



PHOENIX

TRACK & FIELD

Distance Training Guide

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EXPECTATIONS

“Do, or do not. There is no try” - Yoda

Keep a **positive attitude**, and work hard toward our goal of always doing our best.

Do what’s right. Be respectful to others and yourself.

Come to practice **well prepared**, every day is important. Hard days, easy days, warm up, cool down, drills, lifting, and core all help in developing a successful runner. Being prepared means you are well hydrated, have a healthy diet, are well rested (8+ hours of sleep), and dressed appropriately (sweat pants, long sleeve shirt).

Communicate with your coaches. Every athlete responds differently to workouts, let us know how you are feeling and we can make the proper adjustments to workouts. If for any reason you have to miss a practice let your coach(es) know.

Never Quit. Run through the line and finish workouts, or you may find yourself doing ten pushups

TRAINING PHILOSOPHY

Consistency is the key to productive training. Success does not follow a good workout or two but rather the accumulative efforts of an entire month, season, and even years. Just show up everyday and you will be well on your way toward reaching your goals.

We will *typically* follow **a hard easy training plan** (day 1. hard workout, day 2. Easy run to allow adequate recovery from workouts).

A sound training program includes an **emphasis on ALL areas of fitness**.

We will emphasize **variety** in our training, to ensure proper adaptation and continued progression throughout the season.

Set realistic and specific goals, both short and long term and determine what you need to do to reach them. We will be meeting with each of you to develop effective goals.

Train with purpose. It is our belief that if you understand why you are doing a workout you will be more eager to complete it and will be able to focus on the desired outcome of the workout. Because of this, we have outlined the types of training we will do this season and have provided information on the desired effects the training will have on your fitness and race performances (see page 3).

RUNNING FORM

1) POSTURE



- * Stand tall
- * Point toes forward
- * Reach to the sky to reset your posture
- * Run with your head up and keep your gaze directed ahead of you

2) MIDFOOT



- * March in place prior to your run to reinforce the proper midfoot strike
- * Heel striking and overstriding cause braking
- * Landing on forefoot can strain calf & achilles

3) CADENCE



- * Aim for a cadence of 180.
- * To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- * Run light, and avoid pounding

4) LEAN



- * Lean from ankles without bending at waist
- * Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- * Use gravity to your advantage instead of excessive muscle force

How to Run, One Stride at a Time



① Drive one knee forward and opposite elbow back. Keep back straight.



② Imagine stepping over a log. The faster your pace, the bigger the log.



③ Ankle should never extend in front of the knee.



④ Knee drive comes from hips and glutes; the rest of the leg hangs relaxed.



⑤ Position foot for gliding approach. Forefoot will strike ground first.



⑥ Heel touches down gently after forefoot. As soon as foot touches down, begin cycle with opposite leg.

F.A.S.T. – we all want to be it

FOCUS - Mentally and physically. A large part of running is mental. To be fast, you have to be able to focus on your running. Poker face.

ALIGNMENT - Tall in the core. Hips tucked under your body. Arms at 90 degrees. Slight lean from the ankles. (Running is a “controlled fall”).

STABILITY - To prevent excessive torso rotation, transfer force and stabilize the spine (producing a more economical stride). Mid-foot strike; rear and forefoot strike make it hard to balance (makes muscles work extra).

TIMING - How often your feet hit the ground. Ideally 180 steps/minute. Also known as **cadence** or **frequency**

GENERAL SEASON OUTLINE

WEEKS 1-3 For those who don't already have a base, training emphasis will be on easy and steady runs and strength training (weights, circuits, hill repeats). This base will allow us to handle more intense workouts without risking injury. Those who already have been training will have a similar emphasis on strength and aerobic threshold work but will also work on speed development. These athletes will complete 3 quality running workouts a week rather than 2.

WEEKS 4-6 We will continue hill workouts and maintain a long run, with 3 quality workouts a week including any races. Majority of speed work will be through hill repeats and fartlek training. We introduce short race pace and longer interval work on the track.

WEEKS 7-10 Hill repeats will be replaced with repeats on the track. We will continue with interval training to continue improving aerobic capacity. Repeats will be run at both 400/800 race pace at 1500 pace. We will focus more on race specific training. Distance runners will focus more on 1500 and 3k pace work.

WEEKS 10-12 We will have two quality workouts rather than 3, total running volume will decrease and more importance will be placed on the quality of efforts. Primarily 200-400s at race pace for middle distance runners and 400-1000 at race pace for distance runners.

IMPORTANT TRAINING NOTES

In order for you to be your best, you need to remember that **everything we do is for a reason**. If you take activities out, add more, or otherwise change randomly, you will get random performance.

Easy days = easy

Hard days = hard

A workout may include multiple types of training. For example, interval training followed by repetition training on the track. Running at these different intensities in the same workout challenges different energy systems and allows us to get a higher total stimulus at a lower stress level.

TYPES OF TRAINING

WARMUP (WU) 10-15min run at a comfortable pace, dynamic drills, hurdle drills, 2-3 strides.

COOL DOWN (CD) - 10 to 15min easy run, dynamic and or static stretching, rolling out.

STEADY RUNS (aerobic runs) - A comfortable pace run.

Types of workouts: 25-60min runs, recovery runs, warm-ups, cool downs. It is expected that these workouts are run at comfortable pace to both allow proper recovery from previous workouts and to ensure that you are prepared for upcoming hard workouts and races.

Purpose: These runs promote desirable cell changes and develop the cardiovascular system while simultaneously allowing your body to recover from harder efforts. Basically, you will become more efficient at running, meaning you will be able to run faster while using the same amount of energy.

When will we do these types of workouts: Throughout the season. Because of the need to recover from hard workouts and the importance of developing the cardiovascular system, the majority of your total miles will be from easy runs.

LONG RUNS Comfortable pace run lasting 45 to 75 minutes.

Types of workouts: 45-75min runs. We will occasionally combine these runs with a tempo run, where a designated part of the run is to be done at a faster pace.

Purpose: These runs promote desirable cell changes and develop the cardiovascular system. Of greater importance to distance runners than middle distance runners.

When The beginning and middle phase of the season for MD, all season for LD.

REPEATS track workout with emphasis on speed and speed endurance. Typically run at or close to race pace.

Types of workouts For a *400/800-meter runner* repeats would be from 100 to 600meters at 200 to 1500meter race pace. *1500/3000-meter runner* repeats would be from 200-1k at 400 to 3k race pace.

The pace of your repeat and intervals will be posted prior to the workout and based off your performance in previous races.

Purpose Improve speed and running economy, becoming comfortable running at race pace (specific endurance). Repeats also provide confidence in your ability to run at your goal race pace.

When Throughout the year, but they will be of increasing importance as the season progresses. Repeats will become closer to race distance.

INTERVALS Similar to repeats but typically longer in distance and at a slightly slower pace. Rest periods allows for a higher total stimulus than a continuous run would allow.

Types of workouts: Intervals are typically run at anywhere from 1500-10k race pace for distances of 400-1600meters. Ex) 4x1000 with 2 minute jog between at ~5k pace.

Purpose: stresses the aerobic power system (VO₂max). Benefits also include increased ability to utilize energy stores and oxygen, increased blood buffering capacity (less lactic acid buildup), and activation of fast twitch muscles.

When: We will do interval work throughout the year but primarily towards the end of the season.

FARTLEKS Fartlek is a Swedish term meaning speedplay. We will typically run Lydiard Fartleks, which are essentially repeats or intervals based on time rather than distance.

Types of workouts: hard efforts lasting from 30 seconds to 5 minutes with rest varying from half the time of the hard effort to equal recovery time. ex) 4 x 2minutes on 1minute off followed by 4 by 30 seconds on 30 seconds off.

Purpose: can serve the same purpose as interval and repeat training. Because they are based on time they can be run on a variety of surfaces (grass, dirt trails, roads...).

When: We will use these workouts in the beginning of the season to transition into interval and repetition work.

SHORT HILL SPRINTS Maximal effort sprint of about 8-12 seconds up of a very steep hill

Types of workouts: 6-10 repeats of 8 second hills.

Purpose: develop speed with less risk of injury than maximal effort sprints on the track, develop stride power (running economy). Helps encourage good form running.

When: short hill repeats will be run in the beginning of the season for the first 5-6 weeks.

LONG HILLS Similar to interval training but on hills. Varying in length from 100 to 600 meters.

Types of workouts: 150-600 meter hill intervals with recovery walk/jog to start of hill.

Purpose: bridge between strength and speed, preparation for Interval work on track. Helps encourage good form running.

When: Long hill repeats will be run in the beginning of the season. As the racing season begins these workouts will be replaced with interval work.

THRESHOLD RUNS (tempo) Traditionally a 20-30 min run at a pace you could hold for an hour or at a pace, 85-90% of 5k pace (hard but still comfortable).

Types of workouts: 15-30min tempo runs, cruise intervals: repeated runs of up to 15 min with short rest (ex 3x10min on 2min off)

Purpose: Improve endurance (Increase stroke volume of the heart, Increased capillary density and blood volume.)

When: Early and mid season, giving way to repeats work.

CORE EXERCISES develops the muscles of the stomach, back, and hips

Types of workouts: a variety of exercises (plank, V-sits, pointers, etc.) often done in conjunction with circuit training.

Purpose: The stronger your core, the more solid you are as you hit the ground. That reduces your need for unnecessary stabilization, allows you to be a more economical runner and helps

mitigate injury

When: Throughout the year.

WEIGHTS lower and upper body lifts (primarily using body weight and dumbbells)

Types of workouts: a variety of lifts, typically 2 set of 8-12 repetitions

Purpose: fatigue resistance in running form, injury prevention, and in some lifts we will focus on developing power.

When: Throughout year, cutting back in competition period.

CIRCUIT a continuous cycle of exercises where each station focuses on a different training element

Types of workouts: core, strength, plyometrics, flexibility, and aerobic conditioning.

Purpose: Preventing injuries, target strength building as well as muscular endurance, improve cardio and provide a whole body workout

When: Throughout year, cutting back in competition period.

KEY TRAINING TERMS

Aerobic “living in air”. Aerobic exercise relies on oxygen to fuel your body.

Anaerobic “without oxygen”. Anaerobic exercise uses anaerobic metabolism to fuel your body. Think, fast-twitch muscles.

Aerobic Capacity Increase in aerobic capacity leads to a more powerful heart, high blood volume, high muscle capillary density, and high concentration of muscle mitochondria and aerobic enzymes. What this means for your running is you will be able to run at a faster pace while still relying on aerobic metabolism and an increase in VO₂ max.

VO₂ Max Velocity at maximum oxygen consumption, Interchangeable for aerobic capacity. VO₂ max is the point where an increase in pace does not correlate with an increase in oxygen consumption. An increase in VO₂ max means you can run at a faster pace while using the same amount of oxygen.

Specific Endurance ability to resist fatigue at your goal pace for a particular race distance long enough to reach the finish line without slowing down.

Running Economy how much oxygen you need to consume to run a given pace, a lower oxygen uptake at a given pace is considered better running economy. To improve economy a runner can improve form (minimize unnecessary arm and leg movements) and improve fitness to feel comfortable at faster paces. We will improve running economy through hill repeats, short track repeats, and strides.

ADDITIONAL TRAINING INFORMATION

Some workouts may serve more of a mental purpose to help break through any mental limitations.

We will also make an effort to include at least one “fun” day a week (ultimate Frisbee or other games or relays) as well as one off day, typically a Sunday.

If you have any further questions about training, *feel free to ask!*

If you would like to learn more about the physiological components of training I recommend you check out Jack Daniels book, Daniels’ Running Formula.

NUTRITION

The following general guidelines are meant to help ensure adequate fuel for your body, and to help you achieve optimal performance.

1. **Eat a good breakfast.** An example of a good breakfast would be cereals with no or low refined sugars, bagels (preferably whole grain), toast (see bagels), fresh fruit, etc.
2. **Drink more water.** Every function in your body utilizes water. Your body will not work efficiently without adequate water. A good rule of thumb is to drink a glass of water before and after each meal, and sip water throughout the day.
3. **Eat a variety of fruits and vegetables.** The nutrients fruits and vegetables provide are necessary to keep you healthy during training.
4. **Increase Carbohydrate intake.** An important energy source, try for 60% of your total calories to be carbs from pastas, potatoes, rice, grains, breads, fresh fruit, vegetables, etc. Choose complex carbs (whole grains) for more nutritional value.
5. **Eliminate artificial sweeteners and reduce refined sugar.** Artificial sweeteners can restrict blood flow, reducing the effectiveness of workout capacity and recovery. Refined sugars (found in soda, candies) do not provide sufficient calories.
6. **Reduce or maintain intake of fats to 25% of total daily caloric intake.** Try for a higher percentage of fat intake to be from unsaturated fats.
7. **Make sure you have adequate protein.** Protein is essential for building and repairing muscles and red blood cells. You should target 15% of your total calories to be protein.

FOCUSON: 1) Variety 2) Moderation 3) Wholesomeness

★ **30 Minute Window** - research has shown that within 30 minutes of intense exercise our bodies can absorb more energy which is crucial for muscle repair and recovery. So what does this mean for you? Bring a snack for directly after practice! The three most important components of recovery nutrition are carbohydrates, protein, and fluids/electrolytes. That equates to bagels, protein bar, gatorade, etc.