

ROCK BRIDGE MIDDLE-
DISTANCE/DISTANCE TRACK
AND CROSS COUNTRY



COACH NEAL BLACKBURN
ROCK BRIDGE HIGH SCHOOL

PRE-MEET WORKLOADS TRACK

- ❖ Two mile time trial for all athletes that will run anything from 800-3200 to begin our season. This, along with a 400 time trial all athletes participate in, serve as a way to drive early season workouts.
- ❖ Runs in the realm of 35-75 minutes throughout each week of training depending on athlete, event specialty, and age.
- ❖ Fartleks early on at date pace mile pace utilizing surges of 200-400 meters.
- ❖ Striders and form drills 20-50 meters 2-3 times per week after non measured effort runs.
- ❖ Athletes that did winter work begin 800-1000 meter intervals at 8 percent of their weekly mileage with 2:00 recovery jogs for early week workout and 1000s@threshold pace based on two mile time trial with 1:00 rest, also with 8 percent volume.
- ❖ Every other Monday we have "split runs" where athletes will run 15-35 minutes, 4-8x200@mile pace, and close out with 15-35 minutes of running.
- ❖ More advanced/fit athletes will run fartleks out to 800 m duration at date pace mile pace. Other athletes will begin workouts mentioned earlier. I don't typically split 800 m runners out until the week leading up to the first meet.
- ❖ After completing a round or two of 1000s at threshold pace, we typically run some 20:00 thresholds with 200s added at the end.

EARLY COMPETITION SEASON TRACK

- ❖ 1600/3200 athletes will branch out into 1000s, 1200s, and/or 1600s(4-5:00 efforts) at 8 percent of weekly mileage with 2-3:00 recovery runs.
- ❖ 800 athletes will begin series of broken 800s with 600s dispersed in the mix utilizing 2-4:00 recovery runs, approximately 3000 meters of fast work at near current 800 pace.
- ❖ We still do some of the things we did in our pre competition phase, but add these types of workouts into the mix.
- ❖ Once every ten days we usually have double digit 400s at slightly faster than current mile race pace for 16/32 group. 800 group will do similar workout at 200 meters.
- ❖ We typically attach 200s to workload on early week 16/32 threshold style workouts.

MID-SEASON COMPETITIVE SEASON TRACK

- ❖ Maintaining much of current work. 16/32 folks begin phase of 800/1000s at 8 percent volume with 2:00 recoveries at two mile race pace.
- ❖ Once a plateau has seemingly been established as a group, we begin running fartleks with 200s and 400s at current 800 pace for milers and two milers.
- ❖ 800/1600 group begins phase of broken 600s with 600s dispersed within workout. 3000-3200 meters of work with paces differing between first 1500 and second 1500. Work is done at slightly slower than current 800 pace and slightly faster than 800 pace.
- ❖ Racing is somewhat limited by number of races or number of meters run. Athletes also race above or below their primary event several times.

LATE SEASON/POST SEASON TRACK

- ❖ Mixed energy systems for 16/32 groups. In a workout, we might run multiple threshold miles, 200s at mile pace, 200s at 800 pace.
- ❖ In addition to normal striders, all distance athletes begin running 30 m flys early in the week.
- ❖ Fartleks mixing energy systems running 200-800 meters with varying lengths at varied paces from mile to 400 paces.
- ❖ Broken 1200s at mixed paces at approximately 5000 meters of volume.
- ❖ We continue to implement speed every ten days running a workout devoted to 800 m paces for 16/32 people. 3000-3200 meters of volume.
- ❖ We still utilize workouts that we've done all season mixing thresholds within our body of work during this phase.

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Phases of Training

1. **Distance Re-Orientation** - Two Weeks - Easy to Moderate distance runs. No other training elements yet. Getting back into routine of daily training.
2. **Base Building Phase** - Four to Five weeks - Lengthen distance runs to over-distance principle. Easy to moderate runs. Introduce transitional LT (Lactate Threshold) workouts. Include light “speed” workouts. Purpose of this phase is to build aerobic base and begin transition to LT running.
3. **Lactate Threshold Training Phase** - Six to Eight Weeks - Continue aerobic improvement, light speed. This phase will include the early competitive season. Change transitional LT workouts to true Lactate Threshold workouts. Purpose of this phase is to improve LT pace and ready the body for VO2 Max workouts of next phase.
4. **VO2 Max Training Phase** - Five to Six weeks - Intervals of 3-8 minutes with short recovery. Progress the pace of repetitions. Maintain aerobic base. This should be the middle of the competitive season. This phase focuses on progressing to high intensity. Running must be closely monitored regarding injury with regards to volume and intensity.
5. **Peaking Phase** - Two to Four weeks - Intervals of 2-4 minutes with longer recoveries. Progress intensity of repetitions. Cut back amount of aerobic running, but maintain long run. This will take us into our post season and be implemented for championship type meets.

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Types of Workouts within Phases

Phase 1 - Distance Re-Orientation - Aerobic running at 60-80% of “in-shape” distance (5-6 miles when you normally run 8 miles). Effort is typically 1:30/mile slower than 5K race pace. These should be done 5-6 days a week depending on individual. There should be a comfort level with these runs, as they will develop good muscle cell physiology.

Phase 2 - Base Building Phase - Aerobic running at 75-100% of “in-shape” distance (6-8 miles when you normally run 8 miles). These should be done 3 times a week, 1:30/mile slower than 5K race pace. **Lactate Threshold Transition** runs, done once a week, may include modified fartleks, cruise intervals, “out and back”/”pick up runs”; not a high intensity workout. The **steady-state** run, approximately 30-45 seconds/mile slower than 5K date pace, mostly non-conversational, should be done once a week, and at varying lengths based on the individual. **Split runs** are typically done at a normal aerobic effort with the exception of the split piece, where approximately half-way through the run, pick-ups of 200-300 meters at mile date race pace. These can be done on trails, tracks, and preferably grass, once a week. Whatever the duration of the first half of the run was, athletes equal that duration on the back half, but at a slightly faster pace. **Long Run** - is aerobic running at distances significantly longer than goal race distance and built up gradually. These are usually approximately 20-25% of the athlete’s weekly mileage; and can also be divided generally speaking into categories such as: milers - 8-10 miles; 5k - 10-13 miles; 10k - 12-15 miles. Long runs also fall into the pacing of 1:30/mile slower than 5K race pace.

Phase 3 - Lactate Threshold Training Phase - Aerobic running at 100% “in-shape” distance; yet conversational, done 3 times a week, 1:30/mile slower than 5K race pace. **LT runs, once a week** in the form of **tempo runs, alternate miles, and extended fartlek**. Ideal distance is approximately 4 miles and done at about 15 seconds/mile slower than 5K pace. Light speed workouts similar to last phase, slightly quicker, once a week. Steady-state runs are still utilized, once a week, but typically only on non-racing weeks. Races and time trials are also used once a week, with pace restrictions, during this phase. Long runs are still conversational and still represent 20-25% of our weekly mileage, again, related to the individual.

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Phase 4 - VO2 Max Training Phase - Continued, unchanged aerobic efforts 3 times a week. **Interval training sessions once a week** with longer repeats of 3-8 minutes in length with short recovery; typically 200-400 meters, monitored by a watch so as to keep recoveries consistent. These are typically conducted in race conditions (grass vs. track/hills vs. flat); slightly faster than race pace. Light speed workouts, similar to the split run, or with 150s-300s at the end of a workout, slightly faster than the previous phase, will also be included once a week. Races will still be a facet of our training. The long run will be similar to the previous phase, although with some athletes, the increase in intensity and racing may require a slight cut back if feeling fatigued. The cut back could be anywhere from 5-25% of their previous long run.

Phase 5 - Peaking Phase - Aerobic training as before, but at 60-75% of peak volume, twice per week. Interval training consisting of repeats in duration of 2-4 minutes with full recovery (jog equal time of previous interval effort) with paces slightly faster to greatly faster than goal race pace; high intensity workout once a week. **Traditional speed workouts** structured similarly as previous phases, but done much quicker than before with longer recoveries, typically used for sharpening; less than 5% of weekly mileage. Racing once a week can be expected during this phase as it is typically the championship season. Recovery days with light shake-outs are better utilized during this phase of training. Long runs may be 50-75% of peak volume, but depends on each individual runner.

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Defining Terms:

Aerobic runs = 1:30/mile slower than 5K race pace. This is training, but typically makes up the Long Run

Easy-Medium runs = 45-60 seconds per mile slower than 5K pace - good honest pace, mostly conversational. More of a quality effort, helpful in aerobic development. Typically longer duration

Steady-State runs = 30-45 seconds per mile slower than current 5K pace / typically longer duration

Threshold Runs = approximately 25 seconds per mile slower than 5K race pace

Tempo Runs = 15 seconds per mile slower than current 5K pace

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Final Note:

Flexibility in each individual's training is vital to the success of the program. Grouping athletes ability and performance-wise is also crucial to the growth of each individual. At Rock Bridge, we will rarely "Run as you feel" as we will have a focused daily plan specific to the needs of each individual in the program.

Sunday 6-15-14	Monday 6-16-14	Tuesday 6-17-14	Wednesday 6-18-14	Thursday 6-19-14	Friday 6-20-14	Saturday 6-21-14
Gradual Build-up Mileage throughout week (recovery day)	Build Mileage of with easy to moderate distance (all individualized)	Build Mileage Easy to moderate distance runs	Off to minutes cross training on your own	(30-45 minutes of Easy moderate distance runs)	Build Mileage to Easy moderate distance runs	Long Run 20-25% of weekly mileage

Recovery day/less mileage compared rest of week	Build Mileage Easy to moderate distance +10 min last week	Build Mileage Easy to moderate distance Same last week	Off to minutes cross training on your own	(30-45 minutes of Easy moderate distance runs +5 min last week)	Build Mileage to Easy moderate distance runs Same as Last week	Long Run 20-25% of weekly mileage
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- Re-Orientation Phase (Two week sample/similarly structured workouts/gradual build-up of mileage over two weeks) Begin Transition to Sunday long runs... Don't go back to back long run days though in transition.**

Sunday 6-29-14	Monday 6-30-14	Tuesday 7-1-14	Wednesday 7-2-14	Thursday 7-3-14	Friday 7-4-14	Saturday 7-5-14
Long Run 20% of weekly mileage	Run Aerobic 75-100% "in-shape" w/striders	Run Easy-Medium of 50+min	OFF/shake out on your own	Aerobic w/striders min from last week	Run Split +5 w/200s @ mile last pace	Run Aerobic Run +5 min from last week



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-6-14	7-7-14	7-8-14	7-9-14	7-10-14	7-11-14	7-12-14
Long Run 20- Aerobic	Run "Fartlek"	Off/X-Train	Aerobic	Run Aerobic	run Aerobic	Run
25% of weekly mileage	w/striders +5 min from last week	8-1 cut-down	30-45 min/or Shake-Out your own	w/striders + 5 min from last 10k pace	w/cut-down to	+5 min from last week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-13-14	7-14-14	7-15-14	7-16-14	7-17-14	7-18-14	7-19-14
Long Run 20- Aerobic	Run Steady-State	Off/shake out	Aerobic	Run Structured	Aerobic	Run
25% of weekly mileage	w/striders +40 min+ 5min from last week	on your own	w/striders + 5 min from last week	Fartlek 2-2-4s @ mile pace	+5 min from last week	

• Base Building Phase (four-five weeks) – Three week sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-27-14	7-28-14	7-29-14	7-30-14	7-31-14	8-1-14	8-2-14
Long Run 20- Aerobic	Run Tempo Run	Off/Shake out	Aerobic	Run Structured	Aerobic	Run
25% of weekly mileage	w/striders +5 min over last week	+ 5-10 min from last steady state	day on your own	w/striders same distance as last week	Fartlek 2-2-8s @ mile pace	+5 min from last week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-3-14	8-4-14	8-5-14	8-6-14	8-7-14	8-8-14	8-9-14
Long Run 20- Easy-Medium	Steady-State	Off/shake out	Aerobic	Run 5K Time Trial	Aerobic	Run
25% of weekly mileage	Run +5 min over last week	same Run +15 min from Tempo Run	on your own	w/striders +5 min over last week	+5 to establish same distance last date pace work as last week	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10-14	8-11-14	8-12-14	8-13-14	8-14-14	8-15-14	8-16-14



Long Run 20- Aerobic 25% of weekly w/striders mileage +5 min over last week	Run Tempo +5 -5 min from day on your own	Run Steady State	Off/Shake out on your own	Aerobic w/striders same as last week	Run 1000s@LT pace 8% w/2:00 jog recoveries	Aerobic of same distance as last week	Run same distance as last week
Saturday 8-17-14	Monday 8-18-14	Tuesday 8-19-14	Wednesday 8-20-14	Thursday 8-21-14	Friday 8-22-14	Saturday 8-23-14	
Long Run 20- Aerobic 25% of weekly w/striders mileage. Same as last week	Run Tempo Intervals same as last week	Run w/1:00 jog recoveries 8-10% of weekly mileage	Off/shake out on your own	Aerobic w/striders min over last week	Run 1000s/1200s/1600s@LT +5 pace 8% weekly mileage w/2:00 jog recoveries	Aerobic of as last week	Run same distance as last week

. Lactate Threshold Training Phase (six-eight weeks) – Four week sample.

Sunday 9-28-14	Monday 9-29-14	Tuesday 9-30-14	Wednesday 10-1-14	Thursday 10-2-14	Friday 10-3-14	Saturday 10-4-14	
Long Run 20- Steady 25% of weekly w/striders mileage +5 min over last week	Run +5 over last week	State 5-8X Slightly faster than 5K pace recovery jogs	1mile@ faster w/2:00 jog	Off/X-Train On your own	Controlled fartlek @mile pace	50-65 min 200- aerobic Relaxation/ Visualization	Race run squad Everyone Aerobic +5-10 min



Sunday 9-28-14	Monday 9-29-14	Tuesday 9-30-14	Wednesday 10-1-14	Thursday 10-2-14	Friday 10-3-14	Saturday 10-4-14
Long Run 20- Steady State 5-8X 1mile@ Off/X-Train Controlled 50-65 min Race "A" 25% of weekly Run +5 min Slightly faster On your own fartlek 200- aerobic run squad / mileage +5 over last SS than 5K race @mile pace/3k Relaxation/ Everyone else min over last pace w/2:00 Visualization Aerobic Run week recovery jogs racing distance +5-10 min						

Sunday 10-5-14	Monday 10-6-14	Tuesday 10-7-14	Wednesday 10-8-14	Thursday 10-9-14	Friday 10-10-14	Saturday 10-11-14
Long Run 20- Aerobic Run Broken 1200s Off/on your Sets of two- 50+ min Race "B" 25% of weekly w/striders +5 @slightly own shake out mile aerobic run Squad / mileage same min over last faster than 5k thresholds w/striders Everyone else as last week aerobic run race pace sets (either 3/4/5 Relaxation/ Aerobic Run of 6/4/2 w/ 1/2 setsX2 mile) Visualization +5-10 min rec of distance w/1-2:00 rec 8% hard of week's mileage						

Sunday 10-12-14	Monday 10-13-14	Tuesday 10-14-14	Wednesday 10-15-14	Thursday 10-16-14	Friday 10-17-14	Saturday 10-18-14
Long Run 20- Split Run with 5X1 mile@ 3k Off/X-Train Threshold mile 40+ min Race "A" 25% of weekly 8X200s @ mile pace / 3-5X1k On your own repeats + 2-4 aerobic run squad / mileage same pace same as @ 3k pace; miles over w/striders Everyone else as last week aerobic run half distance racing distance rel/viz Aerobic Run last week jog recoveries w/1:00 rec +5-10 min						



• **VO2 Max Training Phase (Five to Six weeks) – Three week sample.**

November 11-9-14	November 11-10-14	November 11-11-14	November 11-12-14	November 11-13-14	November 11-14-14	November 11-15-14
Long 25% planned weekly mileage your own	Run 30-40 min of threshold HR 160-180 on	Shake-Out run w/goals/ Expectations Mental Prep 2 for Regionals	4X200@ mile race pace/3- 6X1k@3K date w/6-8 rec downhill striders / rel/viz	40-55 min aerobic run light	NCAA Regionals@ Bradley	Light aerobic run/lactic shake off w/striders
November 11-16-14	November 11-17-14	November 11-18-14	November 11-19-14	November 11-20-14	November 11-21-14	November 11-22-14
Long 20% planned weekly mileage your own	Run Aerobic of/ Medium on grass on min +4X200@ mile pace	Run 6-8x1 mile Easy Tempo Run w/1:00 recovery +4X200 mile pace	@ Shake-Out pace with goals/ expectations @ mental prep for Nationals	Split with sets 200s/ total@ mile relaxation/ Visualization 8Xstriders total at racing checkpoints	40-55 min, NCAA on Championships@ Terre Haute	

• **Peaking Phase (Two-Four weeks) – Two week sample.**



QUICK SNIPPETS

- ❖ Ten day training cycles implementing speed throughout, but a minimum of one workout dedicated to that end.
- ❖ Six day training weeks
- ❖ Goal is to limit consecutive days to no more than six.
- ❖ Only weights used are those for injury prevention
- ❖ Minutes vs. miles on non measured effort days.
- ❖ Dynamic stretching, form drills, light static stretching before. Dynamic stretching to static stretching at end.
- ❖ Ice twice per week. Expected to do injury preventive exercises 3-5 times per week.
- ❖ Singles only. No doubles. Rest is always run.
- ❖ Focus on core strength three times per week. Attempts to use full body motion exercises to improve core strength.
- ❖ Racing strategy discussed throughout practices and prior to races.
- ❖ Expectations and goals always discussed.
- ❖ Anything over 800 meters is done on a loop near high school. Anything under 800 meters is done on track.

RESOURCES

- ❖ Running for my Life Lopez Lomong
- ❖ 14 Minutes Alberto Salazar
- ❖ Running with the Kenyans Adaharanand Finn
- ❖ Bowerman and the Men of Oregon Kenny Moore
- ❖ Duel in the Sun John Brant
- ❖ Running the Lydiard Way Arthur Lydiard
- ❖ Eleven Rings Phil Jackson
- ❖ More Fire Toby Tanser
- ❖ Run with the Champions Marc Bloom
- ❖ Distance Training For Women Lydiard/Gilmore
- ❖ Run Faster Brad Hudson
- ❖ The Long Green Line Joe Newton

RESOURCES CONTINUED

- ❖ The 17 Indisputable Laws of Teamwork John Maxwell
- ❖ Born to Run Christopher McDougall
- ❖ Fast Track Suzy Favor Hamilton
- ❖ Best Efforts Kenny Moore
- ❖ Talent is Never Enough John Maxwell
- ❖ The Greatest...The Haile Gebrselassie Story Jim Denison
- ❖ Running with the Buffaloes Chris Lear
- ❖ Gerry Lindgren's Book on Running Gerry Lindgren
- ❖ Trails, Trials, and Triumphs...The Daviess County Running Tradition Tony Rowe
- ❖ Running After Prefontaine Scott F. Parker
- ❖ Pre...America's Greatest Running Legend Tom Jordan
- ❖ Finding Their Stride Sally Pont

RESOURCES CONTINUED

- ❖ The Last Lecture Randy Pausch
- ❖ Triumph...The Untold Story of Jesse Owens and Hitler's Olympics Jeremy Schaap
- ❖ The Sports Gene David Epstein
- ❖ Slaying the Dragon Michael Johnson
- ❖ The Perfect Mile Neal Bascomb
- ❖ Eric Liddell: Pure Gold David McCasland
- ❖ Out of Nowhere...The Inside Story of How Nike Marketed the Culture of Running Geoff Hollister
- ❖ John McDonnell Andrew Maloney
- ❖ Once A Runner John L. Parker
- ❖ Perfection Point John Brenkus