Ronald Kwemoi with [Renato Canova](https://www.facebook.com/renato.canova.94)

Ronald started his training after going back Kenya from Japan, at the beginning of January.

He had a contract with one Japanese Club, that terminated on 1st April, but already informed the Club itself about his willing to terminate it : if you want to be one of the top 3 in the world on track, you can't follow the system of Japanese Clubs, where training conditions for track, and possibility to frequently run at top level, don't exist.

In Iten, he is followed on daily basis, by myself personally when I'm there (for example, from the beginning of January till 10th April, when I went Boston) or by my assistant coach, John Litei (formerly bronze medal for 800 m in Commonwealth Games 2006), of course following my programs, that never include training plans longer than 2 weeks, since we need to prepare technical strategies, in their particulars, looking at the real situation, not at the theorical level we supposed an athlete can reach in a long term program, without knowing too many facts that are out of our control at the time of the proposal (bad weather, family problems, injuries, sicknesses, days of training cancelled for going Nairobi in some Embassy for Visas, etc...).

The global strategy is based on two foundamental goals, to increase the aerobic power, using also sessions of long run at moderate and fast pace and at the same time, to develop the speed endurance with big volumes of medium-fast tests on track.

In my project, according my experiences and my mentality, an aerobic animal like Ronald needs to work on a wide range of solutions and needs to cancel every kind of fright about volume of training and length of the distances, making normal in his life a type of training including different type of training.

The volume of km he normally run every week can vary from 180 and 210, depending on the week. We don't use classic microcycles or a "symmetric system", with some type of training repeated every week in the same days (for example, track on Tuesday, fartlek on Thursday, long run on Saturday), but a detailed plan, with different number of days of recovery, depending on the intensity of the workouts.

I can give some example of training, starting from march :

Wed, 1 : 6 x 1600 m in 4'41"5 - 4'37"1 - 4'37"0 - 4'35"5 - 4'36"0 - 4'36"6 with 2'30" recovery

Mon, 6 : 10 km in 30'22" (15'13" + 15'09")

Wed, 8 : 2 x 3000 in 8'49"3 - 8'57"0 + 3 x 2000 m in 5'56"5 - 5'50"9 - 5'54"2 (rec, 2'30") + 3 x 1000 in 2'53"2 - 2'52"2 - 2'51"6 (rec. 2')

Fri, 10 : 10 km in 30'39" (afternoon)

Sun, 12 : track of tartan in Iten : 30 x 200 m (rec. 200 m jogging in 1'05" / 1'15") in : 27" - 26"7 - 26"6 - 28" - 27" - 27"4 - 26"8 - 27"5 - 27"1 - 27"3 - 26"8 - 27"3 - 26"9 - 27"3 - 26"5 - 27"5 - 26"8 - 27" - 26"7 - 27"5 - 26"5 - 27"9 - 26"2 - 28" - 25"9 - 27"7 - 25"7 - 28"2 - 26" - 23"3

In this training, the 200 m slower were paced by Noah Kipkemboi, a new guy working with Ronald and very good in long distances, the faster by Ronald. I asked to run fast the last 200 m and he closed in 23"3, showing that is able to maintain a high level of speed also when the goal of training is to increase the long endurance.

On Wed, 15, I put him together with Marathon runners like Geoffrey Kirui (winner of Boston) and Abel Kirui (winner of Chicago last year), for a special block with 41 km in the day, with these workouts :

Morning : 10 km in 32'41" + 10 km in 30'15"

Afternoon : 10 km in 33'40" + 7 x 1000 m on track (rec. 1'30") in 2'56" - 2'58" - 2'55"6 - 2'55" - 2'54"2 - 2'56"3 - 2'51"5

Sat, 18 : 2 x 10 x 400 m (rec. among the sets 8') with rec. in between 1', in : 61" - 64"4 - 63"1 - 65"1 - 62"1 - 63"2 - 62"9 - 62"8 - 63"6 - 63"6 (this first set with training shoes) -

The second sets using spikes : 61"2 - 61"7 - 61"8 - 61"3 - 61"1 - 61"3 - 61" - 60" - 59"4 - 55"

Tue, 21 : 6 x 1000 m (rec. 2'45") in 2'38"1 - 2'37" - 2'39"3 - 2'38"1 - 2'36"3 - 2'37"3. Rest of 6' - 4 x 300m (rec. 30"/38") in : 42"8 - 42"3 - 41" - 41"3

Ronald went Japan for 10 days for finishing the documents necessary for the termination of the contract (and for receiving the remaining money that the Club had to give him). The last day of the contract he ran in Kumamoto the Kanaguri Memorial in 5000 m, winning in 13'24"42 as training, with the last 200 m in 24"8.

Now these are the main sessions in april :

Sun, 9 : 25 km on hilly course in 1 h 31'40" (average 3'40")

Tue, 11 : 10 x 1200 m (rec. 2') in : 3'23"6 - 3'26"1 - 3'23"1 - 3'24" - 3'24"1 - 3'23"4 - 3'26"3 - 3'25"4 - 3'21"6 - 3'21"4. After 6' rest, 600 m in 1'22"3

Thu, 13 : 30 km in 1 h 40'24" (average 3'21"/km)

Sat, 15 : 5 x 600 (rec. 1' + 1'30" + 2' + 2'30") in : 1'33"2 - 1'33"4 - 1'28"5 - 1'27"6 - 1'24"1

Tue, 18 (afternoon) : 3 x 2000 m (rec. 3') in 5'40"2 - 5'32"5 - 5'38"9

Rest 5' - 10 x 400 m (rec. 1') in : 59"2 - 62"0 - 61"1 - 58"9 - 59"7 - 59"7 - 58"7 - 59"2 - 60" - 53"1

Thu, 20 : 1 h fartlek (20 times 1'/1' + 20 times 30"/30") (18,840 km)

Thu, 27 : 5 x 1200 m (rec. 2'45") in 3'15"2 - 3'15"1 - 3'12"3 - 3'14" - 3'13"1

Rest 6' - 5 x 600 m (rec. 2'45") in 1'25"4 - 1'27"5 - 1'29"2 - 1'28"8 - 1'29"7

(legs very tired)

Sat, 29 : 1 h moderate + 8 km in 23'52"

Mon, 1.05 (last workout before Doha, 3000 m) : 10 x 400 m (rec. 2'30") in :

55"3 - 54"3 - 55"5 - 54"2 - 54"3 - 54"9 - 55" - 55"1 - 54"2 - 53"1

How it's possible to see, the speed on track becomes faster step by step, but we are still far from the specific speed endurance training.

The next competition will be the Mile, in Eugene, on 27th may (Prefontaine).