

2 MILE TRAINING

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 Head Cross Country, Track and Field Coach
 At Kansas Wesleyan University
 Level II USATF Endurance Coach

Background

- ▣ High School
 - Limon High School
- ▣ College
 - McPherson College
- ▣ Baker University
 - Revitalized distance program.
- ▣ Kansas Wesleyan University
 - 25 KWU National Qualifiers, 2 National Qualifying Teams, Over 100 All Conference Runners, and Over 20 All Conference Relays

Base Training

- ▣ Summer
 - Start healthy
 - Rest (1-2 Weeks)
 - New Shoes
 - Two weeks after the conclusion of their last meet.

Cross Country

- ▣ Preparatory Phase (Varies In Length based on track)
 - Base Training
 - Drills
 - High Volume
 - Low Intensity
- ▣ Pre Competition 4-6 Weeks
 - Goal Mileage
 - Long Runs
 - Thresholds
 - Intervals

Cross Country Continued

- ▣ Competition 4 Weeks
 - Time to go fast (anaerobic work)
 - Hills
- ▣ Peaking 2 Weeks
 - Men more than Women
 - Keep intensity, drop volume.

XC is the Foundation



Winter Break

- ❑ Start Healthy
 - Rest (1-2 Weeks)
- ❑ The decision of indoor track, base, or basketball/wrestling.
 - Look at big picture for individual runner.
- ❑ Don't peak for a non competitive season
 - All races should be pieces of the puzzle for outdoor.

Outdoor Track is HERE



Goal Setting

- ❑ Meet and discuss the strengths and weaknesses.
- ❑ Basketball player or the year round runner?
- ❑ Time goals broken down by meets and progression points.

Training Theory



Writing Your Workout

- ❑ Maximum benefit out of the least possible work.
- ❑ Start at biggest race.
- ❑ Work backwards
 - Peaking (2 Weeks)
 - Competition (4 Weeks)
 - Pre Competition (4 Weeks)
 - Preparatory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long Run	Recovery	Interval	Recovery	Threshold	Recovery	Race Day
9-12 Miles	5-8 Miles	4-5,000m Worth of Intervals	7-9 Miles	2 Mile WU, 4x1K W/jog 200, 1 Mile CD	4-7 Miles	2 Mile Race

Aerobic vs. Anaerobic

Event	Aerobic	Anaerobic
3200m	86%	13%

% of VO2 Max

- ▣ VO2 Max is the highest rate of O2 utilization attained during maximal or exhaustive exercise.
- ▣ 3200m is roughly 102% of one's VO2 Max
- ▣ Training then would be 70-80% of best effort.

Selecting VDOT

VDOT	1500	Mile	3K	2Mile	5K	10K
57	4:48	5:11	10:17	11:06	17:49	36:57
58	4:44	5:06	10:08	10:56	17:33	36:24
59	4:39	5:02	9:58	10:46	17:17	35:52
60	4:35	4:57	9:50	10:37	17:03	35:22
61	4:31	4:53	9:41	10:27	16:48	34:52
62	4:27	4:49	9:33	10:18	16:34	34:23
63	4:24	4:45	9:25	10:10	16:20	33:55
64	4:20	4:41	9:17	10:01	16:07	33:28
65	4:16	4:37	9:09	9:53	15:54	33:01

VDOT Pacing

	Thr.	Pace	Int.	Pace	Rep.	Pace	
VDOT	1K	Mile	400	1K	200	400	
57	3:50	6:09	:85	3:31	4:15	:39	:79
58	3:45	6:04	:83	3:28	4:10	:38	:77
59	3:43	5:59	:82	3:25	4:07	:37	:76
60	3:40	5:54	:81	3:23	4:03	:37	:75
61	3:37	5:50	:80	3:20	4:00	:36	:74
62	3:34	5:45	:79	3:17	3:57	:36	:73
63	3:32	5:41	:78	3:15	3:43	:35	:72
64	3:29	5:36	:77	3:12	3:51	:35	:71
65	3:26	5:32	:76	3:10	3:48	:34	:70

Long Run

- ▣ Ranked 3rd for importance
- ▣ Roughly 20% of weekly mileage
- ▣ Pace is roughly marathon pace.
- ▣ Ran at even or progressive pace.

Recovery Run

- ▣ Keep it at conversation pace.
- ▣ Implement drills after run.
 - Hurdle Coordination
 - Metabolic A - B Form Running Drills
 - Acceleration Striders

Intervals

- ▣ The warm up should match the warm up on race day.
- ▣ 4,000-5,000m worth of intervals
 - Rest, intensity, volume, should all be decided on how fast the interval you are attempting to do. Or which energy system you are targeting.
- ▣ Active recovery between intervals will allow for more consistent splits.

Example Interval Workouts

- ▣ Longer Intervals (Interval)
 - 5x1K W/2'
 - 6x800 W/2'
- ▣ Shorter Intervals (Repetition)
 - 12x400 W/3'
 - 4(400, 300, 200) W/2', 4' between sets

Weight Lifting

- ▣ Minimal
 - 2 Times a week after hard day
 - 3 sets of 15 or 30sec.
 - Low Weight, High Repetition
 - Free Weights
 - Core

Thresholds

- ▣ Tempo Runs
 - Use more during XC
 - Also use earlier in track season
 - 3-5 Miles @ prescribed pace from Jack Daniels Chart
- ▣ Cruise Intervals
 - Intervals with very short bouts of rest
 - Slightly slower than normal interval training.
 - EX: 5x1K With 1' rest

How to Race the 3200m



Pacing

- ▣ The first 200m should be used for positioning not for proving one's stupidity.
 - Settle into the desired pace by 400m.
 - Most mistakes are made early in a race.
- ▣ For the fastest potential race, EVEN pacing is the key.
- ▣ Potential hiccup
 - Weather

Racing

- ▣ Running in a pack
 - Learning to let others do the work for you.
- ▣ Stay on pace.
- ▣ Be prepared for the kick.
- ▣ Last 500m should be quickening the pace and moving into a position for the final push.

Mechanics



Running Efficiently

- ▣ Distance runners should do form drills like any other runner.
 - Drills (Walking A Skip, Walking B Skip, A Skip, B Skip, High Knees, Butt Kicks, Straight Leg Shuffle...)
- ▣ Flexibility isn't just for sprinters.
 - Yoga for 30-45min once a week.
 - Stretching as part of the warm up and cool down.
- ▣ Core strength
 - A daily must of core exercises.

Questions?

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