

Olathe East Track and Field Distance Training

Olathe East 4 Season Training

- We divide the year into four training segments. We take a one to two week break between each segment.
- Summer Running: We emphasize endurance, the ability to cover the race distance comfortably.
- Cross Country: We emphasize stamina, the ability to cover the race distance fast.
- Winter Track: We emphasize strength and overall fitness, making a better athlete.
- Spring Track: We emphasize speed, the ability to run multiple race distances fast.
- The next Summer Running season starts with the runners now running their distances faster, due to changes in their body and mind from the training year.

Differences between Track and Cross Country

- In cross you have multiple athletes scoring in one race. In track you have one athlete scoring in multiple races.
- This means a higher fitness level in track in terms of speed and endurance. Now you must be 100% fit.
- You must train at multiple paces as compared to cross country.
- Cross country is about changing paces (hills, turns, packs). Track is about enduring paces, basically holding the same pace for an extended time.
- Cross country relies on strength, track on speed (the two can be inter-related.)

Winter Track

- Kids must remain active all year round if they are going to be competitive.
- For younger kids and distance athletes, this is a good time to do another sport to build fitness. Wrestling, swimming, basketball can all add strength, explosiveness, stamina and mental toughness.
- During winter track our mileage goes down compared to cross country and summer runs.

Winter Running 2

- Why? Generally due to weather (we lose about two weeks outside to ice and snow.
- Track distances are less than cross country distances. Not as much need for distance.
- Emphasis on total athlete.
- Much more emphasis on drills and running form.
- Twice a week a structured workout such as hills or a tempo run. The rest of the week consists of distance or recovery runs.
- Full implementation of dynamic warm-up.
- Continue to monitor health and recovery.

Dynamic Warm-up

- Emphasis on total body warm-up
- Concentration on hips and core body
- Exercises moving from upper body to core body and legs. We rotate this through the dynamic warm-up.
- Jog 20-50 meters between exercises.
- We use this as a conditioning exercise. It can take 20 minutes to do right.

Running Form Drills

- We emphasize quickness and proper form.
- Explain what you are looking for. Try to let the kids know what each exercise should feel like.
- A skips
- B skips
- C skips
- Scoops
- Slides

Running Form Drills 2

- Lunges (we can do a variety of these)
- Backwards runs quick
- Backwards runs long
- Heels
- Toes
- 4 x 20-30 meter sprint, practicing starts.
- 2 x 40, 2 x 60, 2 x 100 meter form sprint
- Again, this is a combination of form and conditioning. We introduce the full warm-up during the beginning of track season. For many freshman, our warm-up is harder than their junior high workout!

5 Pace Training

- In track, the athletes need to be able to run multiple races at multiple paces.
- Almost all race in cross country are run at or a little below max VO₂ or max vVO₂. (94% for a 5k is the highest figure I've seen).
- Almost all track races are run in excess of max VO₂. (100%+/- for a 3200) (105% for 1600), (110%+ for an 800).

5 Pace Training 2

- Frank Horwill's 5 pace Training System.
- Train 2 paces above and 2 paces below and including your main race distance over a two week period.
- In our program, we divide our 800/400 runners and our 1600/3200 runners. This is what our 1600/3200 runners do.
- We assume they are all milers for workout development.

5 Pace Training 3

- Over a 2 week period we will train at
- 400 pace (touch on this each week, workout every other week)
- 800 pace (we workout this each week)
- 1600 pace (we workout this each week)
- 3200 pace (we hit workout this each week)
- 5000 pace (touch on this each week, workout every other week.)

5 Pace Training 4

- We use current race times if possible for workouts, and either tables from Joe Vigil or the +5 (girls)/ +4 (boys) formula to figure workout paces. (I'll explain this)
- We use races as part of this workout system. The best 800 pace workout is to run an 800!
- Ladders and increasing pace workouts are very good race simulations.

Seasonal Progression

- Early season workouts tend to work on strength and endurance.
- Hill workouts. We will do 4 x (3 x 200 meter hill) with a 100 walk/100 jog recovery. We progress to 3 x (4 x hill); 2 x (6 x hill); 2 x (6 x hill jog recovery).
- We also will use swimming workouts as recovery for the legs but working strength and endurance for the cardio-vascular system.

Seasonal Progression 2

- As season moves to the track, we will do traditional sets of Interval work and Repeat work, building either to race distance or starting at race distance and working to speed.
- For 1600 workout we will go 2 x race distance
- For 3200 workout we will go 1.5 x race distance.
- As the season moves to mid-season, we start moving race simulation type workouts in one week, continue with the traditional interval/repeat work the other week.

Seasonal Progression 3

- Late in the season, we move to mainly race simulation type work.
- If things are working we don't generally change a lot.
- Race simulation workouts are things such....
- Coe Cut-down...(starting with a 100 at 1600 pace, then moving 110, 120, 130, 140, 150, 160, 170, 180, 190, 200) with the 200 at 400 pace. Pace increases with each distance, jog back recovery. We do this twice in the workout.

Seasonal Progression 4

- Stern Workouts from Villanova
- 200-500-300-200 @ descending pace; 1000 @ 1600 PR pace (800 pr plus 10 seconds); 1 lap jog/ walk; 600 as fast as they can go.
- 800 @ 1600 pace; 4 x 400 with 10 minute recovery as fast as they can go. We do this one twice in a season. It really helped us this year I felt.

Seasonal Progression 5

- Like cross country, the big meet is more about mental preparation and emotional control than getting them in shape. If they are in shape, there is little to worry about.
- The last week before the big meet, little new is introduced. We go from M-W hard workouts to T Hard workout with W-Th as recovery.
- Handoffs, tactics, proper start, proper cut all our covered early season, and reviewed all season long.
- Again, you must monitor recovery.

A Usual Week During Track Season

- M-Hard workout using intervals, or race simulation according to schedule. 1600/3200 paces usually used.
- T-Recovery run including weights
- W-Usually 800 pace workout with short recovery. Many of our distance kids also run the 4 x 800 at some point.
- Th-Recovery run including weights
- F-Meet (whatever race we are running, we ran the other distance pace on Monday)
- S-Morning Bagel Run for time. This is our distance run for the week. We usually go a little under an hour. Meets are usually high stress emotionally but short days in terms of volume.

Our Racing Combinations

- 1600/ 4 x 400- Really a good combo in the early season to max out endurance and speed. We would do a 3200 workout Monday
- 1600/ 800-This would be a good endurance/speed combo. We would do a 3200 workout Monday
- 4 x 800/ 3200-Speed followed by an endurance session. 1600 workout Monday
- 4 x 800/ 800-Speed week. We would probably do a 3200 session Monday
- 1600/ 3200-We rarely run this double back to back weeks. It is a strength builder. We would probably do a 400/ speed type workout on Monday.

Some Final Thoughts

- You must monitor recovery in track as well as you do in cross country.
- Establish a team atmosphere in track for your kids. Don't let the event groups isolate off. Common warm-up before practice, cheering at meets, relays are all good ways to do this. Popsicles work wonders!
- Your coaching staff should include different personalities....dreamers, realists, safe harbors and "earn my respect" coaches are all good for kids. It's part of learning to deal with life. But your coaches need to share your training, disciplinary and educational philosophy. You set the tone.
- Remember, each kid is there for a reason. What is it?
- Most poor performances have a reason, same as good performances. What is it? Ask questions.
- Each kid is an individual, the most important person to themselves and their parent. You can guide and inspire them. Make the most of that opportunity. Your effect on them will continue through their lives, and others. Coaching is a trust and a great honor! Enjoy it!!

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