

Creating a Training Structure for Distance Runners

Barry Haworth

Assumption High School

Basic Components of a training approach:

- Creating a training template for the entire season
 - start with race/event schedule and work in reverse
 - ❖ consider transition (across weeks, within a week, progression, etc.)
 - ❖ consider any race tapering
- Adaptation during the season
 - implementing a weekly schedule (preparing for expected weather, events, etc.)
 - daily practices (adapting to weather, stress, injury, etc.)
- Ancillary work
 - general strength (working the hip girdle, glutes, core)
 - functional training – exercises should operate in 3 planes of motion
 - foam rollers, dynamic warm-ups, drills

Encouragement, Developing confidence and creating a positive mental image

- Fixed Mindset
 - talent is the primary determinant of success
 - effort is for the less talented
 - failure is devastating
 - high probability of an eventual quit
- Growth Mindset
 - effort is the primary determinant of success
 - potential is unknown
 - failure is an opportunity to learn and develop
 - greatest potential for long term happiness and success
- Praise effort, not traits
- Emphasize the process, not the product
- Creating opportunities for an “A-ha moment”

Evaluating the effectiveness of training:

- annual review of your training plan
- consider incremental change, if necessary

Resources:

- training and running-related websites
 - www.scienceofrunning.com
 - www.coachjayjohnson.com
 - www.kinetic-revolution.com
- books
 - *Coaching Cross Country Successfully* (Joe Newton)
 - *Running Formula* (Jack Daniels)
 - *Take the Lead* (Scott Simmons & Will Freeman)
 - *Mindset: The New Psychology of Success* (Carol Dweck)

Assumption Distance training approach

Our programmatic approach to training includes specific themes:

- Emphasis on volume-based training
 - develop aerobic foundation (strong emphasis on LT work)
 - develop ability to focus and concentrate with longer interval/tempo runs
 - ❖ interval lengths at 1000-1200m (CC: 1200s to 1000s, Track: 1000s)
 - ❖ tempo runs at 3-4 miles (30-32 minute threshold)
- Progression and individualized training
 - training limits for each grade level
 - athletes are fit into specific groups
 - dealing with special case kids
- Race specific training
 - adapt workouts to specific race conditions
 - adapt workouts to energy distribution for typical race
 - running by feel vs. structure
 - group-based efforts
- Speed development and turnover work
 - 100s and 200s @ 400, 800 or 1600m race pace
 - 200 and/or 300m accelerators/buildups
 - Split 400s (300/100) during Track (special endurance)
 - Fast 150s and 300s during Track (speed and special endurance)
- Consistency
 - create predictability with day-to-day training, from week to week
 - little to no variation in certain workouts within phases of training
 - provide for comparisons over time in key training elements
- Complementary relationship between Cross Country and Track
 - Cross Country prepares kids for Track **and** Track prepares kids for Cross Country
 - ❖ discontinuous leaps are possible over time when you train/race all year
 - ❖ typical transition for kids who don't run track: good-better-slower-slowest
 - Indoor Track provides the best and easiest opportunities for travel and fun
 - ❖ Indoor track sells "Track" better than Outdoor track
 - ❖ Indoor training – to peak or not to peak?