



GENERAL PLAN FOR THE **AIMS OF 2020**



Carol Santa
Coordinator Coach



**AMBITIOUS BUT
REALISTIC AIMS!**

**TARGETS FOR THE
2016 – 2020 CYCLE**

OLYMPIC GAMES TOKYO 2020:
2 Medals

**WORLD CHAMPIONSHIPS
(INDOOR & OUTDOOR):**
2 to 4 Medals
(London, Birmingham & Doha)
and up to other 6-8 finals

**EUROPEAN CHAMPIONSHIPS
(INDOOR & OUTDOOR):**
20 Medals

**European Cross Country
Championships
(2016 -2020):**
12 to 15 individual medals and
8 to 10 team medals.



KEY POINTS

- **Long term investment** in athletes
- Exploiting to the maximum the potential of nationalized athletes
- **Identifying and supporting native athletes** capable of medals, finals and high level performance in representing Turkey in European and Global competitions
(from Junior to Senior)
- **Scientific & Medical Support**
- Altitude exposure planning
- **Yearly measurement** and review of performances
- **Communication and transparency**
- **Integration and cultural support**

TO CREATE A HIGHLY SUPPORTED GROUP OF WORLD CLASS ATHLETES WITH:

- **Clear timeline** of events (Training and competition programs established and RESPECTED during the year and the cycle)
- **Accountability** of all investments
- Clear and **realistic expectations** and targets
- **Permanent support**, follow-up and **scientific development**



TO RAISE THE LEVEL OF THE NATIONAL ELITE ATHLETES BY SUPPORTING:

- **High-standard competition** at national level
- **Mixed camps** (WC group and Elite group)
- **Permanent selection** and reviewing system
- **Support**, follow-up and scientific **development**

LONG TERM INVESTMENT IN ATHLETES

DISTINCT STRATEGIES



WORLD CLASS GROUP – WCG

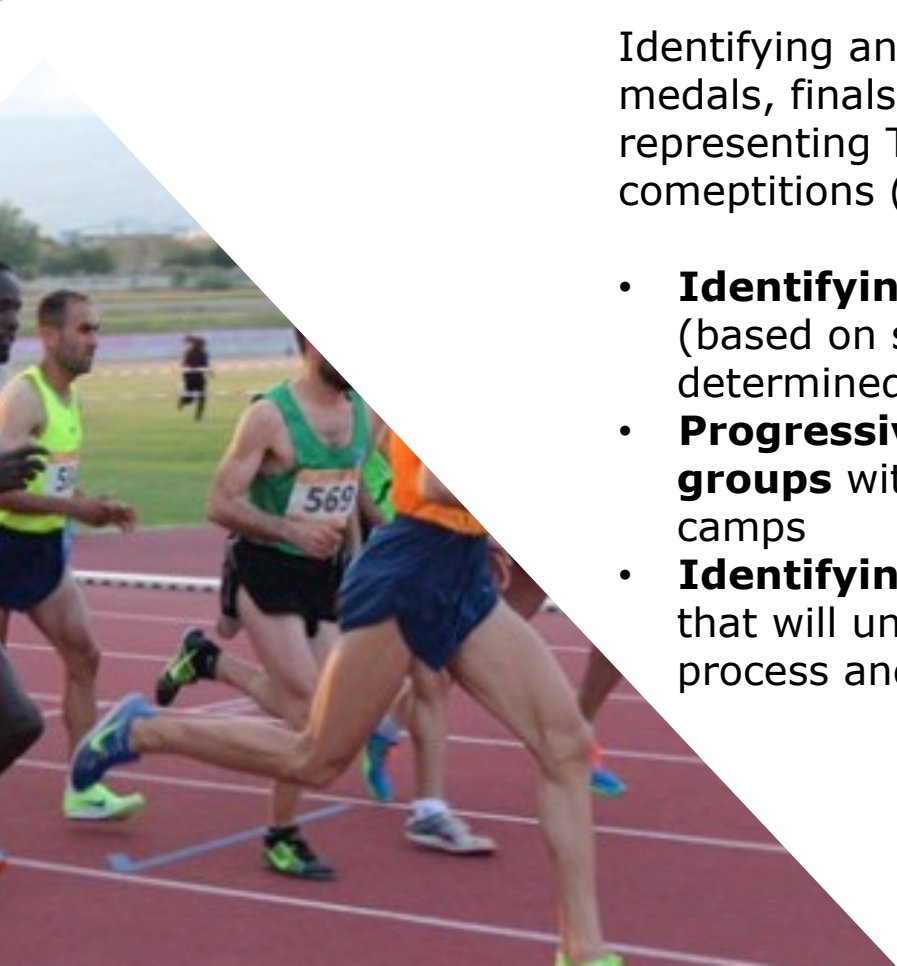
(Medals in global competitions potential and target)

Prioritisation of the effort and support (according to the 80/20 rule – 80% of the benefit can be obtained by focus on 20% of the group)

ELITE GROUP

Finals in global competitions and medals in European competitions - potential and targets.

Planning should be done with multi-year strategy, realistic progressions markers to be established for all athletes



SELECTION

Identifying and supporting athletes capable of medals, finals and high level of performance in representing Turkey in European and Global competitions (from Junior to Senior)

- **Identifying 2 to 4 athletes** on each event (based on selection criteria to be determined)
- **Progressive integration in the elite groups** with 3 to 6 weeks of altitude training camps
- **Identifying athlete/coach pairs/groups** that will undergo a review and planning process and be supported appropriately.

EXPLOITING TO THE MAXIMUM **THE POTENTIAL** **OF NATIONALIZED ATHLETES** ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

- ◆ The present group of **elite nationalized athletes** can provide **fantastic performances** in the coming 4 years (Ali Kaya, Aras Kaya, Yasemin Can and Meryem Akdag)
- ◆ Because of cultural specificity and personality traits, they all need **permanent support and careful personalized preparation** in order to fulfill their potential.
- ◆ Support should be focused on this group in order to attend **programed targets**.
- ◆ They could be also be used in order to **grow the performance of each discipline** in national level. Native elite athletes could increase their performances by participating in common camps or national competition races. Their results should also **stimulate competition and motivate young athletes**.
- ◆ **Institutions should cooperate with media** in order to promote their results and transform the World Class athletes into models to follow.



YEARLY MEASUREMENT AND REVIEW OF PERFORMANCES

UPDATED STATISTICS AND CURVES OF
PERFORMANCES, IDENTIFICATION OF
PROGRESSES BUT ALSO MISTAKES.

SIMPLE BUT **ACCURATE REVIEW** OF PERFORMANCE OF EACH ATHLETE:

- What were **his targets** in the previous year and did he achieve them?
- In case he did not, **why was this?**
- **What the athlete needs** in order to surpass the gap between target and performance.
- **How does the athlete plan** to do this?
- What **changes or improvements** he needs in terms of scientific/medical/lifestyle points of view?
- **What are the goals** for the coming year?

**COMMUNICATION
AND
TRANSPARENCY
FROM ATHLETES,
COACHES AND
GOVERNING
INSTITUTIONS.**



**TO DO
ATHLETES AND
COACHES:**

- Be honest
- Be open
- Engage
- Come with solutions, not just problem



**TO DO
INSTITUTIONS:**

- Transparent and constant updates on logistic and financial subjects
- Permanent communication
- Always respecting competitions and camps calendar



INTEGRATION AND CULTURAL SUPPORT FOR THE NATIONALIZED ATHLETES



- It is fundamental that the athletes are **integrated culturally in Turkey.**
- **Mixed camps** (native and naturalized athletes) bring more communication and integration.
- Gradual/progressive change of training venue in order to prevent possible cultural but also physiological shock for the nationalized athletes. **Nationalized athletes to spend more time in Turkey but progressive.**
- **Mixed teams** for team competitions
- **Planned support** to the athletes for learning language and culture.
- **Basic expressions and interview** simple answers should be learned in Turkish.
- **Better knowledge of Turkish culture** and history could bring a **better integration.**

CAMPS & CALENDARS

- Holding **camp**s before competitions is **fundamental**. Athletes have to be kept healthy, focused and motivated for peak of shape in target competitions.
- **Choice of camps** location to be done with maximum carefullness in order not to to more damage than good to the athlete performances
- **Altitude**, similar **humidity** and **temperature** conditions to competition venues should be taken in account.
- **Medical and recovery support** to be provided
- Easy **transfer** to competition place
- **Clear calendar of camps** at start of each season



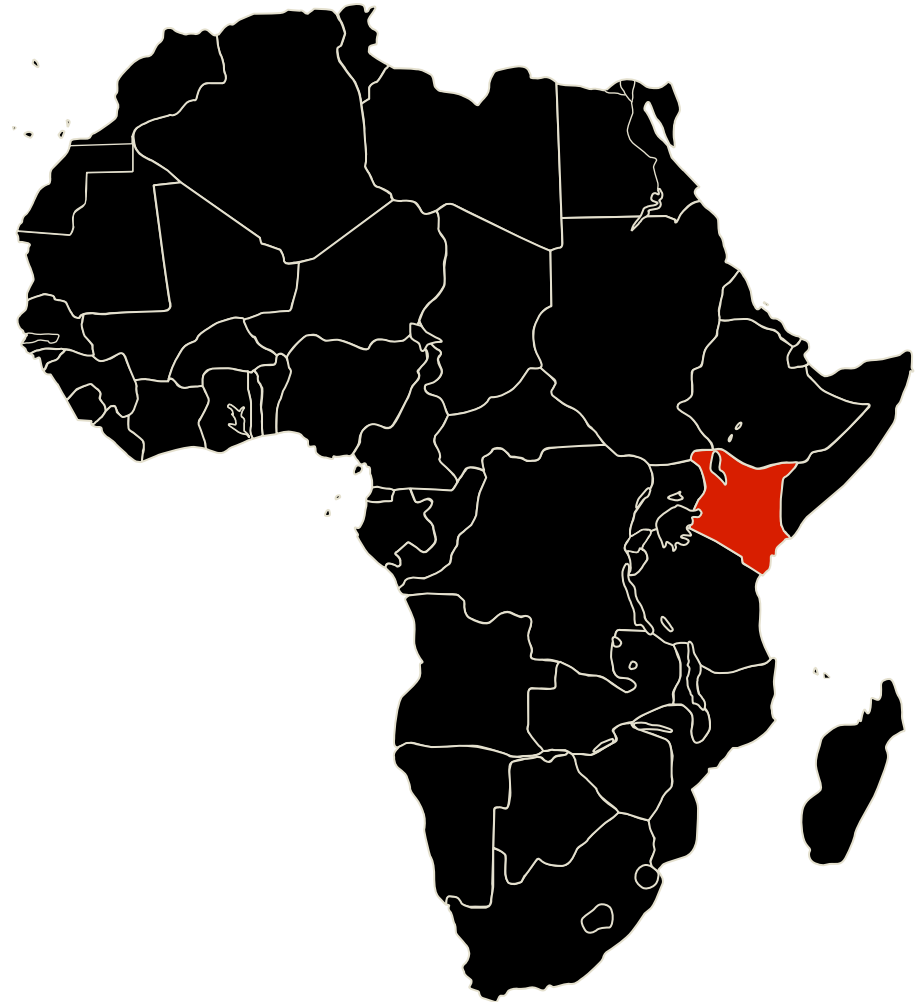
CAMPS FOR WORLD CLASS GROUP

OCTOBER – JANUARY:
ALTITUDE TRAINING
ITEN, KENYA

JANUARY – MARCH :
OPTIMIZING TRAINING
ITEN, KENYA

APRIL – MAY:
ITEN, KENYA

JUNE/JULY –
ERZURUM / FONT ROMEU
PRIOR TO COMPETITIONS



CAMPS FOR ELITE GROUP

MID OCTOBER - MID DECEMBER
ALTITUDE TRAINING
ITEN, KENYA

MID JANUARY - BEGINING OF MARCH
OPTIMIZING
ITEN, KENYA

APRIL - MID MAY
DEVELOPMENT CAMP
ERZURUM OR EUROPE

JUNE/JULY
ALTITUDE
ERZURUM / FONT ROMEU - PRIOR TO COMPETITIONS

**camp location could be diferentiated for each ahtlete,
taking in account competition calendar and fullfilment of
performances in training.*

***to be discussed – the oportunity of adaptation camp,
prior to olympic games in japan or china.*



SCIENTIFIC & MEDICAL SUPPORT



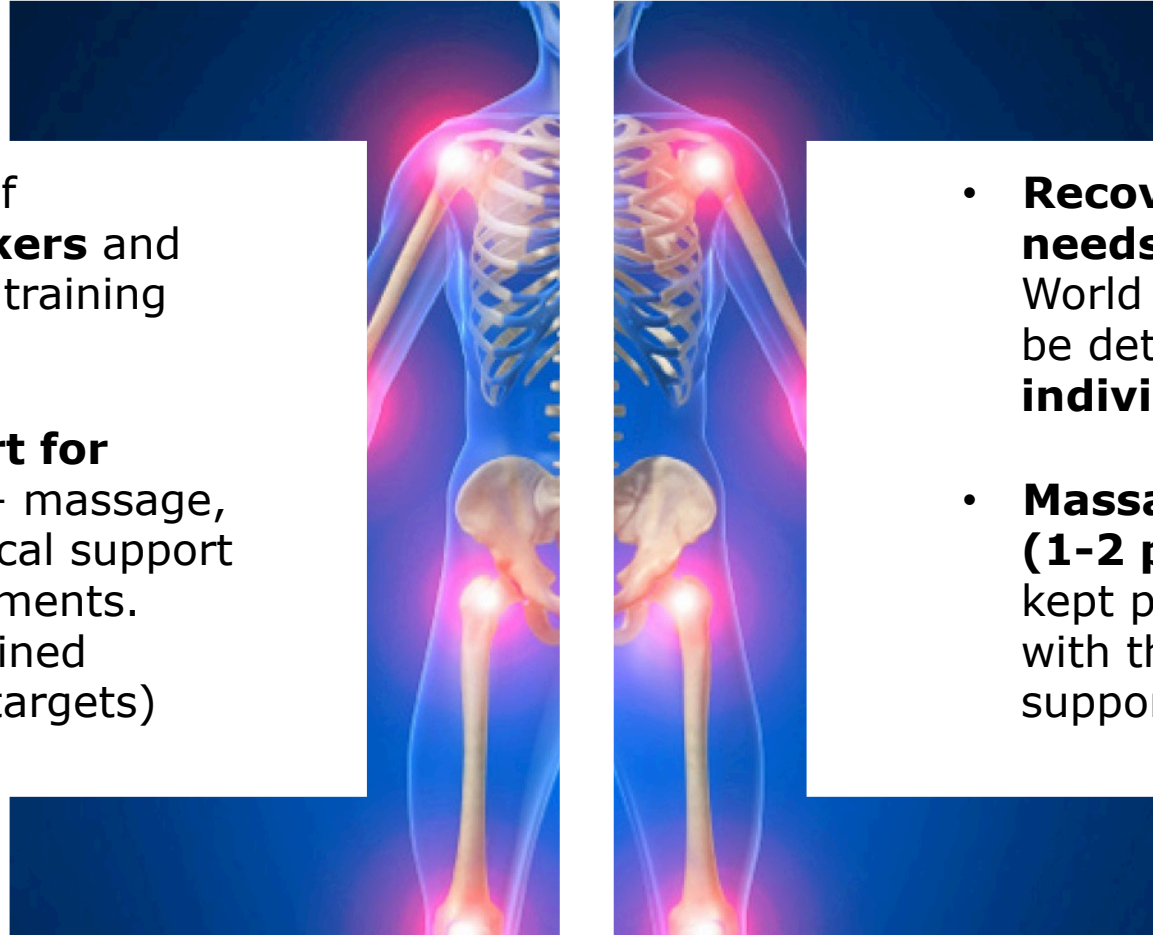
- **Complete medical review 2 times/year** in Turkey
(Lab according to Federation recommendations)
- Visting **performance labs 2 times/year**

RECOMMENDED:

Accurate and reliable metabolic measurements with **Quark CPET**
The machine **provides state-of-the-art breath by breath gas exchange data analysis (VO₂, VCO₂), Stress Testing, SpO₂ monitoring etc.**

SCIENTIFIC & MEDICAL SUPPORT

- **Monthly** following of **physiological markers** and response to altitude training (blood testing)
- **Permanent support for optimal recovery** – massage, physiotherapy, medical support and nutrition supplements. (budget to be determined yearly according to targets)



- **Recovery and medical needs** and support of each World Class Athlete should be determined and planned **individually**.
- **Massage & recovery staff (1-2 persons)** should be kept permanent together with the group (expenses supported by federation).

INVESTMENT



Except the support of camp, recovery, competition preparation, supplements, I consider very important the investment in:

- **Human Tecar Therapy Unit plus accesories**
- **Lactic Acid Testing Machines and Hemoglobine Testing Machines**

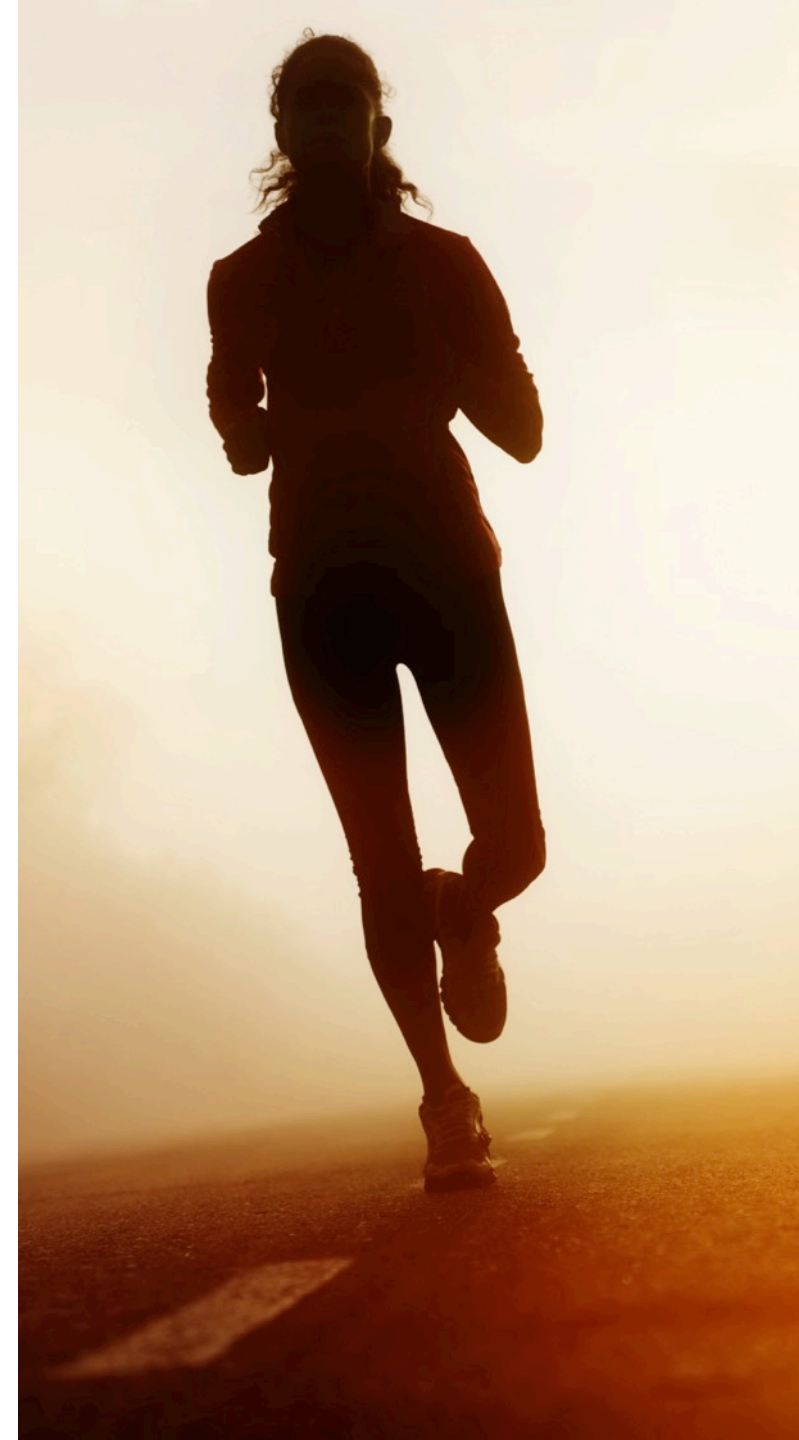


2016-2017

KEY DATES AND TARGETS

- **DECEMBER 11, 2016 –**
Spar European Cross Country Championships, Chia, IT
3 individual medals and 2 team medals
- **2017**
- **MARCH 3,**
34th European Athletics Indoor Championships – Belgrad, Serbia
3 medals (2 Gold)
- **JULY 13,**
11th European Athletics U23 Championships – Bydgoszcz, Poland
2 medals (Yasemin Can)
- **AUGUST 4,**
16th IAAF World Championships in Athletics – London, UK
1 or 2 medals
- **DECEMBER 10,**
24th European Cross Country Championships - Šamorin, Slovakia
3 individual medals and 2 team medals

**For targets fulfillment, participation (eventually with federation support) to 2-3 Diamond League competitions for each athlete should be mandatory.*



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**KEY
DATES
AND
TARGETS**

- **MARCH 2,**
17th IAAF World Indoor Championships –
Birmingham, UK
1 or 2 medals,
- **AUGUST 7,**
24th European Athletics Championships –
Berlin, Germany
5-6 medals (3 Gold)
- **DECEMBER 9,**
25th European Cross Country
Championships – TBD
3 individual medals and 2 team medals

**For targets fulfillment, participation (eventually with federation support) to 2-3 Diamond League competitions for each athlete should be mandatory.*

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**KEY
DATES
AND
TARGETS**

- **MARCH 1,**
35th European Athletics Indoor Championships, Glasgow, Scotland
3 medals (2 Gold)
- **SEPTEMBER 28**
IAAF WORLD CHAMPIONSHIPS, Doha, Qatar
1 or 2 medals
- **DECEMBER 8,**
26th European Cross Country Championships, TBD
3 individual medals and 2 team medals

**For targets fulfillment, participation (eventually with federation support) to 2-3 Diamond League competitions for each athlete should be mandatory.*

*** For Elite Group (native athletes) focus on identifying opportunities of obtaining olympic participation standard result.*

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**KEY
DATES
AND
TARGETS**



- **JUNE 24,**
25th European Athletics Championships
- Tbilisi, Georgia
6 medals (3 Gold)
- **JULY 24,**
Olympic Games – Tokyo, Japan
2 medals and other 4 finals

**For targets fulfillment, participation (eventually with federation support) to 2-3 Diamond League competitions for each athlete should be mandatory.*



THANK YOU



Carol Santa
Coordinator Coach