

2014 West Coast SuperClinic – Diljeet Taylor Track and Field Distance Training






DISTANCE TRAINING

Track and Field Distance Training
Diljeet Taylor – CSU Stanislaus



Overview of Distance Events

- Distance Events at High School Level
- 800M
- 1600M (mile)
- 3200M (2 mile)



Training Plan

- Three cycles in annual training plan
- Macrocycle-yearly plan
- Mesocycle-periodization of 3-4 weeks
- Microcycle-7-10 days


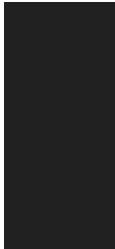


SUMMER TRAINING

- Summer Training
- June-August
- Build up a mileage base

SAMPLE WEEK IN JUNE:

- Monday-3-5 mile run
- Tuesday-5-7 mile run
- Wednesday- 45-60 minute run
- Thursday-5-7 mile run
- Friday- 3-5 mile run
- Saturday-long run 6-9 miles
- Sunday-day of rest



CROSS COUNTRY-FALL

AUGUST-NOVEMBER FALL SEASON

Cross Country is encouraged for all distance athletes. It provides them with a great aerobic base.

Hill Training-Intervals-Tempos-Fartlek



WINTER WORKOUTS

December-February

Same as Summer-This part of the year is important for building up mileage. There should be a 2 week break after cross country season prior to training again.

DISTANCE TRAINING

- Warm-Up and Cool Downs are important before every work out
- Recovery Days-twice a week
- Long runs once a week

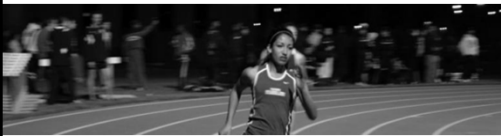
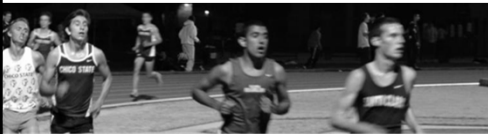


TRACK SEASON

- Workouts are targeted toward specific events.
- 800 group
- Mile/2 mile group



Male vs Female Athletes



Training Programs

- | | |
|--|---|
| 800 M Workouts <ul style="list-style-type: none">■ Speed and Strength are important■ Workouts at high intensity■ Example Workouts: 200 m repeats/ 400 repeats | Mile/2 mile workouts <ul style="list-style-type: none">■ Focus is on aerobic strength■ Volume is just as important as intensity■ Example workouts: 800 or 1000 m repeats |
|--|---|

TYPES OF WORKOUTS

- | | |
|-------------|--------------------------|
| ■ TEMPO RUN | ■ INTERVAL WORKOUT |
| ■ FARTLEK | ■ LONG RUN/ RECOVERY RUN |

TEMPO RUNS

- Runs at a uncomfortable pace
- You are pushing yourself the entire time
- Slower than race pace, faster than recovery or long run pace



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FARTLEK

- Swedish for speed-play
- Workouts consists of surging and running fast for period of time, and then slowing down and running slower for a certain period of time.



INTERVAL WORKOUT

- Fast repeats with a rest in between each one



LONG RUN-RECOVERY RUN

- Long run-done once a week, usually Saturdays – longest run of the week. (20% longer than recovery runs)
- Recovery run- done in between workouts to help body recover. Done at easy conversational pace



SAMPLE TRAINING-MILE/ 2 MILE RUNNER

- During Season
- MONDAY -10 minute warm-up
fartlek- 8 x 4 min on-3min off
10 minute cool down
- TUESDAY-40-50 minute recovery run-6 strides
- WEDNESDAY-10 minute warm up
8X400 m repeat with 1 minute rest
10 minute cool down
- THURSDAY-40-50 minute recovery run-6 strides
- FRIDAY-pre-race or 3-4 mile tempo run
- SATURDAY-race or long run
- SUNDAY-rest

SAMPLE TRAINING WEEK- 800M RUNNER

- DURING SEASON
- Monday- 10 minute warm up
(M) Fartlek- 10 X 2 minute on-2 minute off
(W) 8X2 minute on-2 minute off
10 minute cool down
- TUESDAY-Recovery Run-30-40 minutes- 6 strides
- WEDNESDAY- 10 minute warm up
(M) 8X200 m repeat with 2 min rest
(W) 6X200 m repeat with 2 min rest
- THURSDAY-Recovery Run- 30-40 minutes-6 strides
- FRIDAY- Pre-race or Tempo run
- SATURDAY-race or long run
- SUNDAY-off

STRENGTH TRAINING

- Done twice a week after recovery runs
- ABS- core work is extremely important for running posture
- Push-ups, body squats, lunges



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OTHER FACTS

- Overtraining is much more dangerous than undertraining
- Nutrition is important
- Ice baths and stretching are important



KEEP IT FUN

- The most important thing is the sport needs to be fun. If the kids are having fun, they will be much more willing to work hard.

