

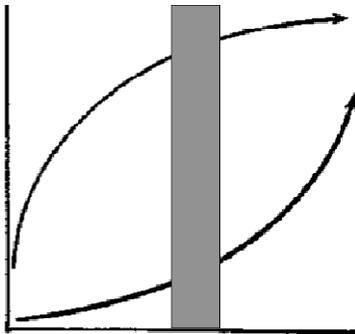
Olathe North Distance Track

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Season Goals

- Train with purpose
 - Know your philosophy
 - Have a reason for EVERY work session
- Stay healthy
- Consistently improve
- Race well when it counts

Risk Profile



Train so that we don't need a kick

- Get Stronger and More Flexible (Shifting Risk)
 - Warm-up, Cool Down, Lifting Sessions
 - Core Strength
 - Hip Mobility
 - Balance
- So that we can Run Farther and Faster (Shifting Training Benefit)
 - Maximize daily and weekly mileage
 - Train to shift lactic threshold
 - Improve Aerobic Capacity

Dynamic Warmup

- video

Pillar Routine and Hip Mobility

- video

Lifting

- <15 minute sessions
- Body Weight
 - Medicine Ball
 - Stability Ball
- Before Workout/In the Morning

Energy and Fatigue (The Science)

- Goal is to prolong fatigue as long as possible.
- Fatigue in the most basic terms means your muscles are running out of fuel (this fuel being the molecule ATP)
- Muscles/the body resynthesize the ATP molecule, thus “giving” the muscles energy through three different kinds of respiration
 - Alactic Anaerobic (might as well be called “super anaerobic”)
 - w/out O₂, CP stored in muscles combines with ADP to produce ATP
 - Lasts maybe 10 sec ~80 meters
 - Anaerobic
 - W/out O₂, By products are Lactic and H⁺ ions
 - Lasts roughly 30 sec to 2 min ~ 800 meters
 - Aerobic Respiration
 - w/ O₂, byproducts are Water and CO₂ and lactic acid but lactic acid is in turn able to be used as energy thus clearing it from the system.
 - Lasts forever providing you have carbs and fats in your system. Carb stores usually run out after 20ish miles (The “wall” in a marathon).

Run Farther

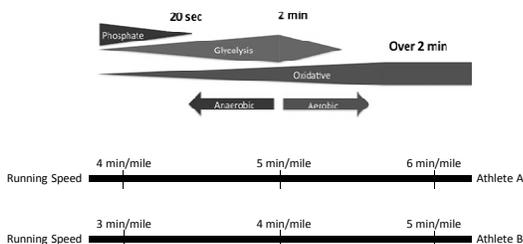
Get to highest maximum volume safely (i.e. without breaking the body in the process)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group 1 19-22 mpw	Rest to 2 miles	3 miles	3 miles	3 miles	3 miles	3 miles	4 miles
Group 2 25-30 mpw	Rest to 4 miles	4 miles	4 miles	4 miles	3 miles	4 miles	6 miles
Group 3 32-36 mpw	Rest to 5 miles	5 miles	5 miles	5 miles	5 miles	5 miles	8 miles
Group 4 40-46 mpw	Rest to 6 miles	6 miles	6 miles	6 miles	6 miles	6 miles	10 miles
Group 5 47-54 mpw	Rest to 7 miles	7 miles	7 miles	7 miles	7 miles	7 miles	12 miles
Group 6 54-62 mpw	Rest to 8 miles	8 miles	8 miles	8 miles	8 miles	8 miles	14 miles

Run Faster

- Don't have to train at race pace or faster very often.
 - Exception - Strides
- Increase aerobic power
 - It doesn't matter if you are the fastest kicker if your are not in a position to win the race at the end.
- Shifting lactic “threshold”
 - Shifting threshold allows the athlete to run at a faster pace without lactic acid buildup.

Energy Systems Continuum & Aerobic Power



Shifting the Lactic Threshold

- Our goal here is prevent fatigue (for as long as possible) from the acidosis that is inevitable when you are using the anaerobic energy system.
- You get “up to” 2 minutes. We want the whole two minutes.

So what pace do you need?

- Easy – recovery runs, long run, recovery between intervals
 - **Produces the “bigger engine”**
 - Athletes should be able to hold a conversation the entire time.
- Tempo – Tempo runs (for us this is a 20-25 min continuous run)
 - **Shifting the lactic threshold. Holding off acidosis/athlete deals with it better**
 - Current mile time + 60 sec.
 - Ex. 5:00 min mile in last effort = 6:00min/mile tempo pace
- Interval Pace – Intervals at Roughly 5K or equivalent pace
 - **Increasing aerobic power**
- Race pace – Usually a ladder workout so the kids become comfortable with different paces they may see on race day
 - **Running Efficiency, and getting used to race pace in a non competitive environment**
 - 3200, 1600, 800, 400 pace depending on the interval

Putting it all together

- Pre-season: December through April – Maximize weekly volume and begin tempo training
- Early Season: weeks 1 through 4 – Everything from preseason + adding in slower interval sessions.
- Middle Season: Weeks 5-7 & 8-10 - Everything previous + more intense interval and add race pace sessions
- Championship Season: Last 3 weeks– No change in training, Slight decrease in volume

Putting it all Together 21 day cycle

M:	Intervals	Race Pace	Interval
T:	Easy	Easy	Easy
W:	Tempo	Tempo	Tempo
Th:	Easy	Easy	Easy
F:	Competition	Competition	Competition
Sa:	Long Day(Easy)	Long Day(Easy)	Long Day(Easy)
Su:	Easy	Easy	Easy

Final Thoughts

- Copy from other successful people
- Ask questions and learn from your mistakes
- Be able to explain the WHY behind every workout
- Know YOUR philosophy