

# Nebraska Coaches Association Clinic – July 25, 2012

## Nebraska Wesleyan Cross Country Philosophy

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### **Program Philosophy**

- I. Academic Focus
- II. Personal Development
- III. Having Fun
- IV. Achieve Athletic Potential

### **Factors Influencing Individual Runner Success (Slide)**

**Inherent Talent** – While you cannot change this, everyone in our program has the inherent talent needed to achieve great “success”.

#### **Training**

- \*Consistency
- \*Easy days easy
- \*Power/Core Training
- \*Mileage
- \*Specific Workouts
- \*Long Runs

#### **Recovery**

- \*Hydration
- \*Eat w/in 30 minutes after workout
- \*Sleep
- \*Cold soaks

#### **Nutrition**

- \*4-6 small meals
- \*Know what you are eating (read labels)
- \*Hydration – Carry a water bottle
- \*Iron/1 a day vitamin
- \*Be prepared (night class, trips etc.)

#### **Academics**

- \*Keep current in all classes
- \*Relationship with professors
- \*Time Management

#### **Injury Prevention**

- \*Cold soaks
- \*Stretch after running
- \*Power/Core Training
- \*Foam roller
- \*Shoes

#### **Personal Relationships**

- \*Friends supportive of your running
- \*Support within team
- \*Parents

## **Some Personal Coaching Philosophy Thoughts.....**

### **Develop Your Philosophy**

Learn – Reading, clinics, talking, asking questions

Ted's Key Early Career Sources:

Daniels, Jack. (2005) *Running Formula*, 2<sup>nd</sup> Ed.

Ecker, Tom. (1996) *Basic Track & Field Biomechanics*, 2<sup>nd</sup> Ed.

USA Track & Field. (2000) *Coaching Manual*

### **Room For All**

Track & Field / Cross Country is the greatest sport in the world.

Large team size – Wide range of abilities

Everyone competes – Everyone has equal value

### **Basic Training Design Principle (Slide)**

#### **Individualization of Training**

Vastly different backgrounds entering our program

4 year plan

Runners have different responses to training stimulus

#### **Long Runs**

Usually Sundays

10-16 Miles

2 Types – Easy or Progressive

#### **Lactate Threshold Training (Tempo Runs)**

Definitions

\*Fastest running pace attained before a marked increase in blood lactate concentration occurs.

\*10K RP + 10-15 sec/mile

\*5K RP + 20-30 sec/mile

\*"Comfortably Hard"

Sometimes hard for young runners to understand – Faster is not better!

Typical LT workout: 20-30 Minutes @ LT Pace

\*20 minutes @ LT

\*3-6 miles @ LT

\*4-6 x 1 mile @ LT w/1m JR

\*4-6 x 5 minutes @ LT w/1m JR

\*6-8 x 1000 meters @ LT w/200 JR (Keep pace @ LT!)

## **VO2 Max Training**

### Definitions

- \*VO2max = milliliters of oxygen consumed per kilogram of body weight per minute of exercise
- \*98-100% of maximum heart rate
- \*"Hard Running"
- \*5K Race Pace

### Considerations:

- \*3 – 5 minutes bouts ideal
- \*5,000 – 8,000 meters of total work

### Typical VO2 Max Workouts:

- \*5-8 x 1000 @ 5K RP w/400 JR
- \*5-8 x 3m @ 5K RP w/2m JR
- \*4-6 x 900 @ VO2 Max-300 JR-600 @ V02 Max-600 JR

## **2 x Day Training**

### Individualized

- \*Freshmen – none for at least a while
- \*up to 3-4 x a week

3-5 mile morning runs

Pool work (Deep water run or swim)

### **"Peaking"**

- \*Have learned not to change things at this point
- \*Maybe reduce mileage by 10% - Keep intensity the same
- \*Have not over raced

## **Sample 2 Week Training Block**

Saturday	Meet
Sunday	Long Run (Easy)
Monday	Easy Run or Day Off – Strength Training
Tuesday	Steady Run
Wednesday	VO2 Max Workout
Thursday	Easy Run
Friday	Easy Run – Strength Training
Saturday	Long Run (Progressive)
Sunday	Easy Run
Monday	Easy Run – Strength Training
Tuesday	Lactate Threshold Workout
Wednesday	Easy Run
Thursday	Moderate Run & Strides
Friday	Jog Course
Saturday	Meet