

Coaching Distance “Details Matter”

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& Cross-Country

Sources

Books

Road to the Top by Coach Joe Vigil, Ph.D.

Self-Coached Runner by Allan Lawrence

Daniel's Running Formula by Jack Daniels, PhD

Developing a Successful Cross Country Program by Telaneus and Jordan

Training for Young Distance Runner's by Greene & Pate

Websites

Jay Johnson & Mike Smith -

<http://www.flotrack.org/video/24466-building-a-better-runner-building-from-the-ground-up>

Rob & Kathy Hipwood National High School Cross Coaches of the Year!

<http://laschools.net/Domain/763>

AAF/CIF Cross-Country Manual by Derse & Stolley (entire 265 page manual online)

<http://www.aafla.org/3ce/CoachingManuals/LA84CrossCountry.pdf>

Coaches

Jim Bevan ❤️, Jon Warren, Joe Vigil, Al Lawrence, Jack Sands, Tony Brillon, Zoe Simpson, Christie Burleson, and Tom Kennedy.

Coaching Mid & Distance Track

- Pursuit to be a Better Coach
- Know Your Athletes
- **Team Building & Team Jobs (teach them to “do”)**
- Training Periods & Energy Systems
- Daniels’ Chart for Training Intensities
- Methods & Heart Rate
- 800 Thoughts
- Flexibility & Strength
- Sample Workouts with Paces
- Snyder’s 16
- Closing Thoughts

My Pursuit of Being A Better Coach

- Recruit Athletes- other sports, PE, siblings, hallways are full of potential.
- Track & Field #1 for girls and #2 for boys (closing in on as number #1 combined). Everyone can experience success!
- Develop your own sound philosophy – grow and learn.
- Go to clinics, read training books, meet with other coaches.
- Have a plan and policies but be flexible.
- Record -Keeping (practice times, post time trials, post PBs).
- Recruit great managers- Treat them like royalty!
- Team Goals/Individual Goals; Race profiles (stolen from Noel's talk)
- Establish team traditions- face painting, big/lil sis, secret buddies
- Get parents involved with parent meetings, covered dish, jobs
- Celebrate anything and everything you can.

Know Your Athletes

- Your athletes should be your center of attention.
- Resting Heart Rate (morning is best; have them record in training log)
- Individualize training with times and recoveries.
- Heart Rate Recovery (10 seconds > 22; not ready)
- Tempo Runs (start with 1.5 mile and add ½ as they make it)
- Training Age- how long he/she has been running
- Know your athletes' other involvement (sports, drama, orchestra).
No one benefits from an injured/over-trained athlete.
- Home Visits (SBISD required); always learn more.
- Running Logs; Self-Eval Logs.
- We are the front lines (family issues, peer pressure, school, etc).

Self-Evaluation Logs

NAME	Captain																												
	S	M					T						W						Th				F				Cpt		
	Sunday Long Run	Resting Heart Rate	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel	how did I do with jobs	
Jan 5-9																													
Jan 10-16																													
Jan 17-23																													
Jan 24-30																													
Jan 31-Feb 6																													
Feb 7-13																													
Feb 14-20																													

	S	M					
Jan 5-9	Sunday Long Run	Resting Heart Rate	Positive Attitude	Sleep last night	Hydration last 24 hrs	Nutrition last 24 hrs	How do you feel

Mission Teams Schedule

Week	H2O TEAM	BUS TEAM	CLEAN-UP CREW
Jan 5-9	A/D	B/E	C/F
Jan 10-16	C/F	A/D	B/E
Jan 17-23	B/E	C/F	A/D
Jan 24-30	A/F	B/D	C/E
Jan 31-Feb 6	C/E	A/F	B/D
Feb 7-13	B/D	C/E	A/F
Feb 14-20	A/E	B/F	C/D
Feb 21-27	C/D	A/E	B/F
Feb 28-March 5	B/F	C/D	A/E

A – Stephan, B- Patel, C- Romero; D- Bowytz, E- Hamilton; F- Lewis

Memorial Mission Job Descriptions

H2O (Ice/Water/Track)

- Come early and set up the ice bath (never leave alone)
- Empty trash (including trash can) in ice room
- Wash out grass and dirt from ice bath
- Fill up water cooler and take it onto the track/bus
- Drain and return water cooler to office
- Take AED to and from track

BUS BUNCH (Mats/Bus/Meet)

- Set up campsite; load and unload tents, tarp, water cooler, and AED
- Pick up trash from meet camp/bring gear to bus
- Leave campsite cleaner than when we arrived
- Load bus with tents, mats, ice chests for Meet
- Windows up
- Sweep the bus/dump trash
- Spray mats with disinfectant and wipe down mats

CLEAN-UP CREW (Office/Frig/Locker Room)

- Vacuum track office
- Throw away trash in and around office
- Clean out refrigerator including food
- Sweep locker room floor
- Make sure locker room is clean before school starts
- All lockers are closed and locked and shut door

Training Periods

Periodization is an organized approach to training that involves progressive cycling of various aspects of a training program during a specific period. Careful manipulation of intensity, volume, and recovery. * **Tudor Bompa** is Father of Periodization.

Work backwards (State/Reg to Area to District to now)



Mesocycle	Objective	Cycles	Track Month
Championship	Main Comp	Med-Easy	D-A-R-S
Race-prep	Pre-Comp	Easy-Med-Hard	March-April
Conditioning	Gen & Spec Prep	Easy-Med-Hard	Jan- Feb

Energy Systems

Event	Aerobic %	Anaerobic
800m	M 60% W 70%	M 40% W 30%
1500m	M 77% W 85%	M 23% W 15%
3000m	M 86% W 94%	M 14% W 6%

Jack Daniels VDOT – Training Intensities

From Table 1

VDOT	Mile
30	9:11
32	8:41
34	8:14
36	7:49
38	7:27
40	7:07
42	6:49
44	6:32
45	6:25
46	6:17
47	6:10
48	6:03
49	5:56
50	5:50
51	5:44
52	5:38
53	5:32
54	5:27
55	5:21
56	5:16
57	5:11
58	5:06
59	5:02
60	4:57

Table 2 Training intensities based on current VDOT

VDOT	E(Easy)/L(Long)		MP	T(Threshold Pace)			I (Interval Pace)				R (Rep Pace)		
	per Km	Per mile		400	1000	Mile	400	1000	1200	Mile	200	400	800
30	7:37	12:16	11:02	2:33	6:24	10:18	2:22					67	2:16
32	7:16	11:41	10:29	2:26	6:05	9:47	2:14					63	2:08
34	6:56	11:09	10:00	2:19	5:48	9:20	2:08					60	2:02
36	6:38	10:40	9:33	2:13	5:33	8:55	2:02	5:07				57	1:55
38	6:22	10:14	9:08	2:07	5:19	8:33	1:56	4:54				54	1:50
40	6:07	9:50	8:46	2:02	5:06	8:12	1:52	4:42				52	1:46
42	5:53	9:28	8:25	1:57	4:54	7:52	1:48	4:31				50	1:42
44	5:40	9:07	8:06	1:53	4:43	7:33	1:44	4:21				48	98
45	5:34	8:58	7:57	1:51	4:38	7:25	1:42	4:16				47	96
46	5:28	8:48	7:48	1:49	4:33	7:17	1:40	4:12	5:00			46	94
47	5:23	8:39	7:40	1:47	4:29	7:10	98	4:07	4:54			45	92
48	5:17	8:31	7:32	1:45	4:24	7:02	96	4:03	4:49			44	90
49	5:12	8:22	7:24	1:43	4:20	6:55	95	3:59	4:45			44	89
50	5:07	8:14	7:17	1:42	4:15	6:51	93	3:55	4:41			43	87
51	5:02	8:07	7:09	1:40	4:11	6:44	92	3:51	4:36			42	86
52	4:58	7:59	7:02	98	4:07	6:38	91	3:48	4:33			42	85
53	4:53	7:52	6:56	97	4:04	6:32	90	3:44	4:29			41	84
54	4:49	7:45	6:49	95	4:00	6:26	88	3:41	4:25			40	82
55	4:45	7:38	6:43	94	3:56	6:20	87	3:37	4:21			40	81
56	4:40	7:31	6:37	93	3:53	6:15	86	3:34	4:18			39	80
57	4:36	7:25	6:31	91	3:50	6:09	85	3:31	4:15			39	79
58	4:33	7:19	6:25	90	3:45	6:04	83	3:28	4:10			38	77
59	4:29	7:13	6:19	89	3:43	5:59	82	3:25	4:07			37	76
60	4:25	7:07	6:14	88	3:40	5:54	81	3:23	4:03			37	75 2:30

Methods of Distance Training

<h2>1. Recovery Run</h2>	<h2>2. Steady-Pace</h2>
<p>4 – 60 min Easy warm-up, cool-down, pre-race day 2-2.5 min per mile > race pace</p>	<p>25-50 min 1.5-2 min per mile > race pace Talk Test *Develops base foundation (cardio capacity)</p>
<h2>3. Tempo-pace (increase with track age)</h2>	<h2>4. Repetition Training</h2>
<p>20-35 min total 60+ sec per mile > race pace Tempo-reps (1 min-4min) w/breaks *Develops aerobic capacity and increase efficiency</p>	<p>1 min-3 min/400-800 m, Total 30-40 m 2m/5k race pace or slightly faster 1:2 run to recovery (complete recovery) *Increases aerobic efficiency and raising lactate threshold. Helps develop pace and rhythm</p>
<h2>5. Intervals (High Lactate Training)</h2>	<h2>6. Surging (especially important for 800)</h2>
<p>15 sec - 1 min/100-300, Total 25-30 min with recovery Race pace or slightly faster 1:1 run to recovery (incomplete recovery) *Enhances ability to tolerate and produce lactic acid.</p>	<p>Steady pace with fast increase for 15-90 sec/100-400m with total run lasting 20-35 min. *Enhances ability to initiate and respond to pace changes</p>
<h2>7. Fartlek/Speed play</h2>	<h2>8. Speed Training</h2>
<p>Combines fast and slow running 20-45 min Continual change of pace, 15 sec-1 min/80-300m Whistle runs, fast 400 on track. *Develops speed in distance running</p>	<p>Speed Build-ups or Striders before/after 20-200m with full recovery *Develops good running mechanics, strength, and sprinting ability at end of race</p>
<p>9. Hill Workouts – moderate hill take 36% more energy up and 24% less than flat surface.</p>	

Heart Rate- Individualized



- Resting (RHR) = pulse when no stress, best to take in morning
 - Lactate Threshold (LT)= measures point @ which aerobic energy production cannot meet exercise demands and lactate begins accumulating in the blood and muscles.
 - Calculating LT- other ways
- + Daniel's Chart- using mile time to estimate types of running ** (XC season will use 2 mile/2 due to heat & humidity)**

V-dot-O₂max- measure of athlete's current running ability

Compare times to Al Lawrence Self-Coached Runner

Training using Heart Rate

- Recovery/Steady-pace – easy to below LT
- Tempo-pace– @ 1 minute above best mile pace
- Repetition & Interval – slightly above LT; athletes take for 10 seconds and multiply by 6 = bpm (> 22 not ready so rest)
- Mostly active rest but will do standing when necessary
- Surging, Fartlek, Speed Training
- **Keeping daily records (identify overtraining/oncoming illnesses)**



800 meter Thoughts (mainly Coach Vigil's)

- Interval running early and repetition later will help develop lactate tolerance.
- Goal - first 400 at 93%; second at 87% maximum effort.
- 800/1600 recommended mileage for girls/boys by grade:
10th (30m/40m), 11th (35m/45m), 12th (40m/50m)
- 15k run once every 2 weeks.
- Be alert at the start!
- Be on outside shoulder of lead runners (to avoid boxed).
- Include 400s faster than race pace to enhance surging power ability.
- Finishing sprint must go through finish line.
- Kosmin Test can be good predictor.

Flexibility & Strength

Pre-Workout

- Warm-up (800 or 1600), Dynamic, Hurdle Mobility (4-5 hurdles-2 x right, left, alternate, backwards), 4 x 80 meter Striders – increased effort
- Static Stretching- (few minutes before road runs only)

Post Workout Strengthening (schedule based on RGs)

- **Myrtl (rhymes with hip girdle) Jay Johnson**

<https://www.youtube.com/watch?v=2GLrKr54yA0>

- **Yogo/Static Stretching- (use bands)**

<http://laschools.net/cms/lib07/NM01000458/Centricity/Domain/763/HQBIFHL.pdf>

- **Lunge Workout/Ice baths**

http://www.runnerspace.com/video.php?video_id=8161-Lunge-Warm-Up-Jay-Johnson-insidenikerunning-nike-com

- **Western State**- 80 meter striders with stretching (push-up, hamstring partner stretch, pigeon stretch, telephone IT stretch)

Myrtl



Lunges



Flexibility & Strength Cont.

- **Jump roping/Bosu balls**- great for ankles/knees
- **Shin Drills**- toe raises, duck, pigeon, backwards, ankles in/ankles out (Jay Johnson)
- **Weight Training**– once a week (power lifts, squats, Leg Curls, Bench, plyos, jump ropes, ton of planks)
- **Parisi Speed School** Warm-up

Parisi Speed School Warm-Up

Stationary Movements (8-10 reps)	Movement Patterns (10-15 yards)	Muscle Activation (8-10 reps)
Prisoner Squats	Walking Lunges	Hip Bridges
Jumping Jacks	Lateral Lunge	Simple leg hip bridge
Seal Jacks	Skipping	Lying leg raise
Flings	Lateral Shuffle	Iron cross
Low Pogo	Lateral Run	Bulldog series (fire hydrant, forward circle, backward circle, lateral leg raise)
High Pogo	Backward Cycle	Prone Hurdler
Wide-outs		Scorpion
Gait-swings		Superman
		V-Sit Rollers

Sample Workouts

Day	Conditioning (Jan/Feb)	Race Prep (Mar/early Apr)	Championship (3-4 weeks)
Monday	Track Workout 1600/HM/Dyn/Striders 4-5 x 1000, 2 mile c/d Myrtl	Track Workout 800/HM/Dyn/Striders MD- 8x400 (400j), 6x200 LD – 12x400(400j), 4 fast grass striders Myrtl	Track Workout 800/HM/Dyn/Striders LD 4x800, 2 x 150, mile c/d MD 3x800, 4 x 150, 800 c/d Myrtl
Tuesday	1600/Static Strech Road Run- 6 miles Fast mile Yoga	MD 4m @ Steady 6 x 300/100j track LD – 6 miles @ Steady fast mile track Mile C/D & Yoga	MD 4-5 m, fast 400/easy 400 LD 7 m, fast 800/easy 400 Yoga
Wednesday	Wts/Parisi/3-4 miles Lunges/Ice	Wts/Parisi/2 x mile @ tempo Lunges/Ice	Wts/Parisi/Track 3-4 x600/100j+200/500j 1 mile c/d Lunges/Ice
Thursday	Grass Loops with Hill Ladder 1500-1000-500 x 2 2-3 mile C/D Western State	Grass Loops with Hill LD -3x1000, 3x500, 2m MD- 1x1000, 6x500, 4x150 track Western State	Track Workout 1600/HM/Dyn/Striders 10x100 @ 16-20s w 300j 1 mile @ recovery Western State
Friday	1600/HM/Dyn/Striders Time Trials/3m recovery Myrtl/4 x 1 min planks	All – 4-6 miles RR MD 6 x 150 Chasers LD 4 x 200 @ RP Lunges/Ice	All- 4-5 miles @ recovery; 6-8 grass striders Lunges/Ice
Saturday	Mem Park 6 miles with 3-4 x 800 surges/Comp	Competition Race-Ready/Cool down	Competition Race-Ready/Cool down
Sunday	LR- ROYO 6-9 m @ Steady Yoga/Roll	MR – ROYO 4-6 m @ Recovery Yoga/Roll	Rest/Shake-out Yoga/Roll
Total =	46-52 miles	38-42 miles	32-34 miles

Pace Chart – compare to VDOT and Al Lawrence

- Evolving process (Early 2 mile/2 approximated later 5k, track move to 1 mile race pace)
- Keep records and compare athletes' workouts
- Change intensity and recovery based on periodization (85%, 88%, 91%, 95% race pace)
- Adjust Running Groups based on performances (TT, Racing)
- Adjust individual if illness, injury, multi-sport (usually drop down one group)
- We have coed 1-8 running groups; Track season- split into mid and distance

		Running Groups	1600 (est)	Add minute	Tempo Mile	85%	800	400 high	400 low	400	400	400	400
1	md	Hamilton, Nicholas	4:25	1:00	5:25	5:01	2:30	1:15	1:09				
1	md	Id Lewis, Luke	4:25	1:00	5:25	5:01	2:30	1:15	1:09				
1	md	Id Bullers, Patrick	4:35	1:00	5:35	5:12	2:36	1:18	1:11				
1	md	Botros, Nathan	4:50	1:00	5:50	5:29	2:44	1:22	1:15				
1	md	Bartley, Ike	4:50	1:00	5:50	5:29	2:44	1:22	1:15				
2	Id	Patel, Tanak	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
2	Id	Patel, Khayla J.	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
2	md	Erdinc, Tolga	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
2	md	Evans, Peter	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
2	md	Id Reyes, Jonathan	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
2	Id	Bowytz, Jacob	5:00	1:00	6:00	5:40	2:50	1:25	1:18				
3	md	Carles, Brian	5:15	1:00	6:15	5:57	2:58	1:29	1:22				
3	Id	Shrader, Alec	5:15	1:00	6:15	5:57	2:58	1:29	1:22				
3	Id	Kress, Byron	5:15	1:00	6:15	5:57	2:58	1:29	1:22				
3	Id	Shaw, Andrew	5:15	1:00	6:15	5:57	2:58	1:29	1:22				
3	Id	Romero, Leslie	5:15	1:00	6:15	5:57	2:58	1:29	1:22				

Coach Bill Snyder's Wildcat 16 Goals

- Commitment
- Unselfishness
- Unity
- Be Tough
- Self-Discipline
- Great Effort
- Enthusiasm
- Eliminate mistakes
- Never Give Up
- Don't Accept Losing (no bailing to apply to Track)
- No Self-Limitations
- Expect to Win (accomplish race profile to apply to Track)
- Consistency
- Leadership
- Responsibility



Closing Thoughts

- Stress for average HS student today = 1950s psychiatric patient (Psychology Today, April 30, 2008).
- Moving from “Tiger Moms” to “Helicopter Parents” and now toward “Snowplow Parents”.
- Give them the freedom to take risks and to learn how to “fail forward” (not about one race; about running career).
- Press is great but adds more pressure to kids. Keep them away from reading blogs and rankings.
- Help develop “grit” (best measure of success).
- They don’t care how much you know until they know how much you care (Zoe Simpson).