

Hugoton Track & Field Distance Program

Coach Nick Rodriguez

Hugoton Distance Program

- 95-98 I was just an assistant and all I had were the distance runners.
- Really had no idea on organization but took what I did in XC and just started applying that to track.
- Had a difficult time getting people out and those that did not very committed.

- 1999 was made the Head Coach of the Program.
- Started getting better numbers and started having some success on the track.
- Still had lots to learn about track and distance running. I was not that good.
- I also am in charge of PV and so that means my distance runners are on their own at times

Hugoton Track & Field

- Build A good base-we don't hit the track much in the first 3 weeks of the season
- Spring Break usually in this time period. Kids in and out of practices the 1st 3 weeks for 1 reason or another.
- I treat it like XC season all over again to start with
- What kind of condition are these kids in
Winter sports kids vs. those that did not do winter activity.

Hugoton T &F

- Team will be split into groups
- When we run on the track each group has own watch and they select a group leader to lead workout
- Could have as many as 5-7 groups on the track with each one doing a different type of timed workout.

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- I try to race kids in a variety of races
- Try to find a race that I think a athlete will be good at but try to get them to race in other races
- Not many JV meets in our area so I try to get younger kids in smaller varsity meets just for the experience.
- I try to go to these JV meets-Important I see kids race

Hugoton T&F

- Sample workout week
 - Mon-Repeats(long early/Short later)
 - Tue-Long Runs
 - Wed-Tempo runs/Fartleks/ Speed
 - Thur-Pre-Meet
 - Fri-Meet
 - Sat-Easy Run (most of the boys run)
 - Sun-Rest

Workouts

- 8-10 x 400m at race pace with 200 m jog/walk
- Ladders-1200m, 2 x 800, 2 x 600, 2 x 400, 2 x 200 with 1 minute jog, 30 sec walk
- I usually do ladders based on time, sometimes easier to keep everyone together
- 4x 800m at race pace with 2 minutes rest half jog half walk
- Fartlek based on time 30's quick, 30's easy, 1:00 quick, 1:00 easy, 1:30 quick, 1:30 easy

Workouts

- Typical Weds. Workout:
 - Jog (1-2 laps), dynamic warm-up with High-knees, buttkicks,
 - Leg swings, calf stretches, hip mobility work
 - Out for 10 minute run back into groups for track work(8 x400) most likely based on time
 - Run the 400 with 2 minute rest but 1 minute is active jog/other minute walk
 - After 4th repeat-long break before 5th repeat
 - Finish with 10 minutes easy run and stretching
 - Some days they ice, foam roll, rollers.

Other Thoughts

- I limit my kids in races during the season
- I want my runners as fresh as they can be for the regional meet.
- The focus for track is the regional races. Want to get the 4x8, than look at individuals for 800, 1600, 3200 runs. Our best 800 runners usually are working out with the sprinters so they may never run the 800.

Questions/comments

- What talents do your kids have
- Communicate with other coaches
- Know what is going on with the student athletes-injury issues other problems
- Seem to have more issues with injuries in track than usually in XC.

Contact Information

- email: nick.rodriquez@usd210.org
- School phone: 620-544-4311
- Home phone: 620-544-4517
- Cell phone: 620-544-5988