

Nebraska Track & Field Clinic.

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Middle Distance Events.

I believe we need a mixture of acceleration training, intervals, fartlek, sustained runs and over-distance running. The 'big' question is . . . how much of each is necessary. And the answer is not a definitive one. There are many answers to this question.

Between which 2 events is there the biggest drop in velocity?

Let's look at 2 different 800m athletes.

1972 Olympic Champion; Dave Wottle.

Typical volume in high school was 30-35 miles per week. Typical training in college and post-collegiate years consisted of 70-80 miles per week. A typical week of a training included a day of long intervals, fartlek running, double days and long runs. Dave thought of himself more as a miler rather than an 800m athlete. Prior to the 1972 Olympic Games he missed 2 weeks of training due to an injury. He had qualified in both the 1500m and the 800m, but would only make finals in the 800m.

Dave's mileage going into the Olympic Games was only between 15-20 miles per week due to his knee injury. His coach convinced him that his base mileage would carry him through. In the final, Wottle was the one who slowed down the least during the 2nd half of the race.

In the 1976 Olympic Games, **Alberto Juantorena** did what no one had done before and no one has done since . . . and that is win the 400m and the 800m.

Here is a sample week of training in November 1975;

Day 1; 15 x 200m

Day 2; 4 x 1000m Rhythm Endurance

Day 3; 9 x 400m on XC course

Day 4; 100m+500m+1000m+500m

Day 5; 15 x 200m

(50+ miles per week in the fall)

I share this training only to demonstrate the differences. The make-up of the athlete and the environment in which they live play a major role in the design of the training schedule.

A typical week of training during our competitive season looks like this;

M; 40'-65' of running followed by 5-6 x 100m striders. (Strength Training in the a.m.)

T; Starts off the line: 5 x 40m. 6 x 300m @ 800m pace, 3' Rest (Morning run for our milers; 35')

W; 20'-30' am run, 20'-30' pm run (Strength Training in the a.m.)

Th; 5 x 200m @ 800m pace down to 600m pace. 3'-4' Rest b/w reps. (Morning run in the a.m. = 20'-30')

F; Pre-meet = 10' - 15' Run, Comp. WU and 3 x 200m, 2' - 2'30 rest b/w 200's.

Sa; RACE

Su; 40' - 75' run (75' for our milers and in some cases 95' - 100') (Pool day occasionally depending on travel and intensity of the week). **Typically our milers are running 65' - 75' on Thursday and finishing with running drills and striders on the track.*

Typical week in the Championship portion of our season for the 800m (last 2-3 weeks).

M; 12 x 200m @ 1k pace, :90 walk/jog rest (very relaxed workout)!

T; Starts off the line; 5 x 40m. 400, 200, 5 x 100m @ race pace, 3'-4' rest b/w reps

Th; Travel day, easy shake-out run

F; Pre-meet; 10'-15' Run, Comp WU. Starts off the line; 5 x 40m.

Sa; RACE

Su; REST

Typical week in the Championship portion of our season for the milers.

M; 50' Run, last 9'-10' up-tempo. 4 x 150m @ mile pace.

T; Starts off the line; 5 x 40m. 6 x 300m @ mile pace, :60-:75 walk/jog rest. (Morning run = 35')

W; 30' am run, 30' pm run

Th; 8 x 200m @ mile pace, :60 rest

F; pre-meet

Sa; RACE

Su; REST or easy run.

Typical week in the pre-season;

M; 40'- 65' of running followed by 5-6 x 100m striders. (Strength Training in the a.m.)

T; 5 - 6 x 1000m, 2'30 - 3' rest b/w reps.

W; 25' - 35' am run, 25' - 55' pm run. (Strength Training in the a.m. or p.m.)

Th; 30' run followed by 5 x 150m @ 800m down to 600m pace, 3' rest. (Milers; 65' run)

F; Hill Repeats; 12 x 200m, 2' jog rest Or 7-8 x 300m, 2' - 2'30 jog rest.

Sa; Long run = 65' - 100' run (Longer run for the Milers)

Su; Easy run followed by pool. (Milers are typically running 50'- 60' followed by pool).

Controlling the Controllables.

I believe nutrition is a major key in the success of the program. It is one of only a few things we can control. We certainly cannot control our competition or the environment. Our talent has already been determined. It is now simply up to how well we manage our effort, our focus and our recovery.

*Whole foods. Complex Carbohydrates vs. Simple Carbohydrates.

*Nutritious grains and cereals.

*Breakfast, Lunch, Supper.

*3 to 5 servings of fruits and vegetables daily - at the very least.

*Lean proteins.

*Unsaturated fats vs. Saturated fats.

*Hydration

*Alcohol.

We try to stay away from diet trends and stick with the basics. Look for color and look for foods that come from the earth or are of the earth. My focus is on what we need to add to our diet. And I try to emphasize the power that foods have on our health and not what the scale reads. Too often we equate health and body weight as being one in the same.

Adequate SLEEP can make a critical difference in the success of our training program. There are relaxation techniques and natural sleep aids which can help maintain a healthy sleep pattern. (I believe controlling our diet is much easier than our sleep patterns). Human Growth hormone is most active at night. Our recovery from hard training sessions is dependent on quality rest.

STRESS Management; I believe the Coach plays a role in providing perspective to his/her athletes on the value of competition in our lives. We are demanding without being demeaning. We are excited about the process and not simply the outcome. COMPETITION will bring out the very best in all of us!