

Comparison training women and men



The coaches discuss, compare, decide,....



- **Goal=Top 10 in the World**
- 20km women 1.27.20 (3.82m/s)
- 20km men 1.19.30 (4.19m/s)
- 50km men 3.45.50 (3.69m/s)
- **Parameter**
- Stride frequency (steps per second)
- Stride length (m)

Kjersti 100% = 3,79m/s = 20km (1.28.00)

		1	2	5	10	15	20
95 %	3,58m/s	4.39/km	9.18/2km	23.15/5km	46.30/10km		
90 %	3,42m/s	4.52/km	9.44/2km	24.20/5km	48.40/10km	1.13.00/15km	1.37.20/20km
85 %	3,22m/s	5.11/km	10.22/2km	25.55/5km	51.50/10km	1.17.45/15km	1.43.40/20km
80 %	3,03m/s	5.30/km	11.00/2km	27.30/5km	55.00/10km	1.22.30/15km	1.50.00/20km
75 %	2,85m/s	5.51/km	11.42/2km	29.15/5km	58.30/10km	1.27.45/15km	1.57.00/20km

3,58 m/s	95 %	=	1km=	4:39
3,42 m/s	90 %	=	10km=	48:40
3,22m/s-3,58m/s	85 %	=	1km=	5:11
3,03m/s-3,42m/s	80 %	=	10km=	55:00
2,85m/s-3,03m/s	75 %	=	10km=	58:30

Kjersti Tysse Plätzer

Aerobe Schwelle (vL2):

HF bei vL2:

Anaerobe Schwelle (vL4):

HF bei vL4:

22.1.2000

3,53m/s 4.43/km

22.2.2000

3,6m/s 4.38/km
163

10.01.2004

3,61m/s 4.37/km
162

17.02.2007

3,7m/s 4.29/km
149

3,80m/s 4.23/km
3,85m/s 4.20/km
ca.180

3,81m/s 4.22,5/km
174

3,92m/s 4.15/km
ca.165

Erik 100% = 4,12m/s = 20km (1.21.00)

			1	2	5	10	15	20	25
KU-FL	95 %	3,91m/s	4.16/km	8.32/2km	21.20/5km	42.40/10km	1.04.00/15km		
KU-DL	90 %	3,71m/s	4.29,5/km	8.59/2km	22.27/5km	44.55/10km	1.07.22/15km	1.29.50/20km	
GU2-FL	85 %	3,50m/s	4.46/km	9.32/2km	23.50/5km	47.40/10km	1.11.30/15km	1.35.20/20km	1.59.10/25km
GU2	80 %	3,30m/s	5.03/km	10.06/2km	25.15/5km	50.30/10km	1.15.45/15km	1.41.00/20km	2.06.15/25km
GU1	75 %	3,09m/s	5.23/km	10.46/2km	26.55/5km	53.50/10km	1.20.45/15km	1.47.40/20km	2.14.35/25km

KU-FL=>	3,91 m/s	95 %	=	1km=	4:16
KU-DL=>	3,71 m/s	90 %	=	10km=	44:55
GU2-FL=	3,50m/s-3,71m/s	85 %	=	1km=	4:46
GU2-DL=	3,30m/s-3,50m/s	80 %	=	10km=	50:30
GU1-DL=	3,09m/s-3,30m/s	75 %	=	10km=	53:50

KU-FL= Konkurransutholdenhet-fartsloep (intervaller)

KU-DL= Konkurransutholdenhet-distanse

GU2-FL= Grunnlagsutholdenhet med fartsloep (intervaller)

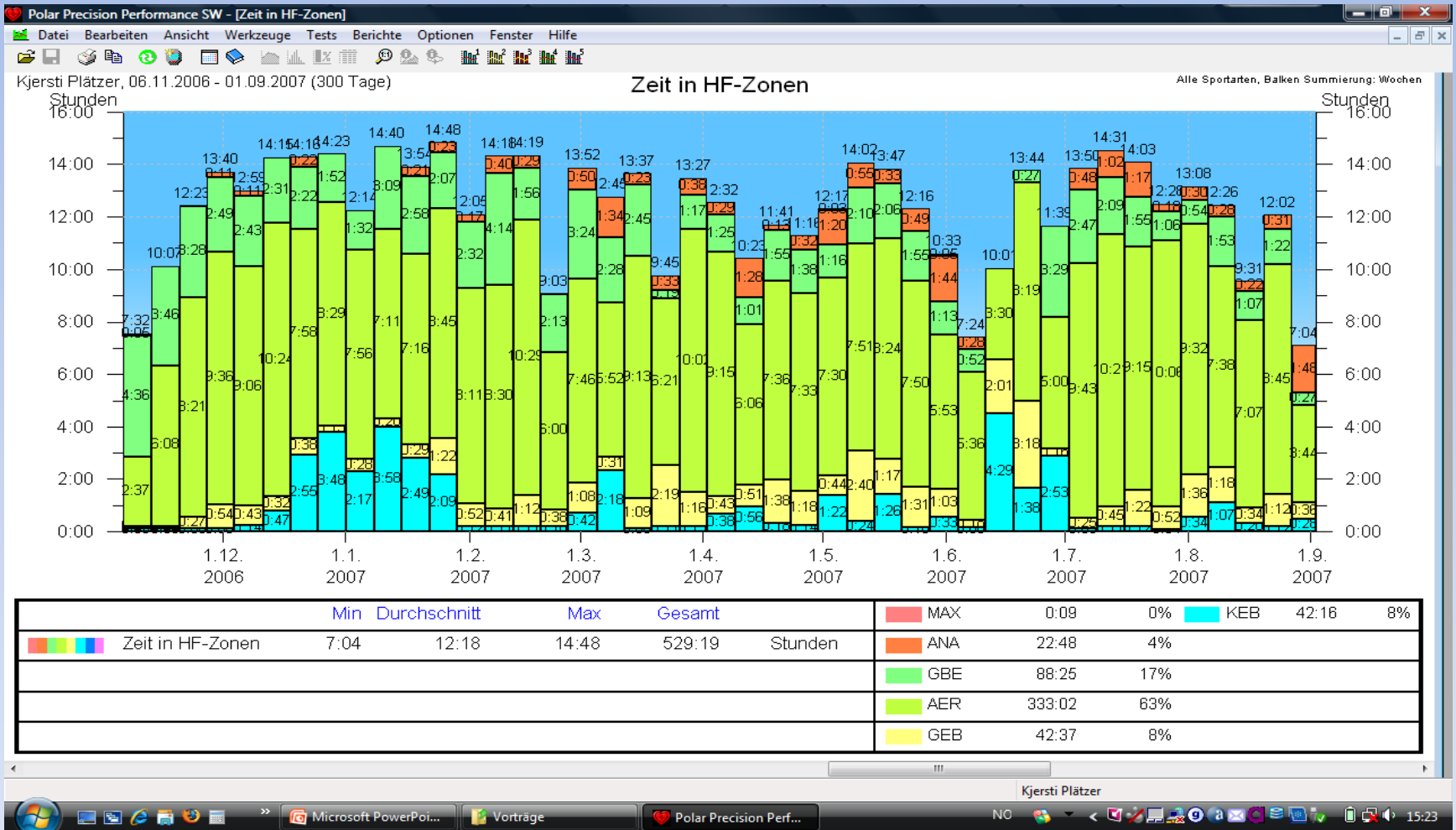
GU2= Grunnlagsutholdenhet

GU1= Grunnlagsutholdenhet lav intensitet

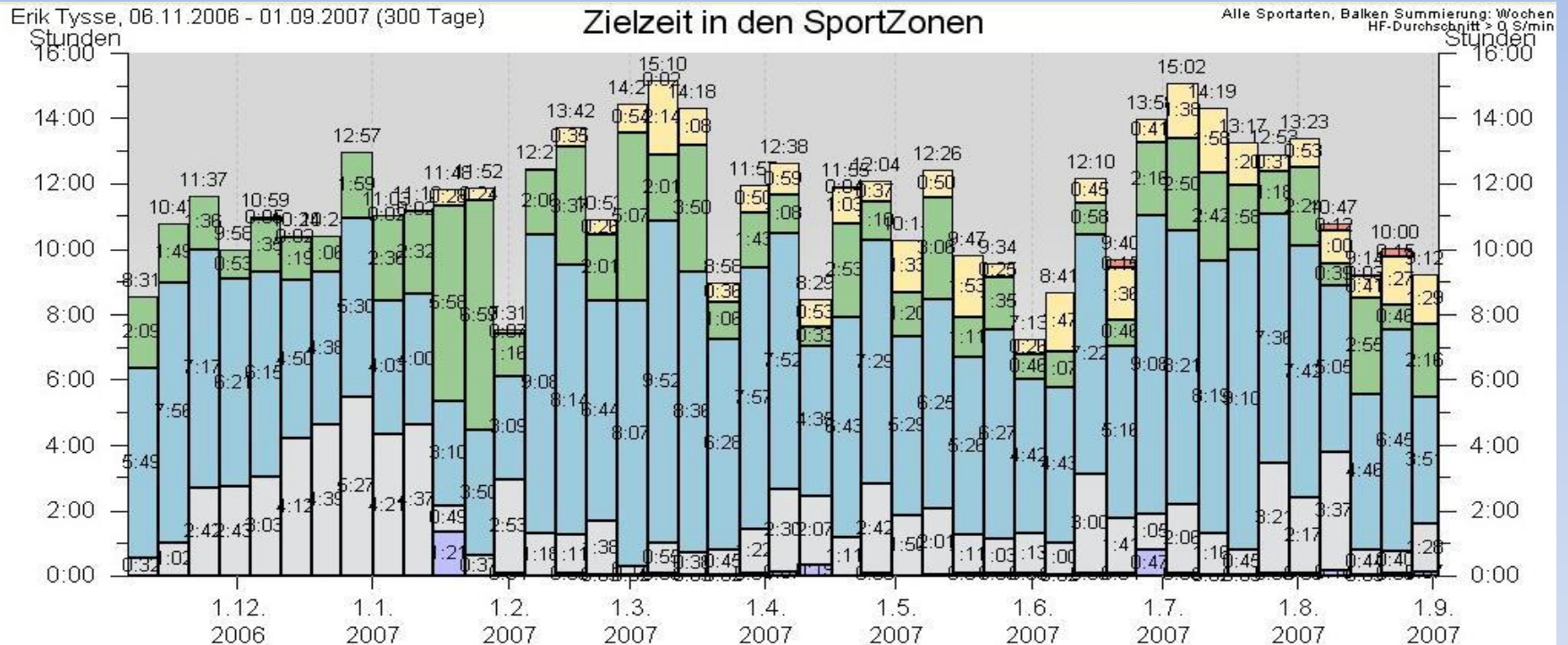
Estimert prestasjonsnivå:

	23.12.2004		27.01.2005	
Erik Tysse				
Nivå aerob terskel (vL2):	3,55m/s	4.42/km	3,64m/s	4.35/km
Hjertefrekvens med vL2:	158		162	
Nivå anaerob terskel (vL4):	3,77m/s	4.25/km	3,85m/s	4.20/km
Hjertefrekvens med vL4:	172		170	

Kjersti times in target zone

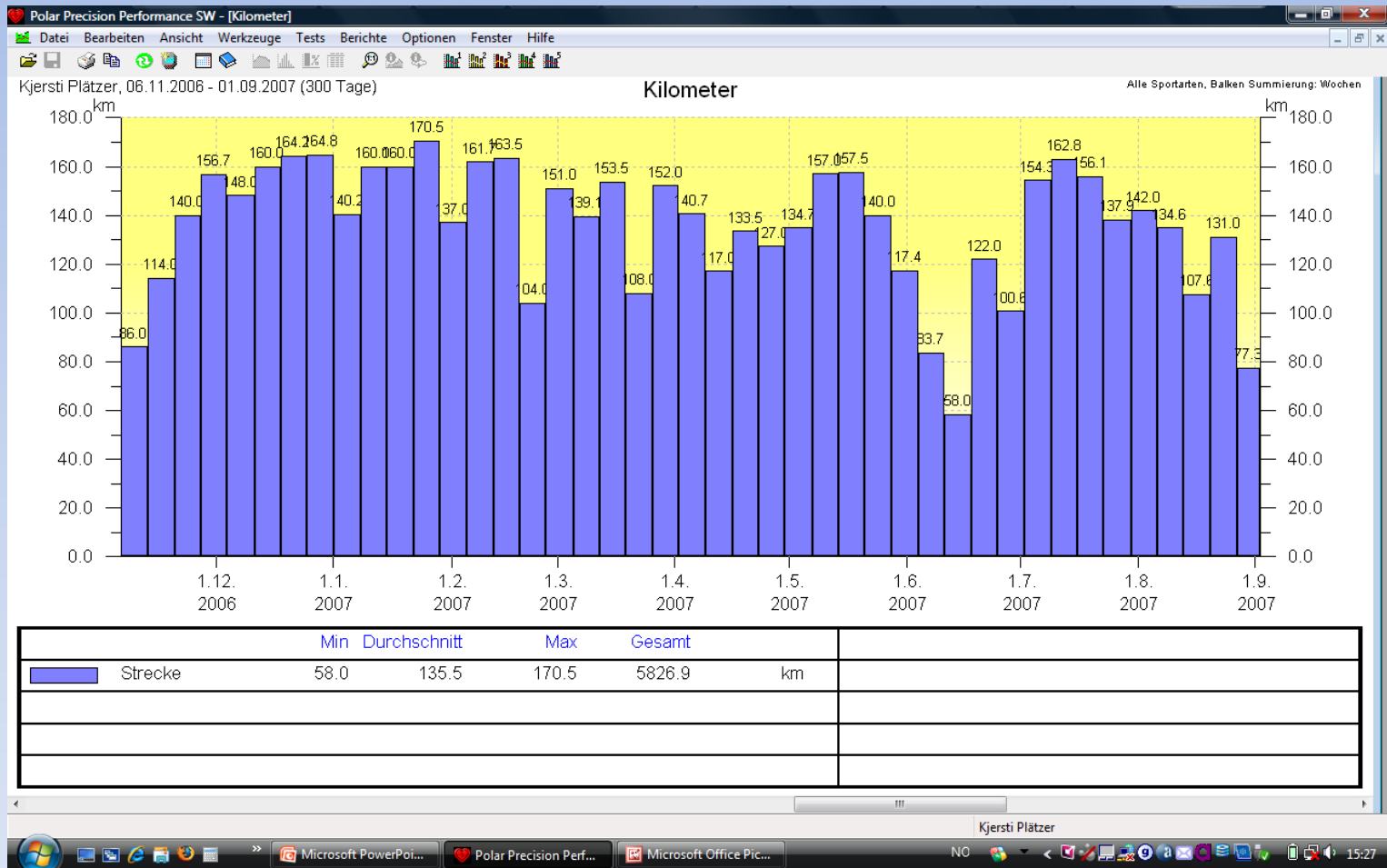


Erik times in target zone

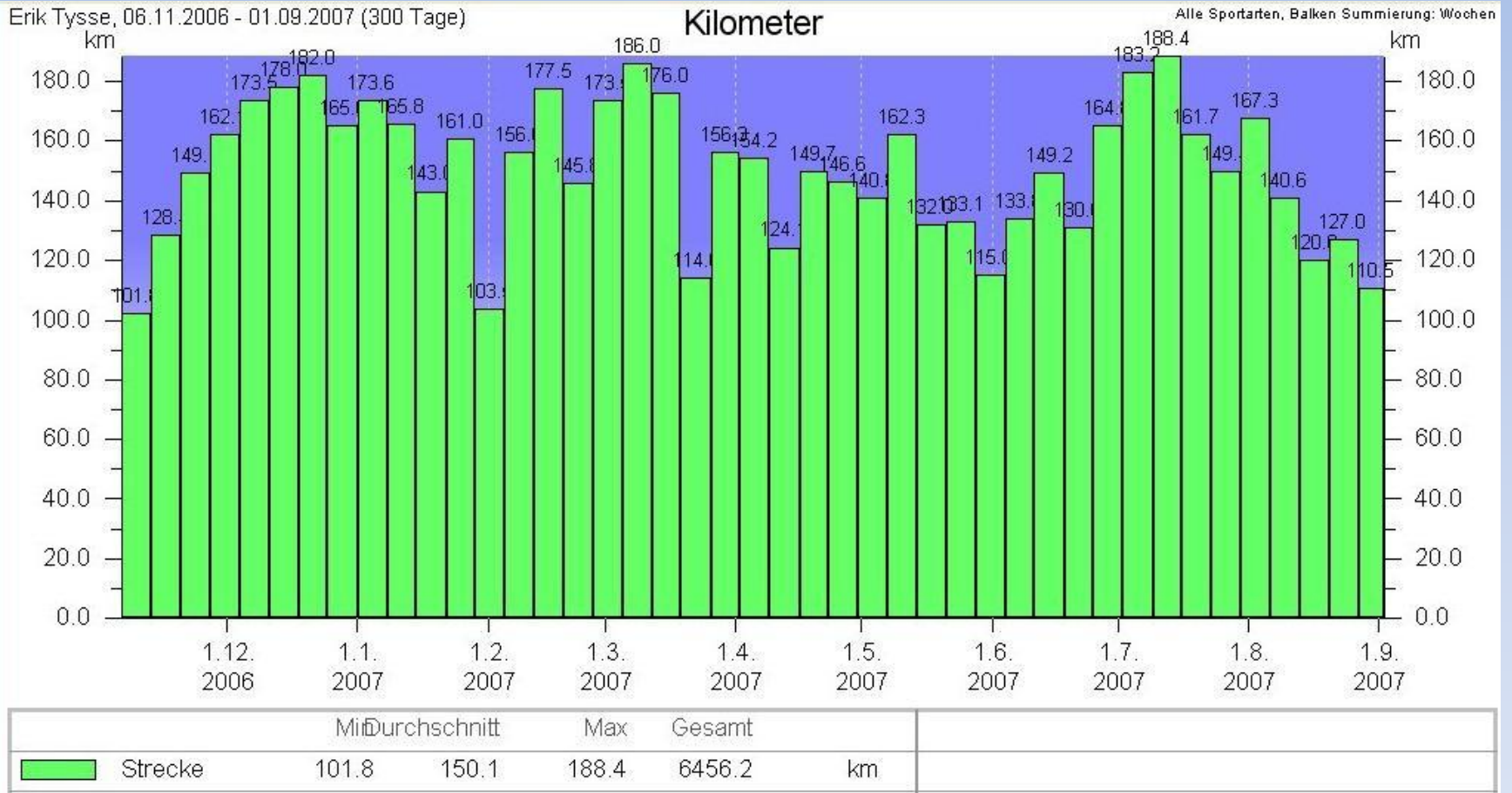


	Mi	Durchschnitt	Max	Gesamt				
	MAX	0:56 (0:00)	0%	(0%)		4:28 (0:00)	1%	(0%)
	MHI	32:33 (0:00)	7%	(0%)				
	LMI	90:05 (0:00)	18%	(0%)				
	LI	275:22 (0:00)	56%	(0%)				
		84:42 (0:00)	17%	(0%)				
	Zeit in HF-Zonen	7:13 (0:00)	11:21 (0:00)	15:10 (0:00)	488:09 (0:00)	Stunden		

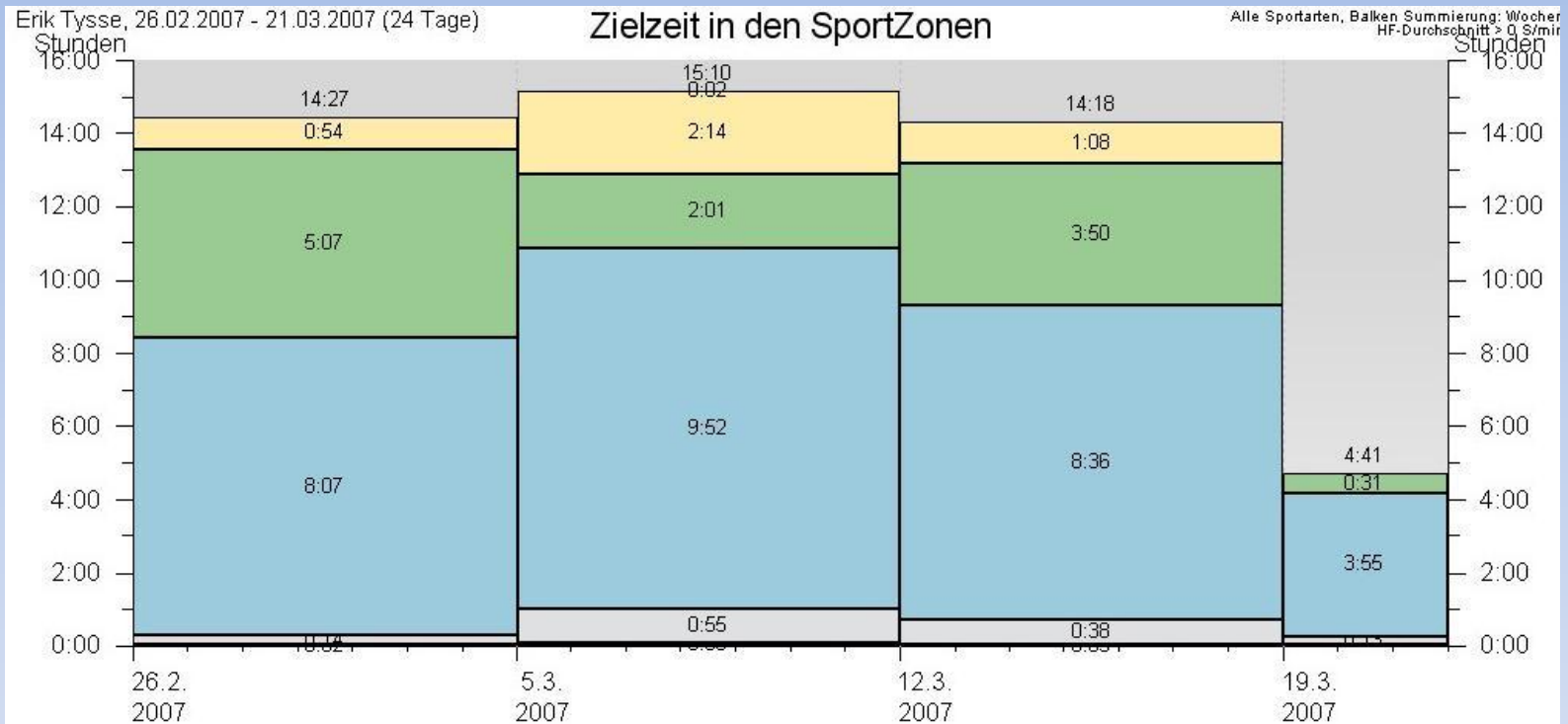
Kjersti kilometer 2006/2007



Erik Tysse kilometer 2006/2007



Erik Tysse Altitude Flagstaff – targettime in zones – 2006/07



	Min	Durchschnitt	Max	Gesamt		MAX	0:02 (0:00)	0% (0%)	0:11 (0:00)	0% (0%)
Zeit in HF-Zonen	4:41 (0:00)	12:09 (0:00)	15:10 (0:00)	48:37 (0:00)	Stunden	MHI	4:17 (0:00)	9% (0%)		
						LMI	11:31 (0:00)	24% (0%)		
						LI	30:33 (0:00)	63% (0%)		
							2:02 (0:00)	4% (0%)		

Kjersti T. Plätzer Altitude Flagstaff – targettime in zones – 2006/07







“There are many ways to Rome”



Obrigado 😊