

Session 2: Training for 1600/3200m and Steeplechase

2010 ITCCCA Presentation
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Overview

- ✦ Training keys for distance events on the track: 1600/3200
- ✦ Training for Steeplechase
- ✦ Sample Training calendar
- ✦ Putting 3 seasons of training together for the high school athlete
- ✦ Sample Annual Plan

Training Components

- ◆ Must have adequate training in both aerobic and anaerobic elements
- ◆ Must consider non-physiological elements such as enthusiasm and team spirit
- ◆ Speed must never be neglected at any phase of training
- ◆ The distribution of time spent in aerobic and anaerobic workouts is like putting together a jigsaw puzzle – everything must link together to produce results

TRAINING PYRAMID



REPS
Mile
pace

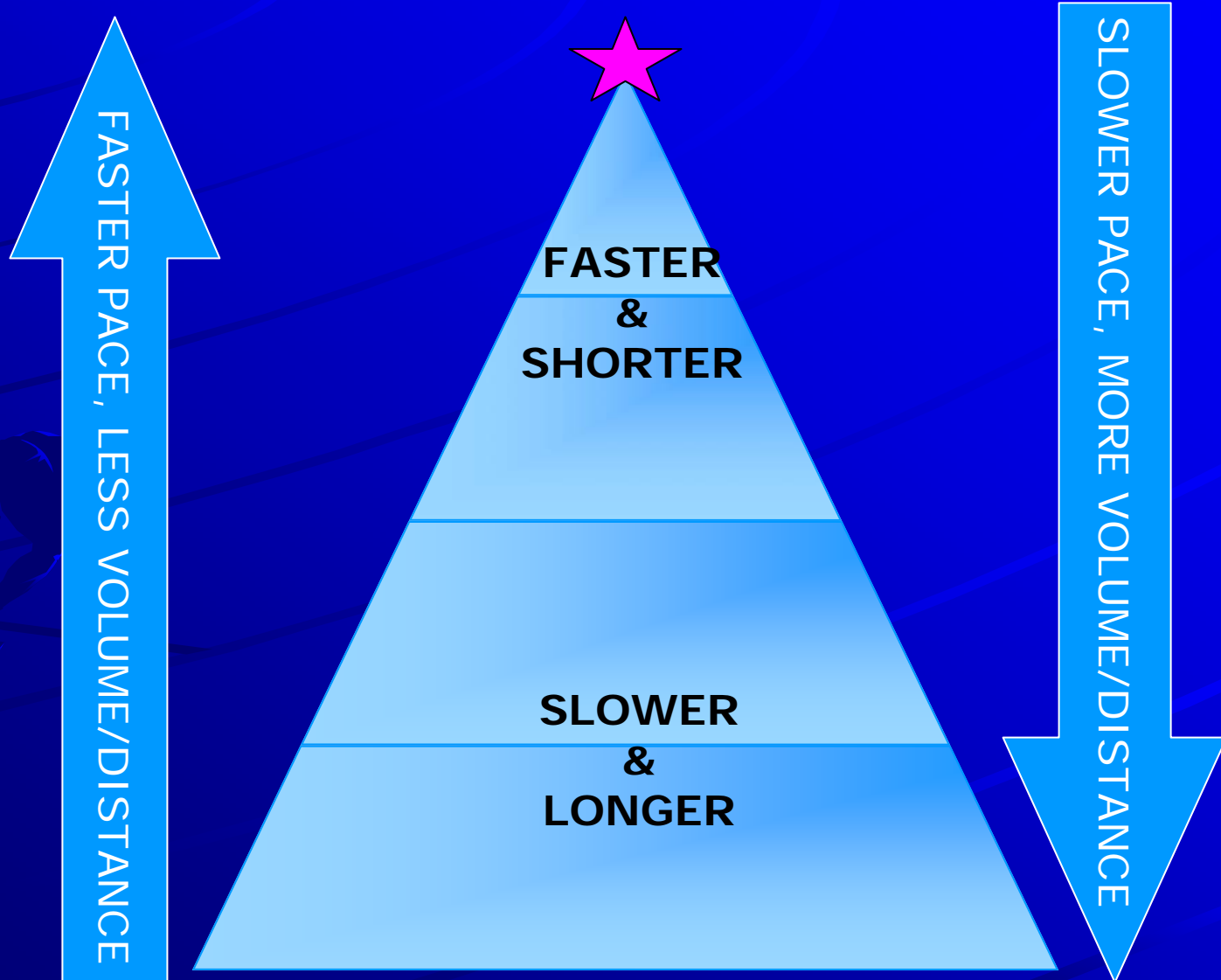
INTERVAL
3k – 5k pace

TEMPO RUNS
+ 25sec to INT pace

ENDURANCE/EASY RUNNING



TRAINING PYRAMID



Goals of Training Program

- Get out strong, but conserve energy
- Push middle portion of race
- Shift to an even faster finishing pace, more anaerobic
- Learn how to run fast but not strain

How?

- Training for SPEED, ECONOMY, and AEROBIC POWER

Training Program Basics

Start training plan at the end of the season with main competitions (goal races), and divide into appropriate phases, and then determine length of each training phase

- ✦ Phase 2: Transition into track
- ✦ Phase 3: Early Season Meets (Indoor track)
- ✦ Phase 4: Main Competition Season (start of outdoor track)
- ✦ Phase 5: Championship Season (Regional, State, National meets)

Phase 2: Transition to Track

- ◆ Phase 2 should incorporate a rest/recovery week at the end of the XC season and prior to beginning indoor track training and competition.
- ◆ Goals include building in REP paced running as primary workouts and tempo & interval workouts as secondary
 - Hills workouts are ideal (can be REP effort or INT effort)
 - Early season track meets used as part of training
- ◆ Length can be 4-6 weeks or longer.
- ◆ Include strides & drills (speed component) on non-quality days – “Speed” each day
- ◆ Include auxiliary training such as circuit training, core strength, cross training, etc. to address any weaknesses and develop the overall athlete

Phase 3: Early Season Meets (Indoor track)

- ◆ When planning for the indoor and outdoor season, keep the outdoor end of season meets in mind as the peaking point
- ◆ Phase 3 can be 6 weeks or longer, depending on the length of the indoor competition season
 - Component of “Speed” is regularly part of training
 - ◆ Strides at varying paces and length
 - Two to Three quality sessions per week
 - ◆ REP workout
 - ◆ Interval or Tempo or Fartlek workout
 - ◆ Races count as a quality session
 - At end of season, limit to 2 quality sessions per week to allow for a little more recovery heading into end of indoor season meets

Phase 4: Main Competition Season (Outdoor track)

- ◆ Phase 4 includes the start of the outdoor season with duel/league meets
- ◆ Not a peaking phase
- ◆ Challenging Phase of Training
 - Includes 3 quality sessions/week including quality intervals and reps, and a maintenance of Tempo
 - Plan races and workouts based on the distance raced, mid-week races, and importance of race
 - ◆ Standard layout(3 quality sessions) Mon workout, Wednesday workout, Saturday Race
 - ◆ Two races/week layout (3 quality sessions): Tues Race/workout, Wednesday workout, Saturday race
 - ◆ Important weekend race (2 quality sessions): Tues workout, Saturday race

Phase 5: Championship Season

- ◆ Phase 5 consists of the key focal races of the outdoor T&F season:
 - Regional Championships
 - State Championships
 - National Champs
- ◆ Overall weekly mileage/volume will be slightly less
- ◆ Intensity remains the same
- ◆ Focus workouts on race distance
 - REPS
 - 3k Paced Workouts (speed endurance workouts such as 10 x 400m on 2:30, or alternation 200m repeats at 3k pace and 3kpace + 10sec such as 40/50
 - Tempo Runs as light workouts or blended into REP workotus

Steeplechase Training

- ◆ Train like a 3000m(boys can train like a 5000m) runner to have endurance required for the barriers and water jump. Must have the speed of a miler and endurance of a 5k runner!
 - Girls race 2000mSC
 - Boys race 3000mSC
- ◆ Incorporate Hurdles into training year round. 2 days/week hurdle drills – all athletes will benefit from the hip mobility & strengthening benefits.
- ◆ During the indoor season, 1 day per week, run over 10 hurdles in practice (as part of strides)
- ◆ Need to address both hurdling form and the water barrier
- ◆ Need good leg strength and core strength to handle the SC; need more than the flat 1500m/3000m incorporated into training

✦ Incorporating Hurdles into practice

- 1 day/week in early season run over hurdles during a quality track session (practice with hurdles for safety)
- Focus on form:
 - ✦ Trail leg drills
 - ✦ Practice lead leg on alternating sides to be ready for either approach
 - ✦ Forward lean into hurdle prior to running over it
 - ✦ Fast pull through of trail leg
 - ✦ Accelerate into the barrier and out of the barrier (will require lengthening of stride as you approach barriers)
 - ✦ Lead leg must get to the ground quickly and minimize time in the air.
 - ✦ Be prepared for approaching barriers in a pack, and getting a clear vision of the barrier
- Water Barrier
 - ✦ Practice first on grass, then pushing off into sand (mark 12' line in sand)
 - ✦ Get in close to barrier before stepping on it
 - ✦ Lean in, drive up with fast knee action
 - ✦ Place foot on barrier and "roll" foot over it, keeping truck LOW to the barrier
 - ✦ Strong push outward by rear leg, keeping contact to the barrier until leg has extended. Take off must be powerful
 - ✦ Lead leg should land as far across the water as possible and trail leg needs to drive through very quickly!
 - ✦ Ideally land 1 foot in water, and next step is out of water pit.
 - ✦ Drive quick out of pit, as to not lose time

Steeplechase: Sample workouts

- ✦ In a training session, limit the number of hurdles run to the max in the race (2kSC: 23 hurdles & water barriers, 3kSC: 35 hurdles & water barriers)
- ✦ Sample workouts:
 - 6 – 8 x 400m @ steeple chase pace w/60sec recovery
 - 2 x 800 over Hurdles at 3kSC race pace, 2 x 800m @ flat @ 3k race pace
 - 8 x 100m strides over hurdles at end of easy run
 - Finish distance run with 1 mile over hurdles slightly up-tempo
 - Place barrier on grass or sandpit, and practice 10 'water' jumps

Steeplechase strength exercises

- ◆ Plyometrics – will improve strength of legs and shock absorption. Movements must be performed with quickness and precision
 - Depth (box) jumps (work up to max of 10 jumps per workout)
 - ◆ Double leg, minimize ground contact time
 - ◆ Single leg for more advanced athletes
 - Hurdle Jumps (Work up to max of 3-10 bounds per workout)
 - ◆ Double leg, minimize ground
- ◆ Hurdle Drills (good for all middle & distance athletes)
 - Hip Circuit
 - Wall Drills
 - Walk-overs
 - Lead leg
 - Trail leg
 - Bounding

A Note on Mileage

- ◆ How much weekly mileage should you run?
 - Add about 5-8 miles/year to your peak
 - Rotate how much you run each week by 5 – 20%, lower mileage weeks build in recovery
 - How much is enough?
 - ◆ High School Women: no more than 45-50
 - ◆ High School Men: no more than 60
 - ◆ WHY? Longest race is only 5000m. Focus on quality of your runs, not bulking up slow junk miles

Phase 2: Transition into Track

Week	%Miles	M	T	W	TH	F	SAT	SUN
#1	80%	Distance + strides	REPS - Q1	Steady paced Run	E/XT	Fartlek Run - Q2	Easy Run	LONG 60mins
		strides	3-4 sets:	Strides		45minutes with		
		Hurdle drills	2 x 200 + 1 x 400m	Hurdles		10-15 x 1min pickups		
#2	80-85%	Distance	HILLS - Q1	Steady paced Run	E/XT	TEMPO - Q2	Easy Run	LONG 65mins
		strides	10 x 1min w/1min recovery	Strides		4 x 1000m @ T		
		Hurdle drills		Hurdles		w/1min rest		
#3	90%	Distance	REPS - Q1	Steady paced Run	E/XT	INTERVALS - Q2	Easy Run	LONG 70min
		strides	6 x 500m @ Rep	Strides		4 x 800m @ INT		
		Hurdle drills		Hurdles		with 400m jogs		
#4	85%	Distance	HILLS - Q1	Easy Run	E/XT	Easy Distance +	Indoor Meet - Q2	LONG 65mins
		strides	10 x 75sec with	Strides		4 x 150m accel strides		
		Hurdle drills	1min recovery	Hurdles				
#5	90%	Distance Run	REPS - Q1	Steady paced Run	E/XT	TEMPO - Q2	Easy Run	LONG 70mins
	to	strides	20 x 200m @ REP	Strides		5 x 1000m @ TEMPO		
	100%	Hurdle drills	200m jogs	Hurdles		w/1min rest		
#6	85%	Distance Run	HILLS - Q1	Easy Run	E/XT	Easy Distance +	Indoor Meet - Q2	LONG 75mins
		strides	5 x 90sec + 5 x 60sec +	Strides		4 x 150m accel strides		
		Hurdle drills	5 x 30sec	Hurdles				
#7	100%	Distance Run	REPS - Q1	Steady paced Run	E/XT	INTERVALS - Q2	Easy Run	LONG 70mins
		strides	8 x 200m progress pace	Strides		2 x 1k + 2 x 800m		
		Hurdle drills	full recovery	Hurdles		with 400m jogs		

1500m/3000m Training Phase 3: Early Competition (Indoor season)

#8	90%	INTERVAL - Q1	Distance Run	TEMPO - Q3	E/XT	Easy Distance + 4 x 150m accel strides	Indoor Meet - Q2	E Recovery
		4 x 1000m	strides Hurdle drills	20minute Tempo Run Hurdles				
#9	100%	INTERVAL - Q1	Distance Run	REPS - Q3	E/XT	Easy Distance + 4 x 150m accel strides	Indoor Meet - Q2	L 80-90min
		5 x 800m w/400m jogs	strides Hurdle drills	16 x 200m Hurdles				
#10	85%	INTERVAL - Q1	Distance Run	TEMPO - Q3	E/XT	Easy Distance + 4 x 150m accel strides	Indoor Meet - Q2	L 70-80min Meet
		2 x 1200m + 2 x 1k	strides Hurdle drills	3 x 1mile w/1min rest Hurdles				
#11	80-85%	INTERVAL - Q1	Distance Run	RAST REPS - Q3	E/XT	Easy Distance + 4 x 150m accel strides	Indoor Meet - Q2	L 70-90min
		6 x 800m	strides Hurdle drills	5 x 400m @ REP - 2sec Hurdles				
#12	100%	INTERVAL - Q1	Distance Run	TEMPO - Q3	E/XT	Easy Distance + 4 x 150m accel strides	Indoor Meet - Q2	L 65mins
		5 x 1k	strides Hurdle drills	2 x 10mins @ TEMPO w/90sec jogs				
#13	90%	REP - Q2	TEMPO - Q3	Easy Run +	E/XT	Easy Distance + 4 x 150m accel strides	Regional - Q1 Qualifying Meet	L 60-70mins SS
		3 sets of (4 x 200m) progressively faster	3 x 1k	6 x 100m strides Hurdles				
#14	75%	Easy Run	REP - Q2	Easy Run +	E/XT	Easy Distance + 4 x 100m accel strides	State Champs - Q1 Indoor	L
		Strides Hurdles	2 x 400m @ REP + 4 x 200m @ 800m Pace	6 x 100m strides Hurdles				
#15	0%	Easy Run	3k-PACE - Q2	Easy Run +	E/XT	Easy Distance + 4 x 100m accel strides	National - Q1 Indoor Scholastic 3000m	Easy L Run
		Strides Hurdles	6 x 400m @ 3k pace with 200m jogs	6 x 100m strides Hurdles				

Key Questions to Remember:

- ◆ WHY AM I DOING THIS RUN/WORKOUT?
- ◆ HOW IS THIS GOING TO BENEFIT MY TRAINING/RACING

Remember Training Principles & Pyramid as basis of plan

- ◆ EASY Runs should be the base of your training program.
- ◆ TEMPO runs are good 1 time per week during the summer and fall season.
- ◆ INTERVAL workouts are good to develop power and strength needed in cross country and longer track events
- ◆ REP workouts are needed to improve running efficiency
- ◆ Work to develop your CRITICAL ZONE ability. Know your strengths, and develop weaknesses

RUN STRONG
TRAIN SMART
HAVE FUN



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