

Workouts: Effectively Meeting the Demands of a Distance Race



Louie Quintana

Head Coach – Cross Country/Track Oregon State

541-760-9268

Louie.Quintana@oregonstate.edu

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Key Components to Consider:

- Physical Preparation
- Consistency in Training
- Mental Preparation
- The Buy In



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- Phases of Development
 - *Pre Competitive*
 - *Competitive*
 - *Championship Phase*



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What does meeting the demands of a distance race mean?

Race Strategies/Race History

Change of Pace/Gear Shifters

Race Simulation thru Work Sessions



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Building the Engine: *Early Season Workouts*

Pre Competitive Phase:

Threshold Sessions

Speed Development/Hill Sprints

Fartlek

Light reps/"and one" sessions

Occasional Race Pace Work

Long Run Progressions (LRP's)



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Threshold Training + And One Sessions

Examples: Reps – 2 x Mile/2 Mile/Mile/3 x 3K/6 x 1K– continue to do this throughout the year – however – I will modify the volume and we will do mixed sessions – see below (and one component could be...1 x 1k @ desired race pace or 800, 400, 400 or some variation

Progression Runs

Examples: 5-8 Mile Runs – Start at 6:40 pace and cut down 7 seconds per mile through rest of run...younger and more inexperienced athletes won't be able to handle full volume – build up...Assign leaders and run in two rows – each of the two leaders lead for a mile...the more fit and experienced runners will stay in back – starting to do it within the long run

Mixed Session Intervals

Start to introduce mid Cross Country Season...more appropriate during the track season...mixing in Threshold pace intervals with Race Specific Work – Example would be (2K @ RP/Mile @ T/Mile @ RP/Mile @ T/1200 @ RP/Mile @ T/800 and 400 @ RP) – you can substitute any length of threshold component...I often switch this up...

Volume – Aerobic Running

My philosophy is to keep a pretty steady and high volume of running throughout the season...my overall mileage decreases only slightly at the end...we don't adhere to dropping of the mileage at the end of the year...

Speed Development

We do this year around (Wednesday or Thursday) – In the Fall it's less explosive – Spring it's more event specific (1200m of work max) – working on Sprinting – we attempt to train all the energy systems all the time

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Pre Competitive Workouts Continued

Change of Pace Fartleks

Sets of 3:00 on/1:00 off/1:00 on/1:00 off

The “on” sessions at 5:30 pace and the off at 7:00 pace

Speed Development (One time per week)

8 x 80m at 90% effort (Form) walk back recovery

300, 200, 100

5 x 150m

Hill Sprints (7-10 seconds up hill)

Light Rep Work (300's/400's/500's)

Touching Race Pace

Example:

Within a threshold session...1000m at threshold, 8 x 400m at threshold with 3 hammers at race pace and then 1000m negative split.

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Pre Competitive – Sample Week

Monday – 400m warm up run, drills/strides, 15-20 min warm up run – Workout 4 mile tempo – 6 min rest – 800/400/400 – 15-20 min cool down...weights

Tuesday – 400m warm up run, drills...mid week longer run 8-11 miles...8 strides/hurdle mobility/general strength

Wednesday – 400m warm up run, drills...recovery effort run 5-10 miles/possible double day + speed development (6-8 x 80m sprints/walk back recoveries...proprioceptor drills/sand routine/hurdle mobility

Thursday – 400m warm up run, drills/strides, 15-20 min warm up run – Workout – 2 x mile/2 mile/mile @ threshold paces/60-90 seconds rest – 15-20 min cool down run...weights

Friday – 400m warm up run, drills – Easy run 4-9 miles/no strides/band walk routine/jump rope routine

Saturday – Long Run Progression (LRP) – 10-14 miles/last 45 min cut down

Sunday – Off or easy run/4-8 miles

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Competitive Season

Race selection

Identify the demands of given race

Threshold work

Speed Development

Change of pace track work

Long Run Progressions (LRP's)



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Competitive Season

- Carefully selecting where you will race...
- Understanding Elements of Life Stress on Training Demands

Meeting the demands of a given race...example 3000m Indoor

- Two things to think about...qualifying time to get to championship
- Championship racing...pace, tactics, etc...

Examples of Workouts...

- Continued Speed Development Once Per Week...3-5 x 150m accelerations
- Race Pace Efforts (3 x 1200/400)...still infrequent
- Threshold Work...with more change of pace components (Sets of 400s with hammers)
- Ex: 5-7 x 1000k with 800m @ Threshold/last 200 @ Mile Pace
- Progression and Tempo Runs – Still with LRP/Every other week

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Competitive Season – Sample Week

Monday – 400m warm up, drills, 25 min run/8 x progressive strides/2 x 300/6 x 150m – accelerate each 50m/2 x 300m, 15-20 min cool down run, weights...

Tuesday – 400m warm up, drills, mid week longer run effort 8-12 miles/no strides/hurdle mobility skips/general strength routine

Wednesday – True recovery effort (5-9 miles)/8 x 100m progressive strides/sand routine/hurdle mobility

Thursday – 400m warm up, drills, warm up run 15-20 min, workout – 2 x (1200 (3:00 R))/3 x 400 (60 sec R) – 5K/1500m pace/3:00 between sets, 15-20 min cool down...weights

Friday – Recovery run of 4 – 10 miles + 6 x progressive turf strides – jump rope, band walks, rope stretch...

Saturday – Long Run (12-16 miles) – LRP/Every other Week (up to 60 min progressive effort)

Sunday – Easier run (4-6 miles/or off)

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Championship Season

Tester Workouts

Threshold Sessions

Speed Development

Confidence Builders



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Championship Phase:

Marker Workouts + Confidence Builders

Example Workout...10 days before Major Competition

Mile (pace), 400m Jog rest, 2k (threshold), 400m-jog rest, 1000m (pace), 400m jog rest, 2k (threshold), 400m jog recovery, 600m (hard)...

Kyle Alcorn Ran...4:23, 2:43, 1:22...closing in 56

At the NCAA Indoors...he closed in 2:26 for last K.

10 Days out NCAA Outdoor Championships

Mile, 2 x 800, 2 x 400...all at Goal Pace

Victoria Jackson ran 4:54, 2:22, 63...closed in 4:59 last mile to win NCAA 10K.

Mix Workout – Keeping a heavy component of threshold

2 x 1K (Threshold)/2 x 1k negative split/4 x 200

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Championship Phase – Sample Week

Monday – 400m, drills, 15-20 min warm up, Workout: run...Mile (pace), 400m Jog rest, 2k (threshold), 400m-jog rest, 1000m (pace), 400m jog rest, 2k (threshold), 400m jog recovery, 600m (hard)...15 min cool down...weights

Friday – True recovery 4-8 miles/no strides/band walks/jump rope routine...

Saturday – Modified Long Run 10-13 miles

Sunday – Off or easy 4-5 miles

Tuesday – 400m warm up, drills, modified mid week long run (7-10 miles) + 4-5 lighter strides/hurdle mobility

Wednesday – Recovery run 5-7 miles followed by 3-5 x 150m accelerations every 50m/hurdle mobility/sand routine

Thursday – 400m warm up, drills, 15-20 min warm up run/Workout: Mix Session – 2 x 1K @ threshold with 200m jog rest/2 x 1K negative split...close last 300m – 200m jog + additional 90 sec rest/4 x 200m cut down with 100m walk/100m jog recoveries...15 min cool down...no weights...General strength instead

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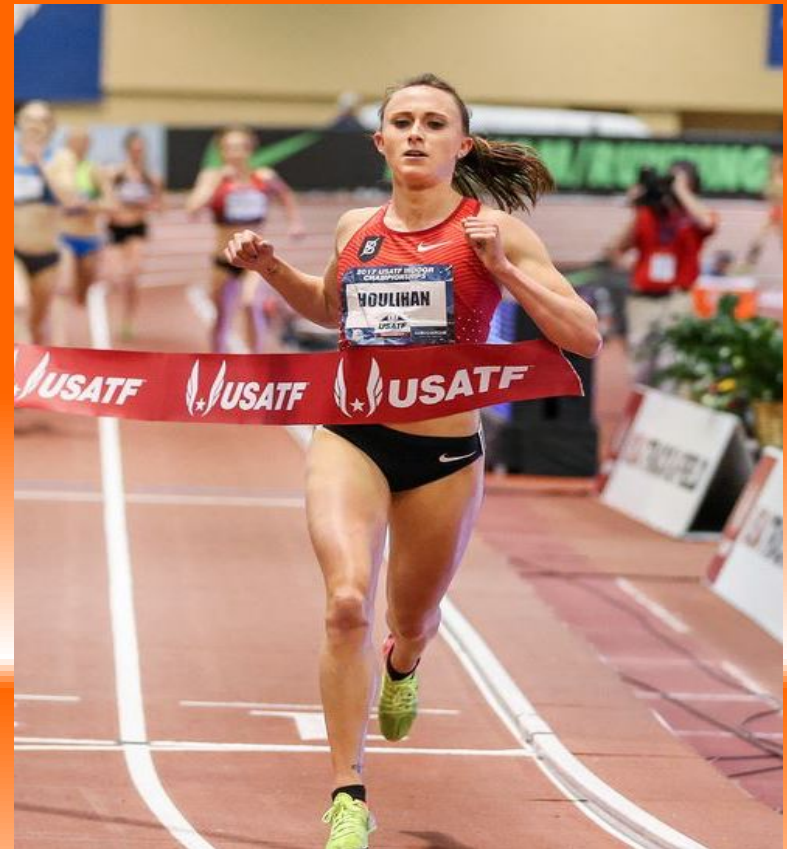
Watch them Flourish/Mental Training

- *Catching the “bug”*
- *The budding flower*
- *Sustaining the Magic (Managing the breakthrough performance/keeping the air in the tires)*



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- Tying it all together
- Training to Race
- Realizing Potential



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When it all Comes Together

<http://www.youtube.com/watch?v=WckUOR6anpw>

