

Distance Training

Coaching the Whole Athlete



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Program Goals

- PERFORM AT YOUR BEST WHEN IT MEANS THE MOST BY CREATING AN ELITE MINDSET
- COMPETE AT A HIGHER LEVEL, MORE CONSISTENTLY WHILE MANAGING DISTRACTIONS AND ADVERSITY (ESTABLISH CONSISTENT ROUTINES)
- CREATE A CHAMPIONSHIP TEAM CULTURE
 - To develop elite athletic leaders and cultivate a clear vision that keeps each individual motivated and excited for competition/training

Program Goals

HOW DO WE GET THERE?

- **OPEN LINES OF COMMUNICATION**
- **GOAL SETTING-** CONNECTING TODAY WITH LONG TERM GOALS
 - Team/ Individual
 - Find a win everyday- celebrate the little victories along the way
 - Do the little things a lot

Approach

“THE DEFINITION OF INSANITY IS DOING THE SAME THING OVER AND OVER AND EXPECTING A DIFFERENT RESULT.”- ALBERT EINSTEIN

- COACHING PHILOSOPHY IS EVER EVOLVING
- MEET YOUR ATHLETES WHERE THEY ARE (BUY IN)
- THE COACH-ATHLETE RELATIONSHIP IS BUILT ON TRUST THROUGH CONSISTENCY
- BREAKDOWN BARRIERS- CREATE A SAFE ENVIRONMENT
- KEEP PRACTICES FUN AND COMPETITIVE
- BE POSITIVE, SHUT DOWN NEGATIVITY

GET COMFORTABLE BEING UNCOMFORTABLE DURING PRACTICE

Empower

- TEACH THEM COMPARISON WILL BE THE THIEF OF THEIR JOY
 - Many pathways to a similar result
- CELEBRATE OTHER'S SUCCESSES
- CREATE AN ATMOSPHERE OF GRATITUDE
- BELIEVE IN YOUR PLAN AND YOUR ATHLETES



Training Components

YEAR-ROUND APPROACH

- SUMMER- MILEAGE BUILD
 - Key to success when wanting to make big jumps in performance
 - Aerobic base
 - Steady runs, tempos, hills, threshold efforts
 - Long run (20% of total volume)
 - Acceleration work

Training Components

- CROSS COUNTRY
 - Strength & Speed
 - Intervals with short recovery (60"-90")
 - Tempos, hills, threshold efforts, long runs
 - Mix in speed 1 time per week

Training Week

- CROSS COUNTRY
 - Monday- Run with 30" pick ups
 - Tuesday- Intervals (repeats: 800's- 2k's - 800's)
 - Wednesday- XT Day for most/ some run recovery mileage
 - Thursday- Recovery run & strides or 200's continuous
 - Friday- Race or Tempo work
 - Saturday- Long Run

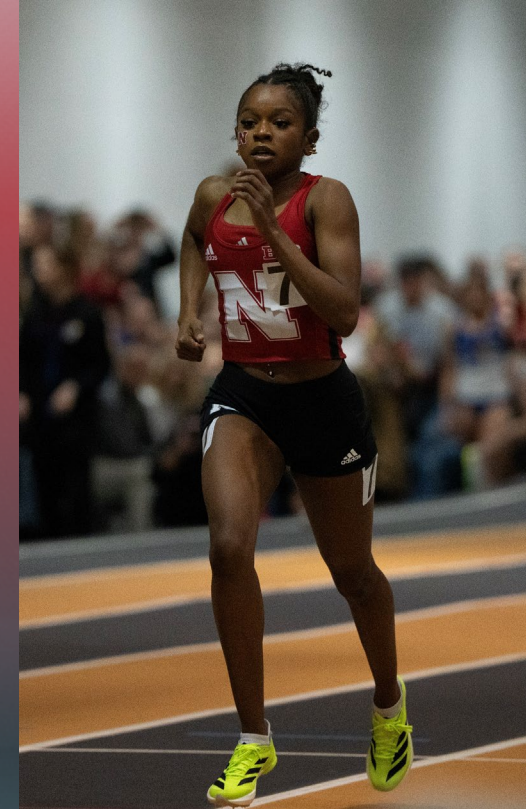


Season Transitions

- TRAINING BETWEEN SEASONS
 - Break time between seasons 10-14 days
 - Mileage Build- phase 3-4 weeks
 - Start with cross country style workouts- add in more speed at the end of workouts
 - Examples of speed endurance: hill sprints, 200's, 300's
 - Stay off the track as much as you can during the first couple of weeks
 - Keep the strong steady runs or progression runs

Training Components

- TRACK & FIELD
 - 800/Mile
 - Speed- fly 30's/150's, short hills (3-4 minutes recovery)
 - Race pace intervals (longer rest/ broken up into sets)
 - Tempo/threshold/hills
 - Mile/2 Mile
 - Speed 150's/ 200's
 - Mix of race pace intervals and cruise intervals
 - Tempo/threshold/ hills



Training Week

- TRACK & FIELD FOR 800/ MILE
 - Monday- AM XT/ afternoon fly 30's/2- 3 sets of 200/400/200
 - Tuesday- XT Day for most/ some run recovery mileage
 - Wednesday- Workout 200, 3x600, 200
 - Thursday- mileage and 3x300 build-ups
 - Friday- pre-meet run, 60" pick-up, 2x200 strides
 - Saturday- Race
 - Sunday- Off or XT

Training Week

- TRACK & FIELD FOR MILE/2 MILE
 - Monday- Run with 30" pick ups
 - Tuesday- Intervals (ladder down, repeat 400's etc.)
 - Wednesday- XT Day for most/ some run recovery mileage
 - Thursday- Race Week-recovery run & strides
 - Non-race Week- 2 mile warm up 6X200 meter strides continuous run
 - Mix it up with 20" hills strides
 - Friday- Race or Tempo work
 - Saturday- Long Run
 - Sunday- Off of XT

Competition Schedule

- TRACK & FIELD
 - Identify the most important competitions
 - When writing training work backward these competitions
 - Don't race your primary event every week- mix it up
 - Example: 800m runners run the 400 or a 4x4 at the end of the meet or even your mile runners run a 4x4. Great way to work on speed development



Competition Phase

“PEAKING”

KEEPING ROUTINE- HELPS THE BODY STAY IN RHYTHM

- Keep all components of training in your plan- lift, workouts, double runs, long run, core, etc.
 - Routine helps athletes not feel sluggish or heavy legged
- Mileage- How much to remove? Enough to freshen up
- Workout volume – keep it similar to what you have done throughout the season
- Increase the rest between intervals- allow for more recovery
- Tune up the mind- make sure they believe they are ready

Mileage

FLUCTUATION IN VOLUME

- SUMMER VOLUME- LEAST INTENSITY CAN BE THE HIGHEST

BENEFITS OF UP WEEKS AND DOWN WEEKS THROUGHOUT THE YEAR

- FRESHENS UP LEGS/ ALLOWS A RESET PHYSICALLY & MENTALLY
- CYCLE 2-3 WEEKS UP
- 1 WEEK DOWN (HOW MUCH MILEAGE DO YOU REMOVE?)
 - Down week- shorten recovery days, leave double days and long run mileage

Recovery

RECOVERY IS DIFFERENT FOR EACH PERSON

- RECOVERY NEEDS TO BE A PRIORITY
- TAKE CARE OF THE LITTLE THINGS
 - Stretching- pre/post run, core, lifting, yoga, diet, rest
- PRE/POST PRACTICE FUELING
 - 1 hour prior- quick digesting snack
 - 30 minutes after workout- snack
 - Hydration- incorporating electrolytes



Cross Training

BENEFITS OF IMPLEMENTING CROSSING TRAINING INTO YOUR TRAINING PLAN

- ADDITIONAL CARDIO WORK WITHOUT THE POUNDING OF RUNNING
 - Use it year round
- METHODS- BIKE, ELLIPTICAL, LAP SWIM, AQUA JOGGING, ETC.
- SETTING A HEART RATE GOAL (STAY WITHIN THE SYSTEM YOU WANT TO TRAIN)
- CAN USE IT FOR DOUBLE DAYS OR ONE DAY OF OFF LOADING PER WEEK
- 10 MINUTES OF CROSS TRAINING EQUALS 1 MILE OF RUNNING

Core

BENEFITS OF IMPLEMENTING CORE TRAINING INTO YOUR PLAN

- IMPROVED RUNNING POSTURE AS FATIGUE OCCURS
- INCREASED EFFICIENCY AND POWER OUTPUT
- 10 MINUTES OF CORE 2-3 TIMES PER WEEK

INCLUDE BOTH PRONE AND SUPINE POSTURE

- CONTINUE TO CHALLENGE ATHLETES BY CHANGING UP THE ROUTINE OR ADDING A WEIGHT/MED BALL

Strength Training

BENEFITS OF IMPLEMENTING STRENGTH TRAINING YEAR ROUND

- LIFTING HELPS INCREASE BONE DENSITY, REDUCE STRESS INJURIES & DELAY FATIGUE
- 2 TIMES PER WEEK DURING SEASON/ SUMMER UP TO 3 TIMES PER WEEK

MOVING CORRECTLY IS MORE IMPORTANT THAN INCREASED WEIGHT

- CORRECT BODY POSITIONING IS THE MOST IMPORTANT THING FOR INJURY PREVENTION

EVERYTHING IN THE WEIGHT ROOM SHOULD COMPLEMENT THE GOALS YOU HAVE FOR YOUR TEAM ON THE COURSE OR TRACK

Consistency is Key

CONSISTENCY THROUGH ROUTINE BUILDS CONFIDENCE

- KEEPING ATHLETES HEALTHY- WEEKS OF CONSISTENT TRAINING
 - Most important thing
- KEEPING A LOG- EASY WAY TO TRACK PROGRESS
 - Workout repetition
- POST RACE REFLECTIONS QUESTIONS
 - How prepared did you feel for the race? What is something you feel you did well? What can I do better? How can I do better?

Questions



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