

Cross Country and Distance Running Clinic

August 8, 2009 - Ames, Iowa

Maximizing Your High School Workouts

#1 – Look first at training venues

- a) Track – quality surface – mark every 50 meters
- b) Field turf or grass inside of the track
- c) Grass on the school grounds
- d) Grass within the distance of a warmup run
- e) Grass within driving distance
- f) Sidewalks and paths
- g) Hills – grass or streets(minimal traffic)
- h) Timed run course – flat, no traffic, shaded
- i) Swimming pool
- j) Weight room
- k) Meeting room – core stability work area and indoor warmup

#2 – Off-season mileage dictates in-season mileage. Miles per week = same as the summer miles per week

#3 – Each off-season(summer and winter) – Must do more from one year to the next.

#4 – 2008 XC Groups: Weeks	#1 - 4	#5 - 9	#10	#11	11 Week Cross Country Season
Level 1	10-20	15-25	none	none	
Level 2	15-25	20-30	none	none	
Level 3	25-35	30-40	25-35	25-35	
Level 4	40-50	45-55	40-50	40-50	

#5 – Running groups do not determine Varsity, Junior Varsity, or C-team

#6 – If the kids have no base mileage, then we spend the entire season doing what they should have been doing in the summer. The big thing is remaining injury free. Without a base, I can still do hill repeats and flying 30's, core stability, yoga, foot drills, indoor strength circuit, outdoor strength circuit, pool running, and flexibility work.

#7 – XC is all about changing speeds. – Rehearse this in practice.

#8 – When the rest interval is crucial and you are trying to work with kids of varying abilities, then run for minutes, rather than distance.

#9 – Practice starts and finishes. I use a running starting on interval and repetition workouts.

Types of Workouts for kids with a base. Multi-pace approach

Tempo Runs(Lactate Threshold) – Fastest pace that you can run aerobically

- a) Pace – Comfortably hard. Go as fast as you can without getting out of breath
- b) Course – needs to be flat
- c) 20 to 25 minute run
- d) 3 to 4 mile run

Cruise Intervals – same pace as the tempo runs

- a) Good for warm days when you want to have brief water breaks
- b) Volume – More than a tempo run – minimum of 4 miles or 6000 meters of segments
- c) Short rest – walking
- d) Repeat miles with 1 minute rest
- e) Repeat 1200's with 45 seconds rest
- f) Repeat 4 minute runs with 45 seconds rest
- g) Repeat 1000's with 40 seconds rest
- h) Repeat 3 minute runs with 30 seconds rest

Interval Workouts

- a) Segments are run at current 3200 to 4000 pace.
- b) Volume of the segments should not exceed 8% of the weekly mileage
- c) Segments range from 200 meters to 1200 meters
- d) Rest: 200's – 30 seconds 500's – 75 seconds
 300's – 45 seconds 600's – 2:00
 400's – 60 seconds 800's – 2:30

Repetition Workouts

- a) Segments are run at current 1600 pace
- b) Volume of the segments should not exceed 5% of the weekly mileage
- c) Segments range from 200 meters to 600 meters
- d) Rest: 200's – 2 minutes 500's – 5 minutes
 300's – 3 minutes 600's – 6 minutes
 400's – 4 minutes
- e) Lots of rest – full recovery

Hill Repeats

- a) 200 to 300 meters at meet pace
- b) Walking and easy running back to start
- c) I would run longer hills if I had them.
- d) Volume – up to you. I use 4 to 6 times the hill. Older runners do the most.

Repetition Strides(bullhorn a must)

- a) Repetition strides are at mile pace
- b) I use these in the first three weeks of the season after a training run. Makes the transition to interval and repetition workouts easier. Also makes kids run faster at the end of the workout. Change of speed = kick.
- c) 8 x 25 seconds at mile pace and 35 seconds walking or easy running, depending on your runners. Progress to 8 x 30 on and 30 off, and then 8 x 35 on and 25 off.

Flying 30's

- a) For the upper level kids, I use this after an interval or repetition workout. For other kids, I will use this after a training run when I am no longer using the repetition strides.
- b) Start at the top of the curve and run easily until you come to the straightaway. Then, go all out for 30 meters
- c) Volume: 6 x flying 30's

Repetition-Intervals

- a) I use this type of a workout during the last two weeks of the season after I have already done interval and repetition workouts. Remember that interval workouts use brief rest periods, while repetition workouts use maximum rest periods.
- b) Pace – current mile pace
- c) Segments: 200 meters through 600 meters
- d) Volume = no more than 5% of the weekly mileage
- e) Sample workouts:
 - (1) Sets of 3 x 200(30 seconds rest) – 3 minutes rest between sets
 - (2) Sets of 400(30 seconds rest), 200 faster pace – 4 minutes rest between sets
 - (3) Sets of 600(30 seconds rest), 200 faster pace – 4 minutes rest between sets
 - (4) Sets of 400(30 seconds rest), 300(30 seconds rest), 200 faster pace – 4 minutes rest between sets
 - (5) 4 sets of 5 x 200(2 minutes rest between sets) – 60 seconds rest for each 200 in the first set; then 45 seconds for each 200 in the second set; then 30 seconds, and finally 15 seconds for the last set.

Rest Patterns – for interval and repetition workouts

- a) 2 minutes rest – walk 50, jog 50, walk 50, jog 50
- b) 3 minutes rest – walk 50, jog 50, walk 100, jog 100
- c) 4 minutes rest – walk 50, jog 50, walk 150, jog 150
- d) 30 seconds rest – walk 25, jog 25

Training Runs –Use Heart monitors to speed up or slow down your runners. Athletes should train with their racing partners.

Long Run – 20 to 25% of the weekly mileage; once every two weeks if possible

Setting up the Plan for an 11 week Cross Country Season

#1 – Make a calendar of the season and start off by inserting the meets.

#2 – Weeks #1-3: Training runs following for repetition strides; hill repeats; time trials(Weeks 1 & 2); meet(Week #3); long run(if weather will allow it).

#3 – Weeks #4-6: Training runs(no repetition strides); Tempo run or Cruise Intervals; Intervals; flying 30's; meets on Saturdays; long run

#4 – Weeks #7-9: Training runs(no repetition strides); Tempo run or Cruise Intervals; Repetitions; flying 30's; meets on Saturdays; long run

#5 – Weeks #10 & 11(Regionals and State): Training runs(no repetition strides); Tempo run or Cruise Intervals; Repetition Intervals; meets on Saturdays; long run

#6 – Out of seven days, two will be hard and the rest training runs(maintenance runs). A meet is called a hard day.

Injury Prevention

#1 - Miles per week depend on summer miles for XC and winter miles for Track. Runners are then placed into workout groups. I determine the workout groups, not the kids.

#2 - Gradual transition from one type of workout to the next. Repetition strides begin the transition from training runs to interval and repetition workouts. I try to ease into hill repeats, although we are on the hills everyday.

#3 – Core stability – exercises require strength and flexibility – use a watch

#4 – Foot Drills – soft, grassy surface – Field Turf football Field

Drill #1 – Weave running – 25 meters

Drill #2 – Heel walking(feet straight) – 25 meters

Drill #3 – Edge walking – 25 meters

Drill #4 – Backwards walking on tiptoes – 25 meters

Drill #5 – Heel walking(feet turned out) – 25 meters

Drill #6 – Walking with toes turned in – 25 meters

Drill #7 – Skipping with swinging arms – 25 meters

Drill #8 – Skipping in place – 20 seconds

Drill #9 – Stork exercise – 20 swings on each leg

#5 – Draining the legs(5 minutes maximum), stretching out, and icing the legs(5 to 10 minutes at 55 degrees)

#6 – Pool Running

#7 – Strength Training Circuit

#8 – Equipment – shoes and insoles – Run in spikes in practice before you race in them in a meet.

#9 – Serum Ferritin Test – Find a sports oriented physician

#10 – Foam rollers, massage peanut, massage stick – Look at Power Systems catalog

#11 – Massage therapy

#12 – Balance activities – barefoot whenever possible

a) Agility disks or wobble boards – make them yourself

b) Standing on one leg – arms folded; one eye closed; both eyes closed; lean forward; swing free leg

#13 – Kids that limp don't run. Bone scans – Stress fractures

#14 – I pick the Varsity and all other teams, not the stopwatch – Basketball example

