

Developing and Implementing a Year-Round Training Program for Distance Runners



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Neuqua Valley High School Men's Cross Country

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 - B. Training Philosophy
 - C. Coaching Staff, Fundraising, Website, Awards, Booklet, Marketing
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 - 2. Two-a-days
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- IV. Winter / Spring Training
 - A. Empowering Winter Training – Building a Base
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 - C. Outdoor Season – Aerobic Capacity and Speed Training
 - D. Evolution of Training Regimen
- V. Miscellaneous / Questions



Week #8 – Phase One (Base Building)

Monday, July 14th – contact day #16

7:15 a.m. Knoch Knolls Park

1.5 mile warm-up to Naper/Plnflld and 95th street; stretch; 65 minutes @ 7:00 pace; 8 x 100m strides

5:30 p.m. Knoch Knolls Park

35 minutes easy; core (15)

Tuesday, July 15th – contact day #17

7:15 a.m. Knoch Knolls Park

2 mile warm-up; 4 x wood loop at LT pace; 1 mile cool down

5:30 p.m. Knoch Knolls Park

35 minutes easy; core (13.5)

Wednesday, July 16th

a.m. - 40 minutes easy; 8 x 100m strides (6)

p.m. - rest

Thursday, July 17th – contact day # 18

7:15 a.m. Knoch Knolls Park

2 mile warm-up; 8 x 1200m; 2 mile cool down

5:30 p.m. Knoch Knolls Park

35 minutes easy; core (14.5)

Friday, July 18th – contact day #19

a.m. - off

p.m. - 2 mile warm-up; 5k at LT pace (pick up last mile); 15 min cool down (7)

Saturday, July 19th

a.m. - 65 minutes EASY; 8 x 100m with full recovery between each (9.5)

Sunday, July 20th - contact day #20 (start of Oregon camp)

1 hour run easy (8)

Total Mileage for Week #8 – 73 miles



Week 14 – Week #3 of Phase Two (Running Economy)

Monday, August 25th

a.m. rest

2:45 p.m. Prairie loop with 10 x 45 second pick-ups; 6 barefoot strides with 300m jostle/jog between each; core (12)

Tuesday, August 26th

2:45 p.m. 3 mile warm-up to KK; 3 x wood loop at LT pace; 3 miles back to NV (11)

Wednesday, August 27th

6:00 a.m. 5 miles easy

2:45 p.m. 2 mile warm-up to Pradel Park, 8 x 150m with 3 min jostle/job between each; 2 mile cool down back to NV (12)

Thursday, August 28th

2:45 p.m. 45 minutes easy; 4 barefoot strides with 300m jostle/jog between each; core (7)

Friday, August 29th

6:00 a.m. 5 miles easy

2:45 p.m. 5 miles easy; core (10)

Saturday, August 30th

a.m. rest

p.m. 1 mile warm-up; run-a-thon; 1 mile barefoot cool down (12)

Sunday, August 31st

45 min run easy (6)

Total Mileage for Week #14 – **70 miles**



Week 20 – Week #6 of Phase Three (Aerobic Capacity)

Monday, October 6th

6:00 a.m. 5 miles easy

2:45 p.m. 3 mile warm-up to KK; 5 x 1 mile at +25-30 seconds above race pace with 2 minute rest interval; 3 mile cool down (16)

Tuesday, October 7th

2:45 p.m. 40 minutes EASY; 4 strides; core (5)

Wednesday, October 8th

6:00 a.m. 5 miles easy

2:45 p.m. 15 minute easy jog at Cantore Park; 6 x 200m with 4 min jostle/walk; 5 min jog back to school (9)

Thursday, October 9th

2:45 p.m. KK, 3 x wood loop at 6:00 pace (10:00 per lap); back to NV (10.5)

Friday, October 10th

6:00 a.m. 5 miles easy

2:45 p.m. 20 minutes EASY on grass around NV ball fields; 4 x 100m strides with 200m jostle/walk recovery between each on the football field (8)

Saturday, October 11th

a.m. *Sterling Invitational* – 800m shake out before loading the bus, 1 mile warm-up and strides, 3 mile race, 3 mile cool down

p.m. 3 miles EASY 2.5 hours after 2nd meal post race. (8)

Sunday, October 12th

30 min run easy (4)

Total Mileage for Week #20 – **61 miles**



Week 22– Week #1 of Phase Four (Fine Tuning)

Monday, October 20th

a.m. 3.5 miles easy

p.m. – KK, 3 x 1 mile with 5-6 min recovery; return to NV (12.5)

Tuesday, October 21st

2:45 p.m. 80 minutes EASY – run Regional course; 4 strides; core (11)

Wednesday, October 22nd

a.m. off

2:45 p.m. a.m. run backwards to Cantore; 6 x 200m with 4 min jostle/walk; 5 min jog back to school (7)

Thursday, October 23rd

2:45 p.m. 2 mile warm-up; 20 minute tempo on the track; 2 mile cool down (7.5)

Friday, October 24th

a.m. off

2:45 p.m. 30 minutes EASY; 4 x 100m strides (4)

Saturday, October 25th

a.m. Regionals – 800m shake out before loading the bus, 1 mile warm-up and strides, 3 mile race, 25 min cool down

p.m. off (8)

Sunday, October 26th

30 min run very easy (4)

Total Mileage for Week #21 – **54 miles**