

# Specificity & Training

Taking athletes from first day of summer training to championship season

Nate Wolf

Dordt University

Head Cross Country/Assistant Track Coach

Health and Human Performance Instructor

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- ▶ When I first started coaching:
  - ▶ Adapt something from Jack Daniels or Joe Vigil
  - ▶ Take workout that sounded good and use it
  - ▶ Adapt something I did as an athlete
    - ▶ Not wrong, but copying for copying sake isn't coaching
    - ▶ Personally, I struggled to adapt for women
    - ▶ Copying b/c it solves a problem or puts an athlete in a more advantageous position, is coaching.
      - ▶ So Copy, but do it for a reason.
        - ▶ My favorite two workouts for my 800/1500 crew in track are straight up stolen/borrowed from different places.

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- ▶ My summer and fall training are one training plan. 24/25 weeks of progressive training.
  - ▶ I start with a few specific questions each year.
    - ▶ What are the performance goals for the season? Are these goals the same for everyone?
    - ▶ Is there a specific time you want these goals to happen (may differ by age or other factor)
    - ▶ What type of training gets me to that performance?
      - ▶ On the track, a 1500m runner needs to run 3:53 (probably in an evenly split race) and then close in 2:02 at the national meet with a 45 last 300.
      - ▶ For XC, what is the terrain of the championship course? Does it differ from other courses throughout the year?

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- ▶ My rule-of-thumb when creating a training plan is: “We need someplace to go with our training.”
  - ▶ We always want to be able to increase something. Volume, interval volume, intensity, etc.
    - ▶ At the point I feel I cannot increase something in a healthy manner, then I have reached the end of my training cycle/plan and the best race is (hopefully) the next race.
    - ▶ If this happens too soon in the season, I feel the athlete gets stale and performance plateaus.
      - ▶ This is useful when there is a qualifying meet and championship meet, we can extend the “taper” without losing fitness and can allow two great races. But once we taper there is no improvement with fitness (and I want all the fitness I can get).
      - ▶ This can lead to a feeling of staleness if it happens too soon with too many races left.
- ▶ This is difficult for me. My tendencies are to pull back too soon or to let an athlete do too much when they are feeling good.

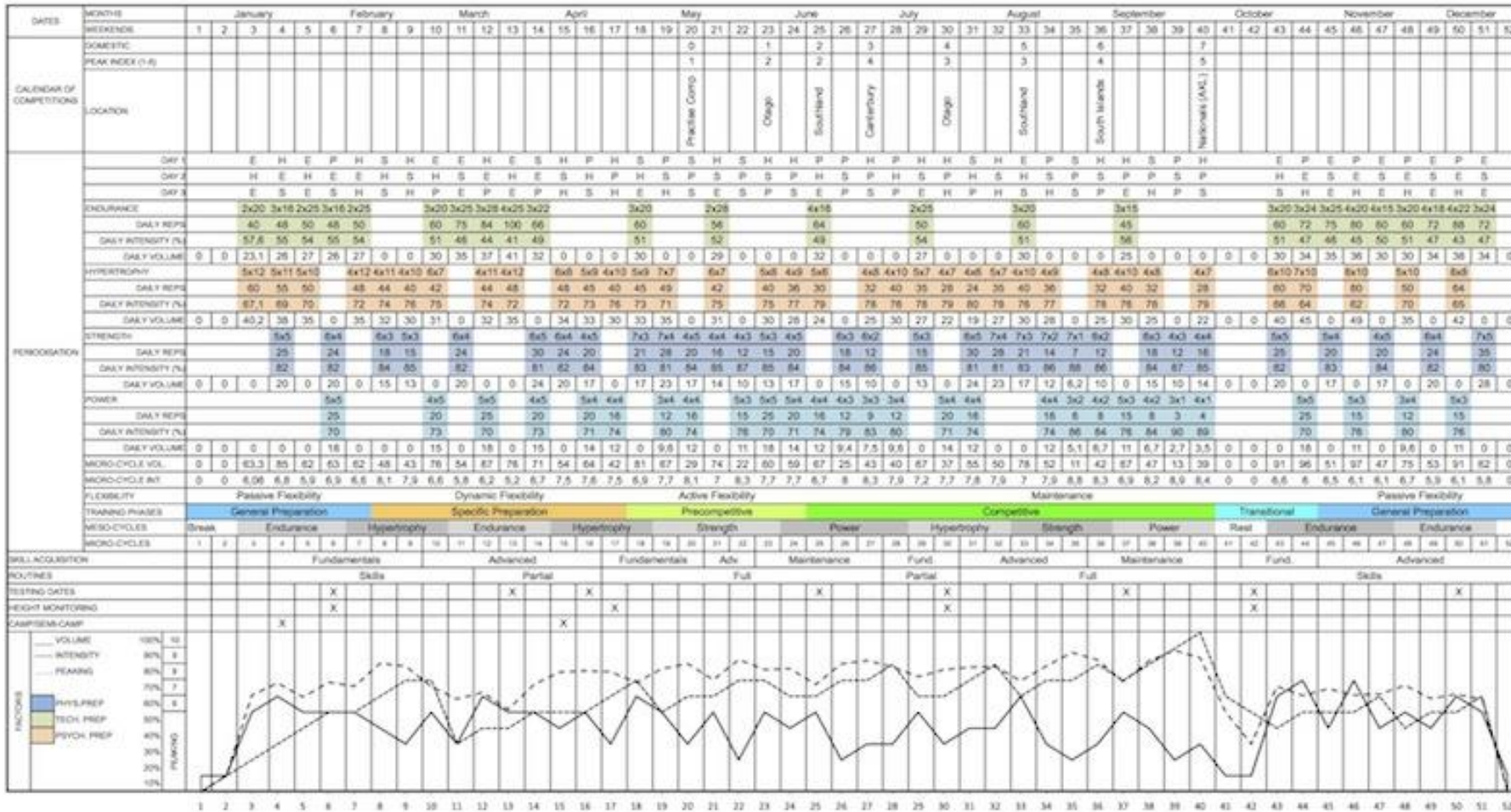
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YEARLY TRAINING PLAN (MACRO-CYCLE)

TYPE: Gymnastics  
YEAR: 2015  
COACH: Chuck Norris  
ATHLETE: Norris Jr.

Adapted from the GAC Coach Training Manual



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## The Periodic Table

1 H																	2 He
3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne
11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar
19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
55 Cs	56 Ba	57-71	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
87 Fr	88 Ra	89-103	104 Rf	105 Db	106 Sg	107 Bh	108 Hs	109 Mt	110 Ds	111 Rg	112 Cn	113 Nh	114 Fl	115 Mc	116 Lv	117 Ts	118 Og
			57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu
			89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr

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- ▶ Periodization is true and useful and something I use, but barely...
  - ▶ I use this type of system as a base, but then I (quickly) move onto a practical calendar that can be read or manipulated as it is utilized:

2018 DCXC Men - C

Date	Tri/N AIA	Mileage	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-Jun		20	5 mile RR	5 mile RR	OFF	5 mile RR	OFF	5 mile RR	off
	24								
10-Jun		25	5 mile RR	5 mile RR	OFF	5 mile RR	5 mile PR	5 mile RR	off
	23			Strength #1	Myrtl		Strength #2		
17-Jun		30	5 mile PR	4 mile RR	2 mile TR (5 miles total)	5 mile RR	4 mile RR	7 mile LR	off
	22			Strength #1	Myrtl		Strength #2		
24-Jun		25	4 mile RR	5 mile PR	OFF	2 mile TR (5 miles total)	4 mile RR	7 mile LR	off
	21			Strength #1	Myrtl		Strength #2		
1-Jul		30	5 mile PR	4 mile RR	4 mile RR	2.5 mile TR (5 miles total)	4 mile RR	8 mile LR	off
	20			Strength #1	Myrtl		Strength #2		
8-Jul		35	6 mile PR	5 mile RR	5 mile RR	10x400 w/90 R (6 miles total)	5 mile RR	8 mile LR	off
	19			Strength #1	Myrtl		Strength #2		
15-Jul		39	6 mile PR	6 mile RR	6 mile RR	3 mile TR (6 miles total)	6 mile RR	9 mile LR	off
	18			Strength #1	Myrtl		Strength #2		
22-Jul		35	6 mile PR	5 mile RR	5 mile RR	12x400 w/90 R (6 miles total)	4 mile RR	9 mile LR	off
	17			Strength #1	Myrtl		Strength #2		
29-Jul		40	6 mile PR	6 mile RR	6 mile RR	3 mile TR (7 miles total)	5 mile RR	10 mile LR	off
	16			Strength #1	Myrtl		Strength #2		
5-Aug		45	6 mile PR	8 mile RR	7 mile RR	6x800 w/3:00R (7 total)	7 mile RR	10 mile LR	off
	15			Strength #1	Myrtl		Strength #2		
12-Aug		39	6 mile PR	6 mile RR + 4x150m strides	6 mile RR	10 mile LR	4 mile RR	3 mile TR (7 miles total)	off
	14			Strength #1	Myrtl		Strength #2		
19-Aug		40	7 mile PR	Travel to Campus	6 mile RR	14x400 w/90 R (7 total)	8 mile RR	8 miles (4 mile Predator)	off
	13			6 mile RR					
26-Aug		44	10 mile LR	7 mile RR		7 mile RR	6 mile RR + 4x100m Strides	8 mile (4 mile Predator)	off
	12				5x1000 w/3:00R (6 total)	Pool			
2-Sep		46	10 mile LR	7 mile RR + 4x150m strides		5 mile RR	7 mile RR	9 mile (5 mile Predator)	off
	11			Pool	7x600 w/90R (8.5 total) - Grass	Pool			
9-Sep		48	10 mile LR	6 mile RR - Gravel + 4x150m strides		8 mile RR	6 mile RR + 4x100m Strides		off
	10			Pool	16x400 w/75R (8 total)	Pool		DSU Classic (10 total)	
16-Sep		49	11 mile LR	6 mile RR - Gravel + 4x150m strides		8 mile RR	6 mile RR + 4x100m Strides -	9 mile (5 mile Predator)	off
	9			Pool	7x1000 w/3:00R (9 total) - Grass	Pool			
23-Sep		50	11 mile LR	8 mile RR - Gravel + 4x150m strides		8 mile RR	4 easy + 4x200 fast relaxed		off
	8			Pool	11x600 w/90R (9 total) - Track	Pool		Dean White Invite (10 total)	
30-Sep		50	12 mile LR	7 mile RR - Gravel + 4x150m strides		7 mile RR	6 mile RR + 4x100m Strides	9 mile (5 mile Predator)	off
	7			Pool	20x400 w/75 H13,16,20 (9 total)	Pool			
7-Oct		49	12 mile LR	8 mile RR - Grass + 4x150m strides		6 mile RR	4 easy + 4x200 fast relaxed		off
	6			Pool	8x1000 w/3:00R (9 total)	Pool		Defender HIE Classic (10 total)	
14-Oct		51	13 mile LR	7 mile RR - Gravel + 4x150m strides		7 mile RR	6 mile RR + 4x100m Strides	9 mile (5 mile Predator)	off
	5			Pool	20x400 w/75R H13,16,20 (9 total)	Pool			
21-Oct		50	12 mile LR	8 mile RR - Gravel + 4x150m strides		6-8 mile RR	4 easy + 4x200 fast relaxed	NAIA Seminole Valley Stampede (10 total)	off
	4			Pool	8x1000 w/3:00R (9 total)	Pool			
28-Oct		50	13 mile LR	7 mile RR - Gravel + 4x150m strides		7 mile RR	6 mile RR + 4x100m Strides	8 mile (3 mile TR Even)	off
	3			Pool	20x400 w/90R H13,16,20 (9 total)	Pool			
4-Nov		41	8 mile LR	8 mile RR - Gravel + 4x150m strides		6 mile RR	4 miles easy + 4x200 fast relaxed		off
	2			Pool	4x800 + 2x400 w/Full R	Pool		GPAC Championships (10 total)	
11-Nov		50	12 mile LR	8 mile RR - Gravel + 4x150m strides		8 mile RR	6 miles RR - Grass	8 mile (3 mile TR Even)	off
	1			Pool	16x400 w/90R H12,16(8 total)	Pool			
18-Nov		38	8 mile LR	6 mile RR - Gravel + 4x150m strides	4x800 + 2x400 w/Full R	5 miles - Gravel	3 miles easy + 4x200 fast relaxed		off
	0			Pool				NAIA Championships (10 total)	



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- ▶ I want to work all aspects of fitness throughout the training plan. This includes intensity, volume, hill work, etc.
  - ▶ We do interval work in the summer and our longest run of the 24 week plan is during the competitive season. We work foot-speed throughout the year, not just championship time
    - ▶ The way you introduce these things is important to consider.
- ▶ Use what you have at your disposal, be creative.

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- ▶ Strength Training
  - ▶ I introduce in the summer
  - ▶ Recognize not everyone will do on their own.
  - ▶ Injury prevention is main goal, strengthening is second goal.
    - ▶ Try to work unilaterally in several planes.
    - ▶ Try to engage multiple muscle groups simultaneously (unless there is a specific injury history)
  - ▶ Mostly core, glute, hip stability, hamstring strengthening, mobility exercises.
    - ▶ Middle distance will end up in weight room
    - ▶ Distance typically ends up... not.

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- ▶ What about experimentation?
  - ▶ This is the fun part of coaching
  - ▶ Use good consistent training principles. Aske the questions we ask at the start of the season, but scaled down
    - ▶ Do the goals of this part of the season match the goals of the workout I am asking them to do?
    - ▶ Does this follow good training principles?
    - ▶ Does this cover the specificity of the event or events I am training this/these athletes for?

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<b>Date</b>	<b>Till NAIA</b>	<b>Mileage</b>	<b>Monday - CORE</b>	<b>Tuesday</b>	<b>Wednesday - CORE</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
15-Jul		30	5 mile PR	5 mile RR	3 mile RR	2 mile TR (5 miles total)	4 mile RR	8 mile LR	off
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	16			Strength #1	Myrtl		Strength #2		
5-Aug		34	6 mile PR	5 mile RR	4 mile RR	4x800 2/3:00R (7 total)	4 mile RR	9 mile LR	off
	15			Strength #1	Myrtl		Strength #2		