Delivering Oxygen to Deliver Fast Racing

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"It's a great day to get better. How are we going to do it?" Ryan Hutton

Simple physiology:

1. Oxygen delivery system (aerobic): with continual, consistent training…
   Heart—
   Arteries—
   Capillaries—appear
   Glycogen replenishment—
2. The harsh reality: If you don't use it, you lose it.
   Not a muscle memory "skill"
3. Importance of continual and consistent training, the power of a Consecutive Days
4. Lactic acid system (anaerobic)
   -
   -
   -
   -
5. Moving to higher levels, upper volume limits
   - By
   - By

Philosophy (with regards to oxygen):

1. No matter how tough a runner is, he can only race as fast as his _____ system will allow.
2. If two runners are equal in talent and toughness, the one with the better _____system will always win.
3. No one ever finished a race and said, "Coach, I would have done better, but I had too much _____!"
4. _____ is your best friend.

Therefore, you must maximize your ability to deliver oxygen.

Principles:

1. Every day is a _____.
2. Hard work, given _____, will beat _____.
3. The two most motivating aspects of the sport—and how to use them
   A.

B.

- Log sheets and the importance of recording
- Kids (and parents) LOVE personal bests…make THAT motivation a part of your training program.

4. The attitude: think in terms of "_____" rather than "_____."
5. The philosophy of "earning" the right to advance in your training
    - Advanced training is an earned reward and a desired privilege.
6. Runners must learn to do things _____.
    - We are apart too many days, and too many times in a race I can't directly help them. They must be able to do things on their own.
7. The runners must _____ the purpose and training benefits of each day.

The Training Schedule:

****Very few of our high school kids can look 6 months ahead. Therefore, the training MUST be a motivator in itself.**

- We quit giving mileage shirts because we don't need them for motivation.
- We measure what we run, time what we run, and record both.

Develop the oxygen delivery system by running as fast as possible for as long as possible.

How do we maximize this?

Thursday (Long Pace Per Mile)

- The longest all-out run of the week.
- We want it to be as _____ as possible and as _____ as possible.
- Why?

How do we make Thursday longer without exceeding our glycogen/energy base?

Monday (Long Run)

- **Non-stop**—continual blood flow with continual movement.
- Pace is not important.
- Why?

How do we make Monday longer without exceeding our glycogen base?

Saturday (Longest mileage Day)

- Can run multiple times.
- Warmup, cool down all counts.
- Why?

How do we make Thursday faster?

Tuesday (Short Pace Per Mile)

- All-out
- The fastest they can run on that given day.
- Why?

How do we make Tuesday faster?

Saturday (Timed Mile)

- Done as part of the Longest mileage Day.
- At higher levels can become a timed two mile.
- Why?

How do we allow recovery for connective tissue and for glycogen replenishment?

Wednesday, Friday, Sunday

- Maintenance days (not "easy" days)
- If you don't use it, you lose it…even in tiny increments.
- Goal pace for a given distance is 45-60 seconds per mile slower than a PPM for that same distance.
- Pace varies according to distance and runner's all-out time.
- Why?

Benefits:

1. Runners can deliver maximum _____for maximum _____.
2. Runners get training feedback often from _____. They can see improvement even when meets are still many weeks away.
3. Runners are held _____ in their training program.
4. Runners develop _____ by responding to training _____ every week.
5. Runners love to run fast, and then want to run even faster.
6. The team bonds through shared experiences.

PPM "Commandments":

1.
2.
3.
4.

Other thoughts:

1. Progression of mileage
   - Where to start
   - Overcoming "inertia"
   - How to advance
     A, B, C, C, C, C, D, E, F, F, F, F,…
   - Upper mileage limits: overall, by gender, by age

2. Based on _____ level, NOT _____ level

3. Reward training. There are many more training days than racing days.

4. This is 1/3 of our training structure. Use it first to put maximum oxygen in place and never lose it. A distance runner could beat a lot of people even just doing this program.

5. Once you establish a base, never lose it. Keeping this oxygen base is critical to "peaking."

6. Runners must be able to do things on their own. Foster independence.

Add warm up/cool down as needed to prepare properly to workout and to supplement mileage as needed.

Level	Mon LR	Tue SPPM	Wed CT	Thur LPPM	Fri CT	Sat LD	Sun CT
Girls							
7	1	1	1	1	1	1	1
14	2	1	2	2	2	TM+2	2
21	3	2	3	3	2	TM+4	3
28	5	3	4	4	3	TM+5	3
35	6	4	5	5	4	TM+7	3
Etc.							
Boys							
10	2	1	1	2	1	TM+3	1
20	4	1	2	3	2	TM+5	2
30	6	2	4	4	4	TM+6	3
40	7	3	6	5	5	TM+8	5
50	9	4	8	6	7	TM+9	6
Etc.							