



**Shelton Ervin Head T&F /Head Cross Country
Humble I.S.D Summer Creek High School**

**Halfmiler Success:
Training and Improving Runners IQ**

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Who is Shelton Ervin?

- ❖ Graduate of Westbury High School and University of Houston
- ❖ Former Halfmiler/Quartermiler
- ❖ Former Assistant Coach @ The University of Houston
- ❖ 1/4th Kansas Jayhawk; 3/4th Houston Cougar
- ❖ Mid Distance Mentors: Stanley Redwine, Deborah Allen (Marshall), Khadevis Robinson
- ❖ All Time Favorite Halfmilers: Wilson Kipketer, Ana Quirot, Athing Mu



Halfmiler Trivia:



Who is the current state meet record holder for the boys 800m run?

Who is the current state meet record holder for the girls 800m run?

Summer Creek Track and Field School Records

Track

Myles Thomas	2022	M	100m	10.49	UIL 5A & 6A - Region 3
Aaron Sharp	2014	M	200m	20.97	UIL Track and Field Championship
Darius Rainey	2022	M	400m	46.36	UIL State Track & Field Meet
Darius Rainey	2022	M	800m	1:50.63	UIL State Track & Field Meet
Jake Bootz	2014	M	1600m	4:18.36	Region 3-4A Meet
Jake Bootz	2014	M	3200m	9:42.49	District 19 - 4A
Barry Richards	2021	M	110mH	13.31	UIL Track and Field Championship
Donovan Bradley	2023	M	300mH	36.82	Texas Clyde Littlefield Relays 94th Annual

Relay

Humble Summer Creek	0	M	4x100m	40.63	UIL 5A & 6A - Region 3
Humble Summer Creek	0	M	4x200m	1:25.90	Texas Southern Relays
Humble Summer Creek	0	M	4x400m	3:09.92	Texas Clyde Littlefield Relays 94th Annual

Field

Aaron Davis	2022	M	Long Jump	25-5.25	UIL 6A - District 21
Jalan Rivers	2021	M	High Jump	7-1	UIL 6A - District 21-22 Area Meet
Darius Cook	2022	M	Triple Jump	47-0	UIL 6A - District 21
Mason Schrade	2019	M	Pole Vault	15-9	Texas Relays
Kevin Grubbs	2021	M	Discus	207-1	UIL Track and Field Championship
Kevin Grubbs	2021	M	Shot Put	60-11.5	UIL 6A - District 21-22 Area Meet

Practice, Practice; We're talking about Practice!

❖ Athletes and Coaches

- “Being at Practice” and “Being Engaged at Practice”
 - Establish the Practice Culture and getting Coaches and Athlete to buy in
 - You get to Practice (excited) vs You have to Practice Mind Frame (forced)
- What does being engaged at practice look like for a Athlete?
 - Interacting (with athlete or coaches)
 - Energy Level (non lethargic)
 - Hitting Rest, Recovery Times and Target Times
 - Not clock watching

2 Laps of Sprint the Straightaway and Walk the Curve (70% Effort)

Flexibility Leg Swings (8 each leg), Knee Drive (8 each leg)
Donkey Kicks (8 each leg) - Fire Hydrant (8 each leg), Hip Circle, F&B Scissors (if dry), S to S Scissors (if dry)
Eagles/Scorpions (8 each leg) (while on the fence)

Drills Quadrant I: A Skip Down
Quadrant II: High Knee Fast Tempo
Quadrant III: Backward C Skip Back
Quadrant IV: Straight Leg Bounds (Run Out)
Quadrant V: Side Arm Hops
Quadrant VI: Power Skips (For Height)
Quadrant VII: Alternative Leg Cycle (R/L)
Quadrant VIII: Walking Hamstring Sweeps
Quadrant IX: Knee Pulls
Quadrant X: Walking Single Leg RDL
Quadrant XI: Ankle Dribbling
Quadrant XII: Carioca

Acceleration 2 X 3 pt Stand

Hurdle Mobility None

Sprint Development None

Halfmilers 400 Da Hardway: Run a 150m and walk back 100m @ 90% effort

Long Sprinters 400 Da Hardway: Run a 150m and walk back 100m @ 90% effort

Short Sprinters 400 Da Hardway: 10 X 40m @ 90% effort

Relay Varsity Hand Offs

Stretch Circuit Stationary Stretches

TUESDAY
Day #14
SPEED

2 Laps of Sprint the Straightaway and Walk the Curve (70% Effort)

Flexibility	Leg Swings (8 each leg), Knee Drive (8 each leg) Donkey Kicks (8 each leg) - Fire Hydrant (8 each leg), Hip Circle , F&B Scissors (if dry), S to S Scissors (if dry) Eagles/Scorpions (8 each leg) (while on the fence)
Drills	Quadrant I: A Skip Down Quadrant II: High Knee Fast Tempo Quadrant III: Backward C Skip Back Quadrant IV: Straight Leg Bounds (Run Out) Quadrant V: Side Arm Hops Quadrant VI: Power Skips (For Height) Quadrant V Alternative Leg Cycle (R/L) Quadrant VIII: Walking Hamstring Sweeps Quadrant IX: Knee Pulls Quadrant X: Walking Single Leg RDL Quadrant XI: Ankle Dribbling Quadrant X Carioca
Accerlation	2 X 3 pt Stand
Hurdle Mobility	1 in a bucket X 2 2 in a bucket X 2 Over 2 Back 1 X 2 Can Can Straigh Leg on outside of Hurdle X 2
Sprint Development	Rapid Fire (quick feet) Marching (in place) Marching with a Push (in place) Standing Arms (Good, Better, Best) X 30 Seconds
Halfmilers	Sprint Warm Up, 25 min jog on Oregon, 8 strides
Long Sprinters	1112, 1121, 1211, 2111 or 8 X's
Short Sprinters	112, 121, 211, 6 X's
Stick Work	4X1 Work (touches, go/go, exchanges)

WEDNESDAY

Day # 15

EASY DAY

Early Season Development

- ❖ Grass Runs to establish stride rhythm and stride frequency
 - Crossfields (X's)
 - Tempo Runs (2112, 1122, 1221, 2211)
 - Box and L
 - Duration Run (5 X 90 sec; 75-65-55-45-35 sec)
 - Turn in Go (5 X 50 sec go then 20 sec turn), Infield Turn
 - 4 X 60 sec and then 300m at last lap pace or 4 X 2 min and then 300m
- ❖ Bells on shoes to work on pace recognition
 - Cones at each 50m mark and splits are called out by the coach or [Clyde Hart Pace Beeper App](#) (Itunes Only)
 - Segment run document
 - Addresses pace if runner is behind and control tempo if ahead
 - Helps recognize pacing from curve to straight away and maintaining constant effort



Essentials to Training

- ❖ Recovery is essential to Middle Distance Development
 - Rest/Job (ex. Jog a 200m and walk a 200m)
 - Active Rest (ex. 1 min jog; 2 min jog)
 - Full Recovery (estimated 8min to 15 mins)
 - Short Recovery to Long Recovery (30 sec to 3 to 4 mins)
- ❖ Easy Training
 - Helps build base (Warm Ups/Cool Downs/Recovery Runs/Long Runs)
*Pace
- ❖ Threshold Training
 - Help build endurance (Steady Pace, Tempo Runs)
- ❖ Interval Training
 - Hard effort but not all out (Recovery is essential)
- ❖ Sprint Training (Speed and Speed Endurance)
- ❖ REST is extremely important. Don't be locked into a workout written prior to the season
- ❖ Volume (Volume tends to increase from Good to Great, Careful not to cut too soon)
- ❖ Repetition Training
 - Help improve speed (Control Runs, not straining)

➤ **Credit to Jack Daniels Running Calculator**

Important Terms That Halfmilers Must Understand

- ❖ The Will (Power)
 - Webster Definition: The mental faculty by which one deliberately chooses or decides on a course of action
 - This is important for developing athletes because most only “kinda sorta” want it, but “don’t really” want it (Good to Great)
- ❖ Effort
 - It takes absolutely no talent to give effort; effort is the great equalizer (Coach Kevin Sumlin) (Good to Great)
 - Middle Distance must give a blended effort of speed and endurance (Don’t box a kid)
- ❖ Threshold
 - Webster Definition: The point at which a psychological or physiological effects begin to be produced
 - The Middle Distance races are long enough to talk yourself out of your Will Power, thus threshold workouts are very important (Monitored/Non Monitored)
- ❖ Execution
 - Carrying out and putting into effect the racing plan we worked on Mon-Fri

Developing the Racing IQ

- ❖ Firm believer that improving the Running IQ can improve his or her time far faster than any workout
 - Not Hugging lane 1 thus prohibiting getting boxed in
 - Front running, Back of the Pack Running; to avoid traffic (knowing your athlete is essential)
 - First 6 seconds setting up the race by executing a fast but controlled pace
 - Use it or lose it (Papa)
 - Not running directly behind another runner
 - Practicing the 800m start (easy days)
 - Break line and proper angle
 - If in the inside lanes the runner must get out more aggressive than normal
 - Alley start
 - Double Alley (Region 800m)
 - Staggered start
 - Double staggered start
 - Waterfall (rare)
 - Race Execution
 - Knowing your Competition



Strength Training

- ❖ Plyometric Circuits
- ❖ Depth Jumps
- ❖ Olympic Lifts
 - Dead Lift
 - Hang Cleans
 - Power Clean
 - Squats (1/4th and Speed)
 - Front Squats
- ❖ Medicine Ball Circuit
- ❖ Body Weight Circuit
- ❖ Hurdle Mobility
- ❖ Hill Training (Extremely Important)
- ❖ Stadium/Bleacher Training
- ❖ Cross Country Training (Halfmiler/Miler)



Middle Distance Perspective

- ❖ High School Male Mid Distance Runners can have a successful high school career if they can break the Women's World Record at 800m/1500m/1600m.
 - The Women's World Record for 800m is held by Jarmila Kratochvilova @ 1:53.28 (1983), 1500m Genzebe Dibaba 3:50.07, Mile 4:12.3 Sifan Hassan
 - This is also the time range that male Halfmilers tend to get considered for partial athletic aid for college (DI, DII, DIII {Academic Aid}, JUCO, Etc)
- ❖ High School Female Mid Distance Runners can have a successful high school career if they can run times equivalent to a good Middle School Male Mid Distance Runner
 - Example: In 2023 the 183rd fastest Middle School Male Halfmiler ran 2:10; (2023 Milesplit)
- ❖ Now there is a standard deviation of of 2.5 seconds
 - Low Deviation of 2.5 seconds can earn you a D1 Power 5 Athletic Aid (Pac 12, Big 12, SEC, etc)
 - High Deviation of 2.5 seconds can earn you a smaller DI and DII Athletic Aid, DIII Athletic Spot or JUCO

Developing Mid Distance Runners

- ❖ Don't be afraid to take a Quartermiler and convert them into a Halfmiler or take an Halfmiler and make him or her a miler
 - Look for a Quartermiler or Halfmiler who have one or more of these qualities:
 - Nice Stride
 - Will to improve time/personal record
 - Hard work ethic/driven/resilient
 - Signs of stamina/endurance
 - Willing to develop Running IQ
- ❖ Placing athletes in a box (A true athlete has range)
- ❖ Xavier Lightener Story
 - 58 second quartermiler as a freshman
 - Senior Year 2:00 Halfmiler, and ran a leg on the 4X4 that was the 4A State Champions (49 splits and 50 point open 400m)
- ❖ Rainey State Meet
 - Approving the running IQ (How, Why, When, Where). Negative Split. Front Running. Sit and Kicking. Running Wide Lane 2

Go To Workout

- ❖ During the championship season there is a three week period where the Halfmilers/Milers work on race sharpness via broken 800's, Milers use 1k's as their preparation for race sharpness.
- ❖ Broken 800's sets varies from 3-4 reps
- ❖ There is typically 30 secs to 2 mins in between each rep with 4-10 mins recovery in between each set (depending on fitness).
- ❖ Ladders (1000-800-600-400, 300)
- ❖ Effort and Pacing is emphasized on each rep
 - Push off the line after each rep
 - Hit target time for rep
- ❖ 20 min uncomfortable run then 5 X 300m with jog 100m for rest (last lap pace)
- ❖ Speed

ASPIRE
Academy for Sports Excellence
Athletics Endurance
RACE DRILLS

These race drills must be well prepared according to the athlete capability. It helps to develop: RESISTANCE OF ENDURANCE, RESISTANCE OF SPEED and prepares the athlete mentally for the distance he is training to run. It is hard work because it is always based on the goal time (high intensity) but it is also based on short distance runs (low volume). We start using the pace of his comfortable runs and later on must base on their hard runs pace.

RACE DRILLS FOR THE 800 METERS

GOAL TIME: _____ PACE: _____/400m _____/400m
COMFORTABLE RUN PACE: _____
RESISTANCE RUN PACE: _____
_____/400m

ALL WEATHER TRACK: 2 LAPS
TOTAL: 800 m _____km
PACE: _____/km

RD#1 - 01 to 04 sets of (100m _____ 600m _____ 100m _____)
RD#2 - 01 to 04 sets of (100m _____ 200m _____ 100m _____ 300m _____ 100m _____)
RD#3 - 01 to 03 sets of (200m _____ 400m _____ 200m _____)
RD#4 - 01 to 03 sets of (300m _____ 300m _____ 200m _____)
RD#5 - 01 to 03 sets of (300m _____ 200m _____ 300m _____)
RD#6 - 01 to 02 sets of (400m _____ 200m _____ 200m _____)
RD#7 - 01 to 02 sets of (200m _____ 400m _____ 200m _____)
RD#8 - 01 to 02 sets of (500m _____ 200m _____ 100m _____)

Note: Pace of last one must be at least pace of the first one)

Senior Endurance Coach Carlos Cavalheiro

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Middle Distance Testing



- ❖ Pentathlon Testing
 - Standing Long, Standing Triple Jump, Flying 30m, Underhand Front Throw, 90 secs Run
- ❖ 45 sec, and 50 sec run
- ❖ 90 sec run for guys; 100 sec run for girls (simulates the 600m effort and running on the Fly for 4X8)
- ❖ 500m or 600m Time Trial
- ❖ Kosmin 1500m Test and Kosmin 800m Test
 - Next Slide
- ❖ 8 X 200m with 30 sec recovery in projected 800m race split (27-40 sec per 200m). The add the time the 200's was r
- ❖ 1600m/2000K/2400m
- ❖ DMR (1200m/400m/800m/1600m)



Kosmin Test Document

1500m Test

- The athlete **warms up** for 10 minutes
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 3 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 2 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
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- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The assistant uses this final total distance to assess the athlete's performance

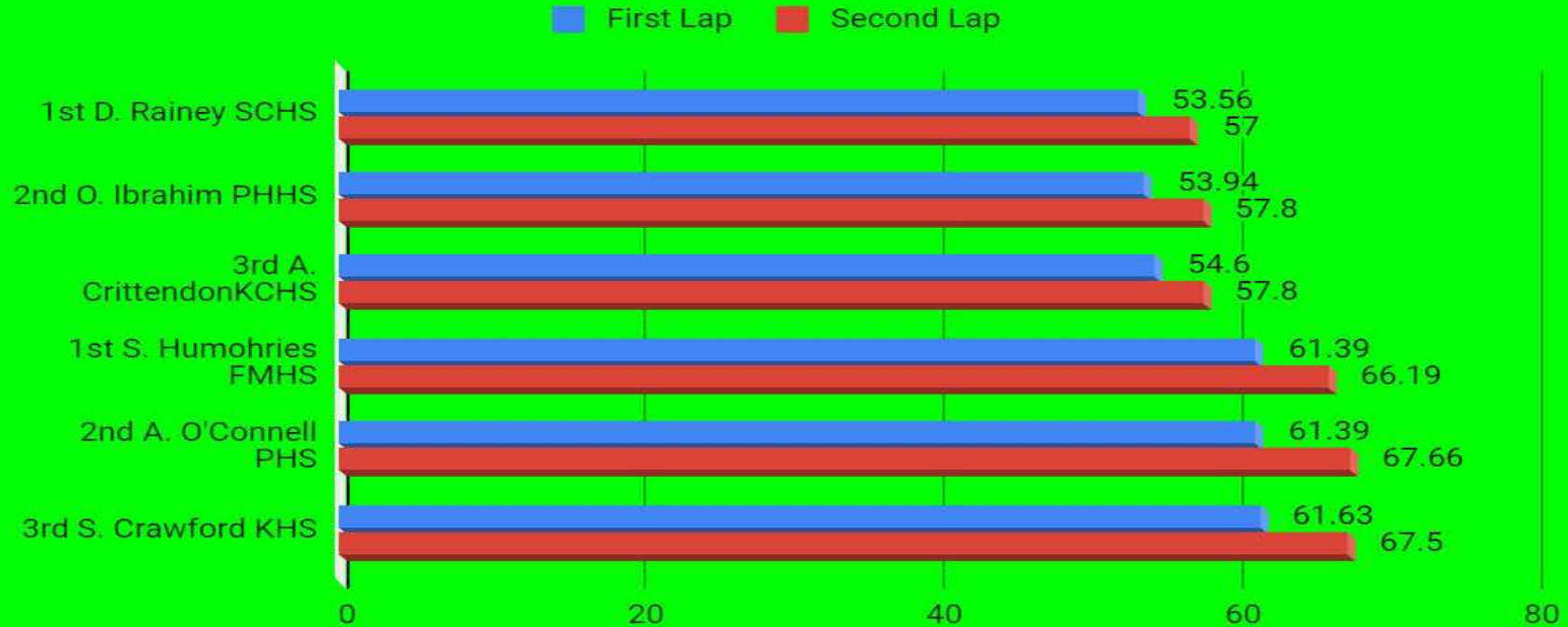
800m Test

- The athlete **warms up** for 10 minutes
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 3 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
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Breaking Down Last Year Texas 6A 800m Dash

First Lap and Second Lap

Accu Splits via UIL Results





Any Questions?





Thank You!

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