

Notre Dame Women's
Cross Country/
Middle Distance & Distance Training

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Women's Cross Country and
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837

2
822
BIG EAST

UConn
758
BIG EAST

7
821
BIG EAST

5
940
BIG EAST

11
977
BIG EAST

832
BIG EAST

Training based upon:

- Sound physiological principles
 - Stress-Recovery-Adaptation/Super-compensation
- Experience
- Common sense
- Individual needs, strengths, weaknesses, etc.
- Necessity- sometimes you just need to do what works
- Stay HEALTHY
- Structured but not “rigid”- Have a plan but adjust as need
- Always keep in mind that ultimately we are “training to race” and not “training to have impressive training logs”
- Most are “borrowed” ideas (many from people here)- always be willing to learn and adapt



I. Summer Preparation

- A. Important to begin summer training with break following end of Track season. When summer training begins based on length of track season
- B. Emphasis on CONSISTENCY and GRADUAL PROGRESSION
- C. Each athlete given own schedule to increase both volume and intensity of training load gradually throughout summer
- D. Mileage goals and paces are based on what they have done in the past and long term progression. Conservative with younger runners.
- E. Once near 100% volume, will add more intense running to weekly schedule (tempo runs, fartlek, hill repeats).
- F. Goal is to be ready to TRAIN well when get to school at end of August, not to be in peak racing shape.
- G. Encouraged to run with others (guys) regularly so as not to get too comfortable and develop a false sense of fitness.
- H. Lots of emphasis placed on communication, both within the team and with coach to create team atmosphere even before they arrive on campus. Letters, emails, phone calls, texts.
- I. Emphasis on TEAM GOALS vs. Individual Goals throughout summer

Week	Days Run	Weekly Goal Mileage	Longest Run	Short Tempo Pace (on track)	Long Tempo Pace	HILLS	FARTLEK	STRIDES	Morning WO's
2013 Summer Suggested Training Progression	Emily Frydrych	100%= 55 miles	80 minutes	10k pace on track 84 secs per 400m	5:50 per mile on measured road/trail course	Grass or dirt hill that takes at least 45 secs to climb	On soft surfaces w/surges at XC race pace effort 2 mi WU/2miCD	ON Grass Emphasize form & turnover 2-3 X per week	Easy 20 min run or X-train
Week # 1 June 3-9	Increase Consistency of runs	50 % of goal mileage	60% of longest run			Include hills in distance runs		As you feel	
Week # 2 June 10-16	June 5-6 days	60% of goal mileage	70% of longest run			Include hills in distance runs		As you feel	
Week # 3 June 17-23	6-7 days	60-70% of goal mileage	80% of long run			Include hills in distance runs		As you feel	
Week # 4 June 24-30	6-7 days	70% of goal mileage	90% of long run			Include hills in distance runs		4 x 100m	
Week #5 July 1-7	July 6-7 days	70-80% of goal mileage	90% of long run			Include hills in distance runs	30" SURGES in the middle of your run as you feel	6 x 100m	
Week # 6 July 8-14	July 6-7 days	80% of goal mileage	100% of long run		3 miles at Long Tempo Pace	Include hills in distance runs	45" SURGES in middle of your run as you feel	6 x 100m	as needed

Week # 7 July 15-21	6-7 days	90% of goal mileage	100% of long run	9 mins at short tempo pace		4-6 x Hill Repeat Continue to include hills in daily runs	8 sets x {90" 90" EASY}	6 x 100m	as needed
Week # 8 July 22-28	6-7 days	90-100% of goal mileage	100% of long run		3 miles at Long Tempo Pace	Include hills in distance runs and fartleks	60" SURGES every 5' mins after 15' WU	8 x 100m	up to 4 x per week
Week # 9 July 29-August 4	6-7 days	100% of goal mileage	100% of long run	12 mins at short tempo pace		8-10 x Hill Repeat	6-8 sets x {2' 8 x 100m HARD/2' EASY}		up to 4x per week
Week # 10 August 5-11	6-7 days	100% of goal mileage	100% of long run		4 miles at Long Tempo Pace	Include Hills in distance runs and fartleks	75" SURGES every 5' after 15' WU	6-8 x 100m	up to 4x per week
Week # 11 August 12-18	6 days	80-90% of goal mileage	90% of long run	15 mins at short tempo pace		12 x Hill Repeats	8-10 Sets x {2 min HARD/ 2 min EASY}	6-8 x 100m	as needed
Week #12 Aug. 19-25	6-7 days	100% of goal mileage	100% of long run		4 miles at Long Tempo Pace	Include hills in distance runs and fartleks	75" SURGES every 5' after 15' WU	6-8 x 100m	up to 4x per week
Week # 1 Aug 26-Sept 1		AT ND							

II. In-Season Training (Sept-Oct)

- A. Emphasis on training consistently, since not only are we preparing to race in the fall, we are preparing for Indoor and Outdoor Track (which goes until June) as well. Must plan for the whole year, and not just next 3 months.
- B. Race infrequently (at the most every other week). Try to begin racing top athletes as late as possible (some raced on track until the end of June). Run different combinations in early meets to put the young/inexperienced athletes in positions that they are not used to being- **TEAM IS COUNTING ON THEM AS SCORER**. See how they respond – you may need them when it counts!
- C. Will plan out entire season, but make weekly/daily adjustments based on fitness, health, weather, etc.

C. 14 Day Training Cycle is Preferred

1 x RELAXED Long Run (75-90 mins on XC ski trails, bike paths)

1 x HARD Long Run (10-12 miles on HILLY dirt roads)

1 x TEMPO (threshold) RUN (3-6 miles on cinders, grass, bike paths)

**2 x FARTLEK (ie. 7 x 3'H/2'E) or LONG Interval/Repeats on Grass/Trails/Track
(ie. 4 x 1 mile @ 6k race pace w/ 2-3' jog recovery)**

2 x EASY RECOVERY RUN or POOL WO or REST

1 x RACE (5ks early, 6k's later)

**Fill in with Relaxed Training Runs (45-65 mins on Trails, Bike paths) followed
by 6-8 x 100m STRIDES on Grass**

5 x STRENGTH TRAINING (WEIGHTS or BW CIRCUITS)

CORE work DAILY.

DRILLS (Form Drills, Hurdle Drills) 4-5 days per week- LEARN to do well!

- D. Repeat certain workout throughout season as “benchmarks”, but ultimately the best benchmarks are races. Adjust workout paces based on racing results.
- E. Emphasize “group running” in workouts. You CAN teach them to race together. 1-4 spread at 2012 NCAA Championships was 2 seconds.
- F. Non-racing weeks tend to be very, very hard training weeks. Will then try to get ready to race in the days leading up to race. From October 1 on, races carry “NCAA At-Large” implications, so want to make sure are ready to perform well and adjust.

NOTRE DAME WOMENS CROSS COUNTRY

WEEK OF OCTOBER 1-7, 2012 WEEK #7

Goals for Week:

Stay healthy and continue to improve!!!

If we can keep moving in the right direction without any major interruption this group can be a GREAT TEAM in November!!!

Monday, October 1

Meet @ 3:00 PM

Jog & Stretch

40-60 minutes RELAXED Run

Drills / Strides/ Stretch

WEIGHTS @ 5:00 PM in Joyce Weight Room

Tuesday, October 2

Meet at 3:30 PM

BRING CARS

WILSON PARK

FARTLEK: 40-50 minutes with 90" SURGE every 5' after 10' WU

6 x BIG HILL

Jog & Stretch/ Ice back at Joyce Center

Wednesday, October 3

ON YOUR OWN

EASY RECOVERY RUN or CROSS TRAINING

(Coach will tell you on Tuesday what you should do for recovery)

WEIGHTS

Thursday, October 4

Meet at 3:30 PM

Jog & Stretch / Drills/ Hurdle Drills

40-60 minutes RELAXED Run

Strides / Stretch / Core / Pushups

Friday, October 5
Meet @ 3:00 PM

WU to Lakes / Stretch/ Drills/ Strides
1 mile @ 6kp (2' jog)
2 miles @ 10kp(2' jog)
1 mile @ sub 6kp (2' jog)
3 x 200m (90" jog)
CD/ Stretch

Saturday, October 6
Meet at 8:30 AM
Bring Cars

Drive to Bertrand/Weaver Road
Jog & Stretch
60-80 minutes RELAXED, CONTROLLED run
Stretch. Ice back at Joyce Center.

Saturday, October 7
Meet at 8:30 AM

Jog & Stretch / Drills/ Hurdle Drills
EASY Recovery Run
STRIDES / STRETCH/ CORE

Thoughts for the week:

“Be concerned more with your character than your reputation. You character is what you truly are, your reputation is merely what people think you are”.

III. Late Season Training (late October- November)

- A. More emphasis on being ready to race. Monitor closely to make sure that they are recovering from races and hard training efforts.
- B. Add more interval/rep work in place of tempos and fartlek. Continue primarily long repeats (miles, 1000's) at race pace, but will include some work at faster than race pace to handle hard start of races (lactate tolerance).
- C. Will utilize the track more when weather dictates, especially wet/muddy.
- D. Late season decreases in mileage will vary from athlete to athlete (some respond negatively to too much of a cutback). Generally will try to keep mileage up as long as we can without negatively affecting racing.
- E. Try not to deviate too much from what they are used to doing. Keep things NORMAL as much as possible. Athletes like a routine.
- F. WHEN IN DOUBT, DON'T!!!**
- G. Focus on TEAM GOALS and how each individual plays a part in achieving those goals. Whether #1 runner, or someone who won't even race at Regional and NCAA meet, everyone has something to contribute to team.
- H. Transition those not racing at Regional and NCAA to more "track oriented" work, dependent on events. Use time trials to assess where they are since not racing often.

NOTRE DAME WOMENS CROSS COUNTRY

WEEK OF October 29 - November 4, 2012 WEEK #11

Goals for Week:

Prepare to EARN a top two finish at the Great Lakes Regional with a CONSISTENT week of FOCUSED and INTENSE training. Keep healthy, get rested, stay FOCUSED on your goal!!!

Monday, October 29

Meet at 3:00 PM

Jog & Stretch + DRILLS + HURDLE DRILLS

40-55 min RELAXED Distance Run

STRIDES / STRETCH / WEIGHTS

Tuesday, November 30

Meet @ 3:30 PM

WU finish at Golf Course (Lakes if wet) / Stretch/Drill/Strides

FARTLEK: 3 sets x {30" Hard/ 30" Easy}

5-6 sets x (2'H /1'E + 1'H /2'E)

3 sets x {30"Hard/30" Easy}

CD / Stretch / Ice

Wednesday, October 31

ON OWN

EASY RECOVERY RUN (or X-training) + WEIGHTS

Thursday, November 1
Meet at 3:30 PM

Jog & Stretch + DRILLS + HURDLE DRILLS
40-55 minutes RELAXED run
STRIDES / STRETCH / CORE

Friday, November 2
Meet at 3:00 PM

- a) WU (finish at Track) / Stretch/ Drill / Strides
1000m @ 5kp (2:00 jog)
2400m @ 5kp (3' jog)
1000m @ sub 5kp (2:00 jog)
800m @ sub 5kp (2:00 jog)
600m @ sub 5kp (2:00 jog)
400m @ finishing effort
CD /Stretch
- b) Pre Great Lakes Regional 5000m Championship
@ 4:15 PM
- c) 8 x 300m @ 3kp (100m jog)

Saturday, November 3
Meet at 9:00 AM

Jog & Stretch + DRILLS + Hurdle Drills
EASY Recovery Run
STRIDES / STRETCH/ CORE

Sunday, November 4
Meet at 9:00 AM

- Jog & Stretch
- a) 45-65 minutes RELAXED run + Strides
 - b) 65-85 minutes GOOD run
Stretch / Ice

Thought for the week: *“To uncover your true potential you must first find your own limits and then you have to have the **courage** to blow past them.”* **Have you even come close to your limits, let alone dared yourself to surpass them?**



Notre Dame Middle Distance and Distance Training

I. PREPARATION

- A. Summer base training
- B. Cross Country in Fall
- C. Break from hard training following XC during Final Exams in mid-December
- D. Training on own over Christmas vacation. 3-4 weeks away from ND & teammates, with season beginning immediately following return. Each athlete has training schedule to follow.

2012-13 XMAS	A. Aragon	100% = 60 miles						
Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	GOALS
December 10-16 50% or less volume	FINAL EXAMS REST or Xtraining or EASY running	FINAL EXAMS REST or Xtraining or EASY running	FINAL EXAMS REST or Xtraining or EASY running	FINAL EXAMS REST or Xtraining or EASY running	FINAL EXAMS REST or Xtraining or EASY running	TRAVEL HOME SAFELY Active Recovery or Easy running	35-50' Relaxed Run Strides Drills	Perform well on FINAL EXAMS. STAY HEALTHY. GET YOUR REST. TRAVEL SAFELY
December 17-23 60- 70% volume	Relaxed Run DRILLS STRIDES WEIGHTS	FARTLEK 50-60 mins Run with 45" SURGE every 3 minutes after 10" warmup	Relaxed Run DRILLS STRIDES	60' Run with 20' @ TEMPO pace in the middle. DRILLS/STRIDES	15' Relaxed Run 6 x 200m HILLS 10' Relaxed Run STRIDES	70- 75 mins GOOD RUN	Easy Recovery Run or Cross Train	WORK HARD SLEEP WELL EAT PROPERLY ENJOY HOLIDAY
Dec. 24-30 70-80% volume	FARTLEK 10'Relax/ 60" Surge 2 x {5'R/ 45" Surge} 3 x {3'R/ 30" Surge} 5 x {2'R/ 15" Surge} 10' EASY	MERRY CHRISTMAS Easy Run or REST	15' Relaxed Run 8 x 200m HILLS 10' Relaxed Run STRIDES	Relaxed Run DRILLS STRIDES WEIGHTS	10' RELAXED 10' @ TEMPO 5' RELAXED 10' TEMPO 5' RELAXED 5' TEMPO 10' RELAXED STRIDES	Easy Recovery Run or Cross Train	75-80 mins GOOD RUN	WORK HARD SLEEP WELL EAT PROPERLY ENJOY HOLIDAY
Dec. 31 - Jan.6 80-90% volume	WU/Strch/Drill/Strd 7 Sets x {3' Hard/ 2' Easy} CD/Stretch	Happy New Year EASY Run or REST	60' Run with 24' @ TEMPO pace in the middle. DRILLS/STRIDES	Relaxed Run DRILLS STRIDES WEIGHTS	15' Relaxed Run 10 x 200m HILL 10' Relaxed Run STRIDES	Relaxed Run DRILLS STRIDES	75-85 mins GOOD RUN	GET BACK IN "WORK MODE" Now that the Holidays are over, make running your top priority
January 7-13 90-100% volume	WU/Strch/Drill/Strd 5-6 x 800m @ 5kp (2:00j) 4 x 200m @ 1500p (200j) CD/Stretch	Relaxed Run DRILLS STRIDES WEIGHTS	FARTLEK 10'Relax/ 60" Surge 2 x {5'R/ 45" Surge} 3 x {3'R/ 30" Surge} 5 x {2'R/ 15" Surge} 10' EASY	Relaxed Run DRILLS STRIDES WEIGHTS	WU/Strch/Drill/Strd 12 x 200m HILL CD/ Strch	75-85 mins RELAXED RUN	TRAVEL BACK TO ND REST or EASY RUN	GET READY FOR INDOOR SEASON Focus on increasing the quality/intensity of your workouts
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

II. Indoor Track (Jan, Feb, March)

- A. Emphasis more on training than racing. Begin racing in late January. Very short indoor season.
- B. Use early season, low key races as part of training. As fitness increases, level of competition increases as well. Key competitions are Conference and NCAA Championships.
- C. Race over a variety of distances
 - 800/1500/3k: 600, 800, 1000m, mile, 3k, 5k, 4x4
 - 3k/5k/10k: 1000m, mile, 3k, 5k

D. Sample Jan/Feb week 800/1500

- Monday: Drills/Hurdle Drills + 30-40 min Relaxed Run + 3 x 300m (fast w/long recovery) + WEIGHTS
- Tuesday: 4-6 x 800m @ 3kp (2:00 jog) + 4 x 200m @ 1500p (200j)
- Wednesday: EASY Recovery Run (or Pool Workout) + WEIGHTS
- Thursday: Drills/Hurdle Drills + Relaxed Run + Strides/Buildups
- Friday: RACE (individual race + 4x4) or Track WO w/ shorter intervals/short recovery
ie. 3 sets x { 4 x 400m @ 3kp (40" jog / 4' btw sets)
- Saturday: 65-85 mins run at relaxed /controlled effort + Strides

Drills/ Hurdle Drills/ Strength Circuit
- Sunday: EASY Recovery Run
- Individual mileage will vary from 40-65 miles per week, depending on athlete.
- Higher mileage athletes will do some "doubles"
- Will utilize Alter G treadmills on EASY recovery days/AM runs, especially in bad weather
- Lower mileage athletes tend to run 6 days per week, with at least 1 pool workout per week.

E. Sample Jan/Feb week 5k/10k

- Monday: Drills/Hurdle Drills/ WEIGHTS
20min Relaxed/25 min TEMPO/15 min Relaxed/Strides
 - Tuesday: 5-8 x 1000m @ 10kp (60" jog)
 - Wednesday: Easy Recovery Run or Pool WO + WEIGHTS
 - Thursday: Drills/Hurdle Drills + Relaxed Run + Strides
 - Friday: RACE (mile, 3k, 5k)
Track WO w/ shorter intervals/short recovery
ie. 3 sets x { 4 x 400m @ 3kp (40" jog / 4' btw sets)}
 - Saturday: 75-90 mins run at relaxed /controlled effort + Strides
 - Sunday: EASY Recovery Run
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- Mileage will vary from 55-75 miles per week w/ "doubles".
 - Will utilize Alger G treadmill for morning runs, esp. when weather bad
 - 5k/10 runners will race far less frequently than the middle distance athletes, may only race once or twice during indoor season

Thursday	Pre Race Workout OR	Pre Race Workout	Pre Race Workout OR	Pre Race Workout OR	Jog & Stretch	Jog & Stretch
Jan. 24	WU/Strch/Drill/ Strides		with Group E	with Group A	45-65 mins Run	45-65 mins Run
3:30 PM	6 x 200m (200j)				Strides/ Stretch	Strides/ Stretch
Loftus	CD/Stretch					
Friday	INDIANA RELAYS - BUS DEPARTS AT 8:00 AM				WU/Strch/Drill/Strides	WU/Strch/Drill/Strides
Jan. 25	RACE or Pre-Race Workout		Race or with Grp F	Race or with Grp F	6-8 x 800m @ 5kp (2'j)	8 x 400m @ 3kp
					CD/Stretch	(90" jog)
						CD/Stretch
Saturday	INDIANA RELAYS - DAY 2				80-90 mins LONG RUN	65-75 min LONG RUN
Jan. 26	Race or Easy Recovery	Race or Easy Recovery	Race or Easy Recovery	Race or Easy Recovery	Stretch/ Ice	Stretch/ Ice
Sunday	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch
Jan. 27	EASY Recovery	EASY Recovery	EASY Recovery	EASY Recovery	EASY Recovery	EASY Recovery
10:00 AM	Stretch/ Ice	Stretch/ Ice	Stretch/ Ice	Stretch/ Ice	Stretch/ Ice	Stretch/ Ice



III. Outdoor Track (April, May, June)

- A Emphasis on being ready late in season with focus on Conference, Regional, NCAA Champs in late May, June.
- B. Top runners tend to race less frequently with emphasis on high quality competitions (Stanford, Mt. SAC or Drake Relays) Make sure that they recover from racing and long TRAVEL. If we do it right, these athletes will have long season well into June, so be careful!
- C “Developmental” meets for less qualified/ inexperienced runners – Only way to learn how to race is to race.

Sample April/May Week 800/1500m

- Monday: Relaxed Run + 150's (change pace) + Drills +WEIGHTS
- Tuesday: 6-8 x 400m @ 1500p (200j)
- Wednesday: EASY Recovery Run or Pool WO + Weights
- Thursday: 8-10 x 200m @ 1500p working down to 800p (200j)
- Friday: Pre Race Workout: Easy Run + Drills + Strides
- Saturday: RACE
- Sunday: 45-70 mins EASY to Relaxed Run

Sample April/May Week 5k/10k

- Monday: 50 mins FARTLEK w/30" Surges every 5 mins +WEIGHTS
- Tuesday: 6-8 x 800m @ 5kp working down to 3kp(2'j)
- Wednesday: EASY Recovery Run or Pool WO + Weights
- Thursday: 35-45 mins Relaxed Run + 6 x 200m @ 1500p (200j)
- Friday: Pre Race Workout: Easy Run + Drills + Strides
- Saturday: RACE
- Sunday: 75-85 mins EASY to Relaxed Run

2012-13 NOTRE DAME WOMEN'S TRACK : MD & DISTANCE GROUPS. WEEK OF April 1-7, 2013

	Group A	Group B	Group C	Group D	Group E	Group F	Group G
	Curran, Tracy Schulz, (D. Aragon, Meunier)	Seidel, Ryan	A. Aragon	Gonzales	Frydrych, Healy, Amarosa, Ryck	Stultz, Russ	Kilbride, Lesiewicz Balko, Murphy
Monday	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills
1-Apr	EASY RECOVERY RUN	EASY RECOVERY RUN	EASY RECOVERY RUN	RELAXED RUN	45-60 mins RELAXED	45-60 mins RELAXED	45-60 mins RELAXED
3:00 PM	Strides/Stretch	Strides/Stretch	Strides/Stretch	Strides/Stretch	Strides/ Stretch	Strides/ Stretch	Strides/ Stretch
Loftus	Pullups, Pushups, Core Circuit following run						
Tuesday	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	Jog & Stretch	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides
2-Apr	4-5 x 800m @	w ith Group A	w ith Group A	25 mins OUT RELAXED/	2 Sets x {4 x 300m @	4 x 800m @ 5kp (2:30j)	4-5 x 600m (2:30 jog)
3:30 PM	2:30-28-26-24-22 (2' jog)			BACK HARD	1-3 @1500p, 4 @ 800p	4 x 200m (200j)	4 x 300m (300 jog)
Loftus	(4 x 200m (200j))			Stretch	(90"j /4-5' btw sets)	Hurdle/Barrier Work	CD/Stretch
	CD/Stretch				CD/Stretch	CD/Stretch	
Wednesday	Easy Recovery Run	Easy Recovery Run	Easy Recovery Run	POOL WORKOUT	Easy Recovery Run	Easy Recovery Run	Easy Recovery Run
3-Apr	or Xtrain + Weights	or Xtrain + Weights	or Xtrain + Weights	Weights	or Xtrain + Weights	or Xtrain + Weights	or Xtrain + Weights
Thursday	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills
4-Apr	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run
3:30 PM	Strides/Stretch	Strides/Stretch	Strides/Stretch	Strides/Stretch	5 x 150m (chng pace)	Hurdles/ Barriers	Strides/Stretch
Outdoors							

Friday	WU/Strch/Drill/Striide	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	Pre Race Workout	Pre Race Workout	Pre Race Workout
5-Apr	2 Sets x {4 x 300m @	2k @ 5kp (3' jog)	10 x 400m (90" jog)	TBD			
3:00 PM	1-3 @1500p, 4 @ 800p	2 x 1k@3kp (2:30 jog)	1-3-5-7-9 over 5 hurdles	CD/ Stretch/ Ice			
Outdoors	(90"j/4-5' btw sets)	3 x 300m @ 1500p	2-4-6-8-10 @ 1500p				
	CD/Stretch	CD/Stretch	Water jumps				
			CD/Stretch				
Saturday	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	SPARTAN INVITATIONAL at Michigan State		
6-Apr	EASY RECOVERY RUN	EASY RECOVERY RUN	EASY RECOVERY RUN	EASY RECOVERY RUN	Busses Departs at 6:15 AM/ 9:30 AM		
	STRIDES/ Stretch	Stretch	Stretch				
Sunday	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch
7-Apr	65-75 mins RELAXED	65-80 mins RELAXED	65-80 mins RELAXED	60-65 mins RELAXED	EASY Recovery	EASY Recovery	EASY Recovery



2012-13 NOTRE DAME WOMEN'S TRACK : MD & DISTANCE GROUPS. WEEK OF April 29 - May 5, 2013

	Group A	Group B	Group C	Group D	Group E	Group F
	Curran, Tracy,	D. Aragon, Schulz, Frydrych	A. Aragon	Ryan	Meunier, Lesiewicz	Gonzales
Monday	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	Jog/Stretch/Drills/H. Drills	WU/Strch/Drill/Strides
29-Apr	RELAXED RUN	RELAXED RUN	RELAXED RUN	RELAXED RUN	RELAXED RUN	5 x 800m @ 5kp (2:30j)
3:00 PM	Strides/ Stretch	Strides/ Stretch	Strides/Stretch Hurdle Drills	Strides/Stretch	Strides/ Stretch	2 x 300m (300j) CD/ Stretch
	WEIGHT TRAINING AT 5:00 PM at Joyce Center Weight Room- If racing at BE will modify workout					
Tuesday	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	Jog/Stretch/Drills
30-Apr	3 x 500m @ 1500p (2j)	2 x 400m @ :62-5 (400j)	3 x 500m @ 1500p (2j)	2 x 800m @ 5kp (2:30)	3 x 400m @ 1500p (2:30j)	EASY Recovery Run
3:30 PM	3 x 300m @ 1500p (2j)	4-5 x 200m @ :30-1 (200j)	3 x 300m @ 1500p (2j)	4 x 400m @ 1500p (200j)	3 x 300m @ 1500p (2:30j)	Strides/ Stretch
	3 x 200m @ 1500p (2j)	CD/Stretch	3-4 x Water Jump (spikes)	4 x 200m (200j)	3 x 200m @ 1500p (200j)	
	CD/Stretch		CD/Stretch	CD/ Stretch	CD/Stretch	
5:00 PM SPRING COMPLIANCE MEETING AT JOYCE CENTER BASKETBALL AUDITORIUM - Mandatory for all Fr						
Wednesday	Easy Recovery Run	Easy Recovery Run	Easy Recovery Run	Easy Recovery Run	Easy Recovery Run or	Easy Recovery Run
1-May	or Xtrain	or Xtrain	or Xtrain	or Xtrain	Xtrain	or Xtrain
Thursday	BUS DEPARTS AT 7:00 AM for Airport					
2-May	at Rutgers PM	at Rutgers PM	at Rutgers PM	at Rutgers PM	at Rutgers PM	at Rutgers PM
3:30 PM	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	35-45 mins RELAXED	WU/Strch/Drill/Strides	35-45 mins RELAXED
	5 x 150m @ 50-50-50	5 x 150m @ 50-50-50	Hurdle Drills/Hurdling	Strides/ Stretch	5 x 150m @ 50-50-50	with 6' @ TEMPO in middle
	Long cooldown n/Stretch	Long cooldown n/Stretch	4 x 200m (200j) CD/Stretch		Long cooldown n/Stretch	of run Strides/ Stretch
Friday	at Rutgers AM	at Rutgers AM	at Rutgers AM	at Rutgers AM	at Rutgers AM	at Rutgers AM
3-May	Pre Race Workout	Pre Race Workout	Pre Race Workout	WU/Strch/Drill/Strides	Pre Race Workout	Pre Race Workout
3:00 PM				5 x 200m @ 1500p CD/Stretch		
Saturday	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS
4-May	Trials in 1500m@1:30 PM	Trials in 800m	3000m Steeple Final	Pre Race Workout	Trials in 1500m@1:30 PM	10K Final
Sunday	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS	BIG EAST CHAMPS
5-May	Finals in1500m	Finals in 800m or 1500m	4 x 800m Final	5000m Final	Finals in1500m	Easy Recovery Run
	4 x 800m Relay	4 x 800m Relay				

2012-13 NOTRE DAME WOMEN'S TRACK : MD & DISTANCE GROUPS. WEEK OF May 13-19, 2013

	Group A	Group B	Group C	Group D
	Curran	Tracy	D. Aragon	A. Aragon
Monday	WEIGHT TRAINING	WEIGHT TRAINING	WEIGHT TRAINING	WEIGHT TRAINING
13-May	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills
10:00 AM	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run
	Strides / Stretch	Strides / Stretch	Strides / Stretch	Strides / Stretch
				Hurdle Drills/ Hurdling
Tuesday	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides/ Hurdling
14-May	500m @ :68p (200j) +	500m @ :68p (200j) +	500m @ :68p (200j) +	3 x 1000m @ 3:12-15 (3'j)
10:00 AM	200m @ fast (3' jog)	200m @ fast (3' jog)	200m @ fast (3' jog)	1 x 1200m @ sub 4:00 over
	400m @ :68 (200j) +	400m @ :68 (200j) +	400m @ :68 (200j) +	4 hurdles + w ater
	200m @ fast (3' jog)	200m @ fast (3' jog)	200m @ fast (3' jog)	CD/Stretch
	600m @ fast (3-4' jog)	600m @ fast (3-4' jog)	600m @ fast (3-4' jog)	
	4 x 200m (200j)	4 x 200m (200j)	4 x 200m (200j)	
	CD/Stretch/Strides	CD/Stretch/Strides	CD/Stretch/Strides	
Wednesday	WEIGHT TRAINING	WEIGHT TRAINING	WEIGHT TRAINING	WEIGHT TRAINING
15-May	EASY Recovery Run or	EASY Recovery Run or	EASY Recovery Run or	EASY Recovery Run or
	Cross Training	Cross Training	Cross Training	Cross Training
	Stretch / Ice	Stretch / Ice	Stretch / Ice	Stretch / Ice
Thursday	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills	Stretch/Drills/ H. Drills
15-May	Relaxed Run	Relaxed Run	Relaxed Run	Relaxed Run
	Strides / Stretch	Strides / Stretch	Strides / Stretch	Strides / Stretch
				Hurdle Drills/ Hurdling
Friday	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides	WU/Strch/Drill/Strides
10-May	800m @ 2:18-20 (2:30j) +	800m @ 2:18-20 (2:30j) +	3 Sets x	800m @ 2:18-20 (2:30j) +
	800m @ Fast (6-8' jog)	800m @ Fast (6-8' jog)	[400m @ :59 (200j) +	800m @ Fast (6-8' jog)
	400m @ :68 (2;30j) +	400m @ :68 (2;30j) +	200m @ :29} (6-7' btw sets)	400m @ :68 (2;30j) +
	400m @ fast (5-6' jog)	400m @ fast (5-6' jog)	CD/ Stretch/ ICE	400m @ fast (5-6' jog)
	200m @ :30-2 (200j) +	200m @ :30-2 (200j) +		200m @ :30-2 (200j) +
	200m @ Fast	200m @ Fast		200m @ Fast
	CD/ Sretch/Ice bath	CD/ Sretch/Ice bath		CD/ Sretch/Ice bath
Saturday	EASY RECOVERY	EASY RECOVERY	EASY RECOVERY	EASY RECOVERY
11-May	STRETCH/ ICE	STRETCH/ ICE	STRETCH/ ICE	STRETCH/ ICE
Sunday	Jog & Stretch	Jog & Stretch	Jog & Stretch	Jog & Stretch
12-May	35-45 mins Relaxed Run	45-60 mins Relaxed Run	35-45 mins Relaxed Run	45-60 mins Relaxed Run
	Strides/Stretch	Strides/Stretch	Strides/Stretch	Strides/Stretch



Notre Dame Track/Cross Country- POOL WORKOUTS

Deep water running in pool. Use flotation belt until you can run efficiently in the water. Once you are able to run efficiently, take off the belt. It will be much harder and get your heart rate much higher without the belt.

Begin with up to 10 minutes of swimming to warmup. Finish with up to 10 minutes swimming to cool down.

REST = hang on side of pool and kick legs (keep moving just as though jogging between intervals on the track)

1. TEMPO RUN
15 sec HARD/15 sec REST/30”H/15”R/45”H/15”R/60”H/15”R/75”H/15”R/
90”H/15”R/105”H/15”R/120”H/135”H/15”R/150”H/15”R/165”H/15”R/
180”H/15”R
Up to 3 minutes by 15 sec, then back down by 15 sec
Up to 2 minutes by 15 sec, then back down by 15 sec
Up to 1 minute by 15 sec, then back down by 15 sec
2. ND Ladder W.O.
1 x 5 min Hard / 2:30 Rest
2 x 4 min Hard/ 2:00 Rest
3 x 3 min Hard/ 1:30 Rest
4 x 2 min Hard / 1:00 Rest
5 x 1 min Hard / 30 sec Rest
6 x 30 sec Hard/ 15 sec rest
3. Any variety of ladder workouts - be creative.
(ie. 1-2-3-4-5-5-4-3-2-1 with ½ time recovery)
4. 12-15 x {2:30 Hard / 45 sec Easy} 800m repeats
5. 6-8 x {5 mins Hard / 2 mins Easy} Mile repeats
6. 15 x {60 sec Hard / 30 sec Rest}
15 x {30 sec Hard / 30 sec Rest}
15 x {15 sec Sprint/ 15” Rest}
15 x {15 sec Kicking with board / 15” rest}
7. Straight runs of 45-90 minutes once a week
(gets boring, so primarily use interval w.o.)
8. Underwater “sprinting” – Use to finish workouts, or after straight run in water.
From the edge of the pool, swim underwater as far as you can go.

Pre Race WARMUP for XC/MD Races

- 10-12 minutes EASY Running
- 10 minutes STRETCHING: Concentrate on back, quads, hamstrings
- 6-8 min. running with short pickups at close to race pace
- More stretching: Calves, Achilles, Tight areas
- DRILLS (Dynamic Flexibility) @ 20-30 meters
- Strides / Buildups/ Accelerations
- Have spikes, numbers, etc. on 15-20min before gun
- Finally, take some time immediately preceding race to RELAX and concentrate on task at hand. confident you have done everything that you needed to be ready

Post Race COOLDOWN (often neglected)

- HYDRATE. Take off spikes, wet singlet, etc.
- 12-20 minutes of EASY running
- STRIDES / DRILLS
- STRETCHING
- Make sure to refuel with CARBOHYDRATES and FLUIDS within 30 minutes of race
- Ice bath, massage
- COOLDOWN is 1st Step in Preparing for your NEXT RACE

