



Coaches Research & Scientific Conference  
7th-8th October 2016  
Dublin-IRELAND



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Olympic Preparations  
Tom Goegebuer M.Sc.



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Who Am I?

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## Tom Goegebuer

- EWF Coaching Research & Scientific Committee
- IWF Athlete Commission
  
- 18 European Senior Championships (1999-2016)  
European Champion 2009 (-56kg)
- 13 World Senior Championships (1997-2015)
- 3 Olympic Games (2008-2016)

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## Why?

- Not every nation can replace the older generation
  - In extreme situations some basic training principles of training become clear.
- The difference in training between 25y/ 40y old is huge.  
If you know how to train the difference in result is not huge!
- Mental Well Being**  
**Recovery & rest**

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## Specific items to consider

What is specific in my preparation?

1. No team setting & not full time
2. Age : 41 years Old  
Youngest lifter in Olympics 1999  
Second Oldest lifter 1981
3. Extreme bodyweight reduction (12%)
4. Individual qualification for Olympics

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### Team of athletes

- "Professional" setting
  - Accommodation / Coaching Staff / Medical Staff / ....
- Group training :
  - internal competition & team spirit
  - role models and good examples

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### Individual athlete

- More acceptable to look for external knowledge
- Individually adapted training straight forward

Beijing 2008

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## Practical consequences

### Building own team

- Look for training partners
- Own accommodation
- Create a coaching staff



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## Practical consequences

- i. TECHNIQUE COACHING
- ii. TRAINING PROGRAM
- iii. COMPETITION COACHING



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## Practical consequences

### ♦ Able to fit the program:

- Working schedule
- Age

### ♦ Look for professional settings

- Training Camps
- Other coaches & Training company



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### Age & lifting

Master from 35  
 Master points from +30 years

- ◆ Strength
- ◆ Technique
- ◆ Flexibility
- ◆ Explosive power
- ◆ Recovery & injuries

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### Practical consequences

SMART TRAINING "avoid hangover"

- ◆ Adapt the program:  
Recovery
- ◆ Quality not quantity  
Intensity ↔ Technique  
Principal exercises
- ◆ Keep it fun!  
My postponed retirement &  
Mental wellbeing

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### Making weight

- ◆ Normal weight
  - 64 kg
  - Height 164cm
  - Fat < 10%
- ◆ Reduction 12% bw.
  - 64kg → 56 kg



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### Practical consequences

A) Gradual weight loss

- ◆ Calorie restriction
  - Cutting carbs/ fat
  - Try to maintain protein
- ◆ -0.5 kg/week
  - 11 weeks
  - 64kg → 58.5 kg



ROBMACKLEMPHOTOGRAPHY

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## Practical consequences

### B) Fast weight loss

1 week 58.5kg → 56 kg

- ◊ “Starving” last days
- ◊ Dehydration
  - Lots of drinking
  - Short period of no drinking & sauna




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## 4.OLYMPIC QUALY

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## Individual qualification

8 best lifters of a non qualified NOC

- ◊ Peak performance in Olympic qualifier
- ◊ Minimum of 2 participations
- ◊ Only a few qualification tournaments
- ◊ Position only known after last team qualification event (June)

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## Comparison 2012

- ◆ Time Difference 1h vs 5h
- ◆ 4 years older = huge difference over 35 years

Less training sessions / Less high intensity / Less training camps



Problems to find stable technique



Main exercises

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## Coaching Advice

### FOR THE OLDER ATHLETE

**DO NOT:**

- ◆ put the aged athlete all the time with the rest of the team
- ◆ train on highest average → contrast in training
- ◆ fix the training program 100% → intuitive & fun
- ◆ forget the experience of the athlete → trust

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## Coaching Advice

### COMPETITION TACTICS

- ◆ DREAM BIG FOR TRAINING
- ◆ BE REALISTIC FOR COMPETITION  
It's amazing what a happy athlete can do in the last lift!

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## Coaching Advice

### OLDER ATHLETE & COMPETITION

- ◊ More tapering before competition
- ◊ More warm-up needed
- ◊ Time between lifts → smart choice of comp. weights
- ◊ Time between snatch & jerk

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## Coaching Advice

### FOR EXTREME WEIGHT REDUCTION

- ◊ Not everybody reacts well on +5% reduction
- ◊ Not for youth lifters (long term view)
- ◊ Low calorie & low fat % = Low energy level
  - Training volume & intensity ↓
  - Good training base necessary
- ◊ Recovery & rebuilding after bodyweight loss period
  - only once or twice /year

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## Coaching Advice

### FOR DEHYDRATION

- ◊ Don't exaggerate (diet first)
- ◊ Don't start dehydration too soon
  - Trick the body & Drink a lot
- ◊ Practice sauna
- ◊ Rehydration after weigh-in : Water + salts + carbs to absorb
  - Commercial rehydration + salt
  - or ORS (Oral Rehydration Salts)




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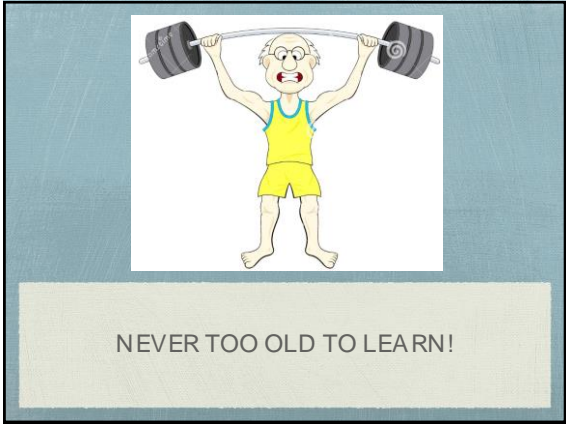
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