/training/personal). (Measurable/Known).

Peaking Considerations

- Training base
- Competition schedule
- Altitude/Sea Level
- Health issues
 - Travel/hotel/food/weather
- Qualification/Team selection
 - Trust = Good Performance
- Acclimatization
- Team Spirit

Peaking is individual

- How close is the athlete to peak
- How many races
- Family situation
- Healthy?
- Training base.
- Altitude experience

Peaking Observations

- A solid base is a must
- A precamp is important
 - Inspiring environment
 - Familiar setting/food
- Easy training is important
- Should not reduce training too early
- Number of sessions same but shorter
- Base training (running, treadmill, strength, technique)

Our strategy Altitude

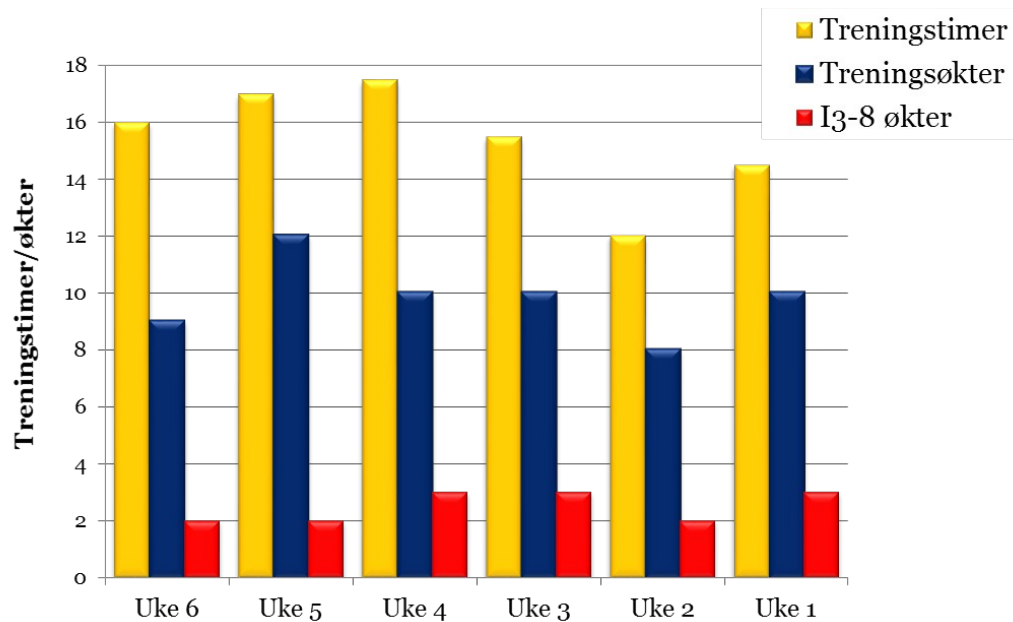
Altitude if possible

- 80-120 days before Champ
- 3-4x21 days + 2-3x14 days
- 1x14 days 8-10 days before champ.
- Seiser Alm: Inspiring environment
- Focus on easy training
- Daily contact with coach/staff

Our peaking strategy

- Increased volume in week 4 and 3 (2 hard weeks)
- Week 2 is the easiest week.
- week of race is medium
 - Rest day 4-5 days before
 - Int session day before
- 2-3 int session per week
 - Longer rest, shorter, race pace

A Peaking Example



Other «peaking» issues

- Only use staff which is known to the team
- Everyone must be prepared
- Tactic is clear
- Team selection early
- Acclimatization
- Travel
- Who says what and when.
- Equipment/testing
- Keep the Team spirit the whole championship

Thank you very much for your attention!

Questions???

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