

What is the Best Way to Develop Specific Endurance for a Particular Event?

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Event specific endurance is best developed by actually doing the activities and motions required by that specific event with the intensities, speeds, body positions, and durations required by the event itself.

Adaptation to training stimuli is specific to the stimuli employed. As a result, if one expects to develop SPECIFIC endurance for a particular event, one must use stimuli that closely mimic the demands of the given event.

In the case of sprinters, their event calls for them to attain maximal or near maximal velocity in an efficient manner, run at maximal velocity for as long as possible, and maintain technical integrity in the face of overwhelming metabolic costs. The latter two points require event specific endurance. To address these two elements would obviously require an athlete to incorporate some form of maximal speed running and also maximal or near-maximal speed running while under a high metabolic load.

Note, that if there are several types of specific endurance required by an event (as is the case in the sprinter example) that it is not necessary for all of the elements to be trained at the same time. If one area of specific endurance is obviously weaker than another, it may need special attention. On the other hand, if all elements of specific endurance training were incorporated together it would better mimic demands of the actual event.