

SPECIFIC WORKOUTS TO FIT THE PERIODIZATION

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- Get a coach's workouts, and you may have a good season: learn to develop your own workouts, and you can have a great program.

• Rick Rothman

- Are you going to coach for twenty years or are you going to coach one year-twenty times?

• Dr. Joe Vigil

Important Point

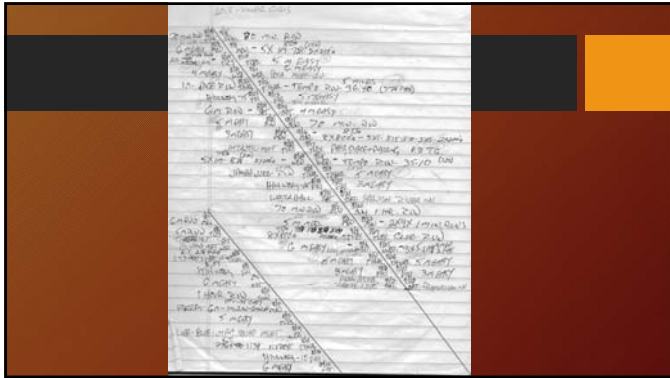
- It is very important that distance and mid-distance runners are on a comprehensive year-round program that follows the same philosophy.
- It can be very difficult to work on the SA's improvement if they have a different coach (or different philosophies) between Cross Country and Track season.

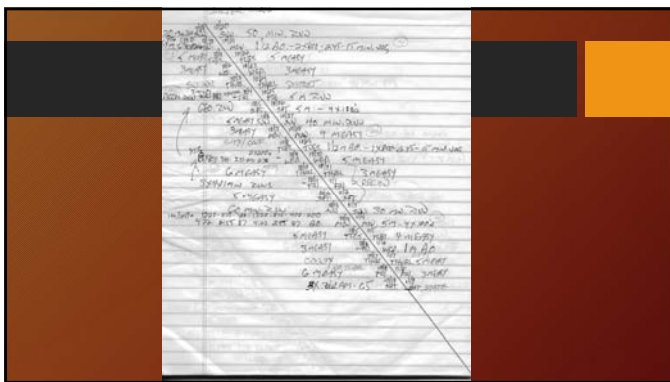
Outside workouts

- If the SA is on a year round comprehensive plan, outside workouts (private coaches, etc) can interfere with the overall development of the SA.
- Meshing two different workouts plans will prove difficult for the SA to achieve the proper rest and recuperation.
- "A Student-Athlete will rest because they choose to, or because they have to."
- Rick Rothman

Summer Workouts-May

Day	MON	TUE	WED	THUR	FRI	SAT	SUN
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OUR TEAM PHILOSOPHY-Track Season

- During early competitive season
- Scheduled Tuesday meet
 - Younger SA would get more experience running different events
 - Veteran SA would run events that they weren't used to running, mostly for fun.

• During the Competitive season

- SA would run different events in smaller meets
- Mid distance runners would move up to the 3200 for endurance work
- Distance runners would move down to run the 800 or 400 to work on speed.
 - Rationale-This can be fun for the SA , keep them from getting bored or stale from running the same events at every meet. Also teaches the SA different race strategies
 - Also can prevent overuse injuries.

EXAMPLES

Speed Triple	Endurance Double
4 x 800	1600
1600 or 800	3200
4 x 400	

WORKOUT INVENTORY

- Long Run
- Tempo Run
- Fartlek or "Speed Play."
- Hill Run
- Hill Extension
- Progressive Run
- Acceleration Run
- Intervals and/or Repetitions
- Roll-ons (broken intervals)

During all Phases of Cross Country and Track Season

- Jog warm-up, Form Drills, Active Stretching, Fly 30's done before every practice
- Cool down, Flexibility, Core after practice
- Weight training will be done during all phases of Cross Country and Track season

Pre-season Conditioning-Cross Country

- Work on building endurance base, strength through weights and exercises, and some speed work (once a week)

Whatever you want your athletes to do during competitions, have them do the same things in practice.



PRE-COMPETITION-Cross Country

- Working on endurance, Strength, and Strength Endurance
- All Cross Country workouts until championship season are done on grass or trails.
- Work on increasing turn over and intensity from the summer pre-season conditioning to the increased stresses of season workouts

PRE-COMPETITION-Cross Country

- Extensive Tempo 2 x 8 x 400@1:43 1:1 rest / 2X6 X 400 @ 90 seconds-1:1 rest
- Fartleks-Controlled-2 minutes slow, one minute fast-6 miles-first and last mile easy
- Hillwork
- Tempo Runs
- "game" or "fun" workouts (Training games)
 - Dice Run
 - Jamba Juice run
 - Clue Run-popsicle run
 - Waterball
 - Reverse Run

Competition-Cross Country

- Working on Strength, Strength Endurance and Early Speed Endurance, as well as race tactics.

Competition-Cross Country

- Tempo runs
 - Lactate Tolerance runs 2 x 4 x 1 minute runs-15 minute jog between sets
 - Base workouts
 - 5 X 1 Mile
 - 8 x 800 (these are done with each set of 2 800's getting faster-5 seconds for first 3 and 10 seconds for last-1.e-2 @ 3:00 2 @ 2:55 2 @ 2:50 2 @ 2:40
 - Starting with the first 5 X 1Mile-These are done at 70% of target 5K pace
 - Then alternating between 5 X 1 Mile and 8 x 800 increasing 5% until at 100% of target 5K
- Acceleration run (recovery run)-1 mile at slower than race pace, mile at race pace, mile at faster than race pace.
 Tactic running-Pass, Pace and Passing
 800 fast-5 miles-800 fast
 1200 at set pace (usually 5K race pace) then 800 at mile pace

CHAMPIONSHIPS-Cross Country

- “tapering” for championships, which we will talk about in the last presentation.
- Speed Training at beginning of Championship season. Championship season work is done on the track.

Pre-season Conditioning-Track

- Work on rebuilding endurance base, and strength through weights and exercises

Pre-Competition-Track

- Track season-strength endurance, speed endurance, and race tactics
- Race tactics are always worked on in practice
- Repetitions and intervals-Longer reps- decrease interval as pre-competition phase progresses.
- Broken reps- (roll-ons)
- Distance bridge-400-800-1200-1600-1200-800-400

Competition-Track

- Increase from Speed endurance to speed training.
- Race tactics always worked on in practice
- Shorter reps-decrease interval as competition season progresses
- Start practice with tempo paced 800 (mid-distance) or 1600 (distance)

Championship-Track

- "tapering" for championships, which we will talk about in the last presentation.

QUESTIONS?