



Is The Mile Run Making You Fast?

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There is an old saying in the strength and conditioning industry that goes something like this..."If you want to run (skate) fast ...then run (skate) fast." This is basically a layman's way of saying if you want to be fast you need to train fast twitch muscle fibers. In order to train fast twitch muscle fibers you need to use them.

Jogging DOES NOT utilize fast twitch muscle fibers. Let me repeat, jogging DOES NOT utilize fast twitch muscle fibers. So...why then do so many athletes and coaches come to me every year and tell me they (or their team) is running a mile or two every day in order to get into shape? Simple answer...they don't know any better.

Now don't get me wrong, the mile run does have its place but it is not as a pre-season or in-season off ice conditioning program.

Let me tell you how I utilize the mile run and what I use for my player's pre-season and in season off ice conditioning. The mile run is a great way during post season training to help an athlete develop a good aerobic base that will be needed in the off-season and pre-season training. It is also a good way to help some athlete lose extra body fat if this is needed. You do however need to be careful how you use the mile run, or for that matter as long as we are on the subject the 30-minute bike ride.

When training my hockey players I will use aerobic conditioning in the post season phase of training. This is the phase of training that is the furthest away from the start of the season so we have time to "fix" any issues that this aerobic conditioning has caused. During the post season training phase I will train 2-3 aerobic sessions for every 1 an-aerobic training sessions. This will be determined based on the shape of the athlete and the amount of fat that needs to be lost. Aerobic training may include a mile run, two mile run or a bike ride. It may also include a circuit in the weight room.

In phase two, or the off-season training phase, I will train 1:1 aerobic to an-aerobic. This may be changed if I have an athlete who really needs to work on speed then I will change the an-aerobic to 2 training sessions for every 1 aerobic session. By the time we get to the third phase or pre season training phase all conditioning sessions are of an-aerobic nature.

Some great "fun" an-aerobic training sessions can include racquetball, tennis or squash. For some more intense an-aerobic training session in season or pre season I like "Fartlek" Sprints 30-second sprint/30 second walk or the 300 yard shuttle run. The 300-yard shuttle run is a GREAT way to train an-aerobically and also work on recovery. It is also a fantastic testing method to determine recovery rate.

I have condensed a lot of the information for the purposes of space within this article. If you have any questions please feel free to contact me at info@betterhockey.com or by checking out the over 1,000 pages of articles, drills, video clips, audio interviews and more at the Members Only Area at www.betterhockey.com