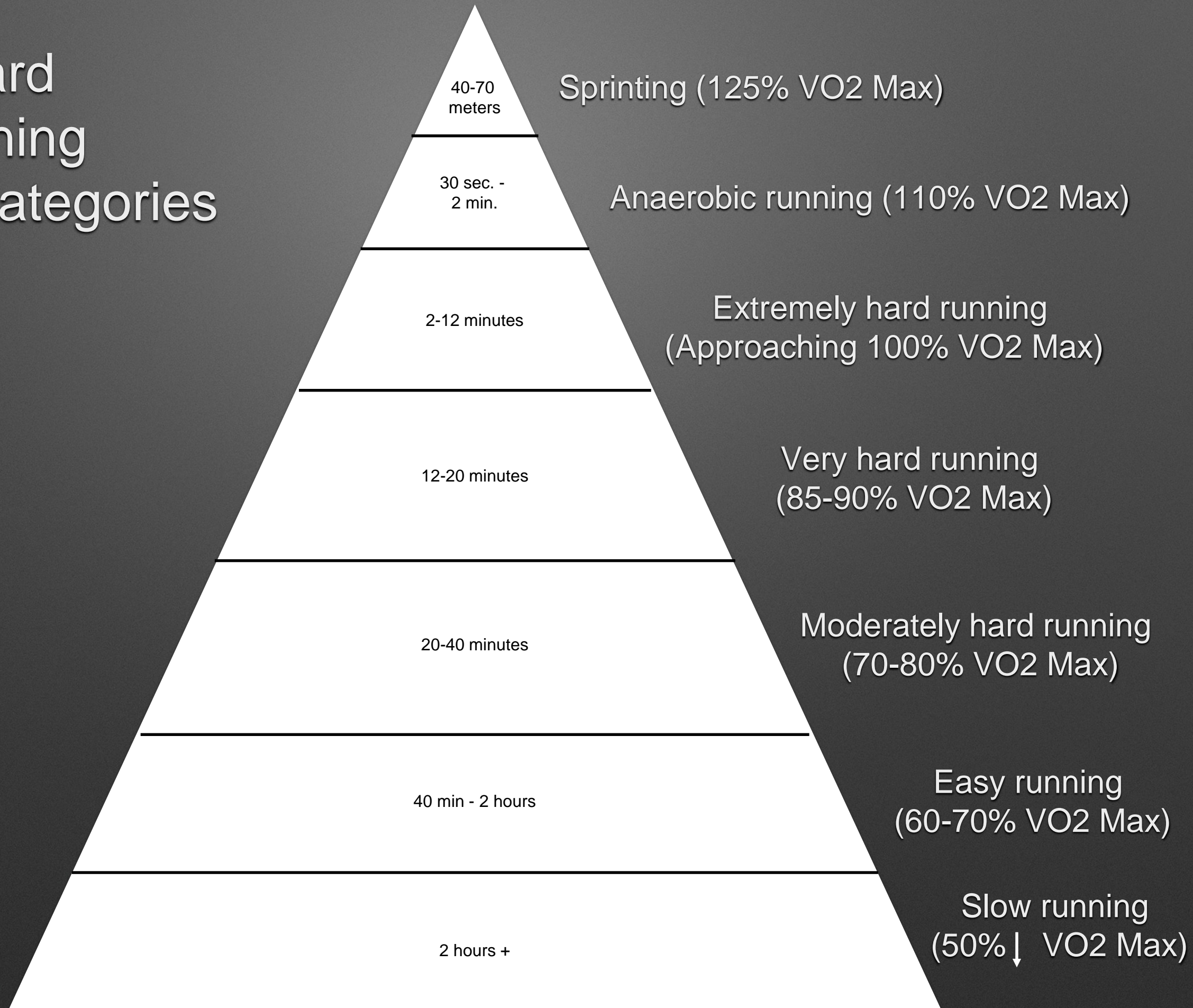


# Training Program for a Successful Season

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# Standard training categories





# 1. Pick a date

- October 19 (Conference meet for JV)
- Everything revolves around that date



## 2. Establish an endurance base

- This is the foundation of a great pyramid
- At least 50% of training time



# 3. Gradually introduce strength building activities

- Lydiard: “speedwork in disguise”
- Core work, weights



# 4. Begin work on pace and anaerobic development

- 8 weeks from peak race
- Repeat 1000s, repeat miles
- Faster than race pace



# 5. Don't race too often

- Australian Percy Cerutti: “racing robs”
- Cortisol levels



# 6. Don't train too hard

- Stopwatch
- High volume intervals are possible if done right



# 7. Rest is as important as stress in the life of an athlete

- Convince them!
- Not just sleep - rest
- Don't ruin the foundation



# 9. Carefully plan your final 3-4 weeks

- Reduce volume (intervals, mileage, etc.)
- Sharpen



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